

## **Kirsten Reid, B.Comm., M.A. in Counselling Psychology Candidate**

I believe that all people possess the strength to push through even the most difficult times, learn from their experiences, and reach a state of personal flourishing and optimal functioning.



I am a Master of Art's in Counselling Psychology candidate with Yorkville University and also hold a Bachelor of Commerce degree from the University of Guelph. I promote a warm and non-judgmental environment, safe for self-exploration and free from blame, and where collaboration is highly valued to identify and encourage development of personal strengths. My goal is to offer an understanding of your presenting concerns through a compassionate lens, respecting your core values and beliefs.

I returned to graduate school with a broad skillset to expand my knowledge and competencies after a fulfilling 25-year career in corporate sales and business development. Clinical counselling passionately called to me as my next step for personal growth with a desire to be a positive resource to others.

Adults, teens, couples and families who are facing a variety of challenges in their lives are my focus. Areas of specialty include managing anxiety, depression, life transitions, sexual and intimacy concerns, and grief. I am also interested in working with couples who are looking for help for improving lines of communication so they can enjoy one another once again or to manage ruptures in trust. I will bring empathy, humour and an open heart into our collaborative sessions.

Empirically-supported perspectives guide my practice including Cognitive-Behavioural Therapy (CBT), Mindfulness Based Cognitive Therapy (MBCT), Strength-Based Therapy (SBT), Acceptance and Commitment Therapy (ACT), and Positive Psychology. I believe in the potential for healing associated with somatic work and mindfulness practices. The combination of these theories allows me to focus on strengths to support short-term, vital skill-building interventions coupled with more in-depth, experiential approaches.

My intention as your counsellor is to walk alongside you during your healing journey. I am in my office when you need me, as well as offering the option to walk and talk, telephone, virtual video counselling.

### **ADDITIONAL PROFILE:**

Professional development enhances my learning and complimentary to my education and clinical training, I continue to expand my knowledge through ongoing professional development and volunteering opportunities. I am enrolling in: **Mindfulness-Based Stress Reduction** (Palouse Mindfulness 8-week online training) and **Volunteer** with the Battered Women's Support Services (BWSS) training in Violence Prevention & Intervention to provide care on the crisis line. Topics cover violence against indigenous women and girls and LGBTQ2S community, feminism and gender violence, legal advocacy, criminal legal system, substance abuse, mental health, safety assessment and planning, and hosting

support groups, anti-racism, effects of colonization and residential schools, etc. I also volunteer locally at **Family Services of the North Shore** performing caring calls to clients, at the senior's flu shot clinic, as well as at various community run family events.

**Some favourite quotes:**

"Vulnerability is not winning or losing. It's having the courage to show up when you can't control the outcome." ~ Brené Brown

"Staying vulnerable is a risk we have to take if we want to experience connection." ~ Brené Brown

"I am not what happens to me, I am what I choose to be." ~ Carl Jung

"Everything that irritates us about others can lead us to an understanding of ourselves." ~ Carl Jung