



Our Approach

Professional

Our staff are well educated, experienced and committed to a professional approach in therapy and life coaching. We collaborate as a team and have built-in methods of supervision. We also adhere to ethical standards according to the professional associations that we are members of, such as PACCC (Professional Association of Canadian Christian Counsellors) and CCPA (Canadian Counselling and Psychotherapy Association).

Interpersonal

Counselling is an interpersonal and therapeutic method of intervention used to help people in problems of life, increasing the individual's sense of well-being and reducing discomfort. We employ a range of techniques based on relationship building, dialogue, cognitive, emotional and behavior change that are designed to improve the mental health of a client and their relationships. We place high value on all aspects of need: emotional, relational, physical, mental and spiritual.

Confidential

Utmost value is placed on confidentiality. It is vital that clients are able to share anything in our presence, confident that it will not be discussed elsewhere. There are limits of confidentiality—for example, if the client presents a danger to him/herself or others. This type of situation is always addressed with great care and sensitivity.

Respectful

Our counselling is based on the fundamental value that each person has intrinsic worth as a human being, and that every person's story has meaning. Attending therapy is an act of courage. Therapy can feel "risky" as a person decides to share things that are seldom (if ever) discussed. A client allows him/herself to be vulnerable with the counsellor in a way that is rarely experienced elsewhere. We are therefore committed to making this a safe place to discuss the most sensitive issues. We strive to understand maladaptive thoughts, choices and behaviour without judgment and bring dignity to each person by empathising with the underlying issues and context of their life.

Hopeful

People with deep concerns and troubling circumstances often feel as if they are the only ones with this "problem", that they are more "messed up" than most people, or that feeling better is only a wishful thought. Along with empathy, we offer hopeful perspectives, education about the presenting issues, and support to attempt new strategies. We cannot provide a guarantee of outcome, but we will do our best to assist. If we need to find other resources to help a client, we will do that as well.

Collaborative

It is important that each client actively participate in establishing goals in collaboration with the counsellor. We will provide input, ideas, guidance and feedback throughout the process. Together we will determine the frequency of your sessions, focus of discussion as well as how the discussion is followed up (ie. with assignments, etc.). We recognize and value you as the primary participant, active in the process. The therapy we provide is not something done "to" the client, but is a process done together "with" the client.