

Alberta

Kelsey Hoff (she/her) – Canadian Certified Counsellor

Specialties: Challenging Family Dynamics, Anxiety, Stress, Congruent Living, Religious Trauma, Spiritual Abuse, Purity Culture, and Religious Deconstruction.

Therapeutic Modalities: Narrative Therapy, Family Systems Therapy, ACT, and a somatic/attachment-based trauma modality (called the Integrated Attachment and Trauma Treatment Model).

Online Offerings: Services fully online and see clients in all of Canada except Quebec.

Able to See Clients: Across Canada (except for Quebec) and internationally (depending on regulatory laws).

Sliding Scale: Yes.

Faith-Based: N/A.

Website: <https://findyourwaycounselling.com/>

Contact: kelsey@findyourwaycounselling.com;

info@findyourwaycounselling.com .

Social Media: Instagram @kelseyhoff.counselling; YouTube channel: Kelsey Hoff Counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Yoonjin Park (she/her) – Professional Art Therapist, Registered Psychotherapist (Qualifying)

Specialties: Trauma (Religious-Based and General), Congruent Living, Anxiety, and Stress.

Therapeutic Modalities: Art Therapy, Expressive Therapy, Client-Centered Therapy, Trauma and Attachment Informed.

Online Offerings: Yes, online in Canada (except Quebec) and in-person in Humboldt, Saskatchewan.

Sliding Scale: Yes.

Faith-Based: No.

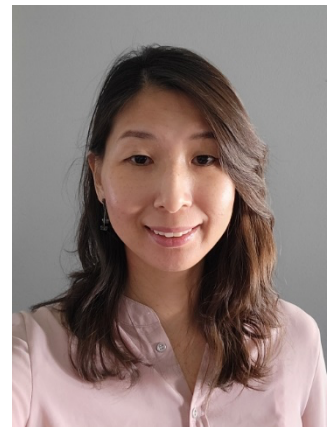
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Jen Warren (she/her) - Counsellor

Specialties: Anxiety, Grief & Loss, Relationship Issues, Family Dynamics, Depression, Marital Issues, Adverse Religious Experiences.

Therapeutic Modalities: Family Systems, Narrative, Motivational Interviewing, Attachment-Based.

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British Columbia

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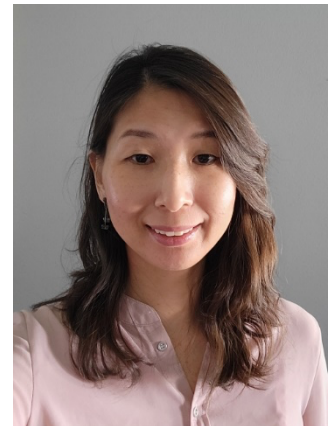
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Manitoba

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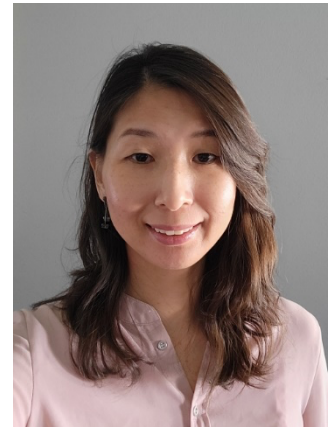
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New Brunswick

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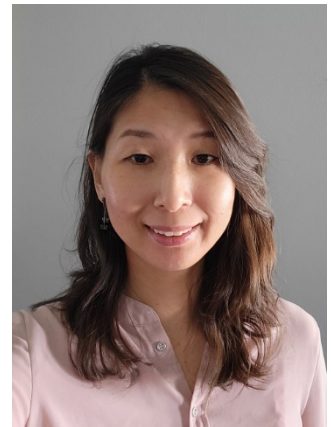
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Newfoundland and Labrador

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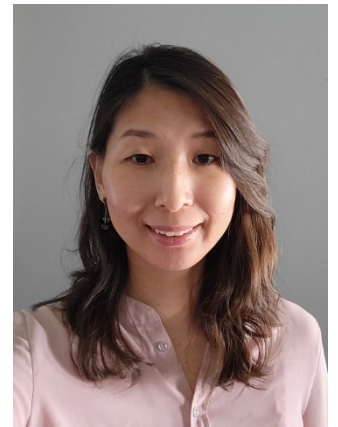
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Northwest Territories

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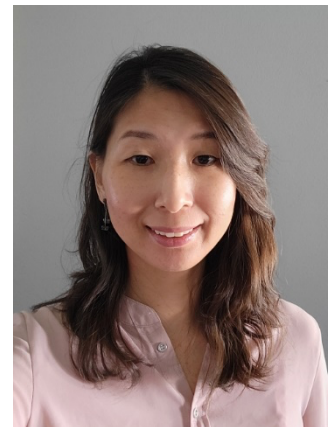
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Nova Scotia

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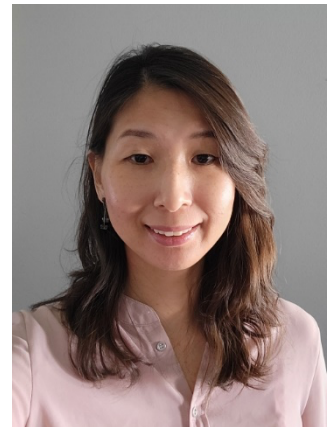
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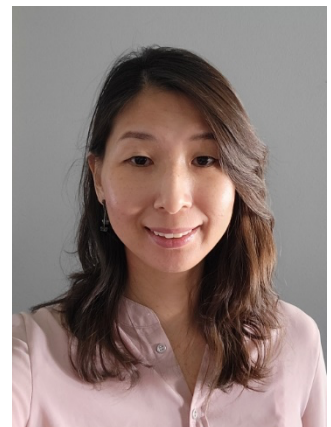
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Ontario

Kris Hamilton (they/them) – Registered Psychotherapist

Specialties: Religious/Spiritual Trauma, 2LGTBQIA+, Queerness, Polyamory, Kink, Alternative/Chosen Family, and Body Positivity.

Approach: Person-centered, EMDR, Generative Somatics, EFT, Existential, and IFS.

Online Offerings: Yes, both within Ontario and Globally.

Sliding Scale: Yes.

Faith-Based: Not faith-based but supports clients in their faith and spiritual practice if it aligns with their values.

Website: <https://xrisandpip.com/queer-somatic-psychotherapy/>.

Contact: kris.hamilton.therapy@gmail.com.

Traditional Land: Based in Tkaronto, Canada, under the Toronto Purchase Treaty No. 13. There are the traditional lands of the Anishinaabeg, Huron-Wendat and Petun First Nations, the Seneca, and most recently, the Mississaugas of the Credit River.



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Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Korrenne Jensen (she/her) – Registered Psychotherapist

Specialties: Religious trauma, Sexual shame, Indoctrination, Deconstruction, ADHD, Grief, and Self-Compassion.

Therapeutic Modalities: EMDR, DBT and CBT skills, IFS skills, person centered and narrative therapy with factors of mindfulness throughout.

Online Offerings: Yes, in Ontario only.

Sliding Scale:

Faith-Based: No.

Website: <https://refreshedwellness.ca/>.

Contact: afterglowpsychotherapy@gmail.com.

Social Media: Instagram and TikTok @unconditional.healing.

Traditional Land: Lives and practices on the land of the Haudenosaunee, Attiwonderonk, Erie, Neutral, Huron-Wendat, Mississaugas of the Credit First Nations, Anishinabek peoples.



Yoonjin Park (she/her) – Professional Art Therapist, Registered Psychotherapist (Qualifying)

Specialties: Trauma (Religious-Based and General), Congruent Living, Anxiety, and Stress.

Therapeutic Modalities: Art Therapy, Expressive Therapy, Client-Centered Therapy, Trauma and Attachment Informed.

Online Offerings: Yes, online in Canada (except Quebec) and in-person in Humboldt, Saskatchewan.

Sliding Scale: Yes.

Faith-Based: No.

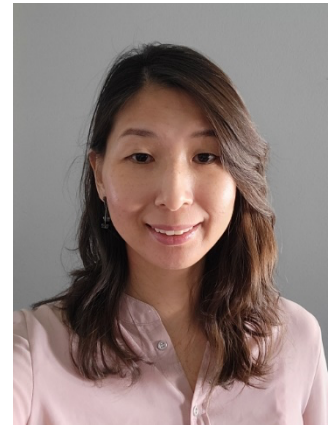
Able to see clients: Across Canada and Internationally

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Jen Warren (she/her) - Counsellor

Specialties: Anxiety, Grief & Loss, Relationship Issues, Family Dynamics, Depression, Marital Issues, Adverse Religious Experiences.

Therapeutic Modalities: Family Systems, Narrative, Motivational Interviewing, Attachment-Based.

Online Offerings: Yes, online in Canada (except Quebec).

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Prince Edward Island

Kelsey Hoff (she/her) – Canadian Certified Counsellor

Specialties: Challenging Family Dynamics, Anxiety, Stress, Congruent Living, Religious Trauma, Spiritual Abuse, Purity Culture, and Religious Deconstruction.

Therapeutic Modalities: Narrative Therapy, Family Systems Therapy, ACT, and a somatic/attachment-based trauma modality (called the Integrated Attachment and Trauma Treatment Model).

Online Offerings: Services fully online and see clients in all of Canada except Quebec.

Able to See Clients: Across Canada (except for Quebec) and internationally (depending on regulatory laws).

Sliding Scale: Yes.

Faith-Based: N/A.

Website: <https://findyourwaycounselling.com/>

Contact: kelsey@findyourwaycounselling.com;

info@findyourwaycounselling.com .

Social Media: Instagram @kelseyhoff.counselling; YouTube channel: Kelsey Hoff Counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Yoonjin Park (she/her) – Professional Art Therapist, Registered Psychotherapist (Qualifying)

Specialties: Trauma (Religious-Based and General), Congruent Living, Anxiety, and Stress.

Therapeutic Modalities: Art Therapy, Expressive Therapy, Client-Centered Therapy, Trauma and Attachment Informed.

Online Offerings: Yes, online in Canada (except Quebec) and in-person in Humboldt, Saskatchewan.

Sliding Scale: Yes.

Faith-Based: No.

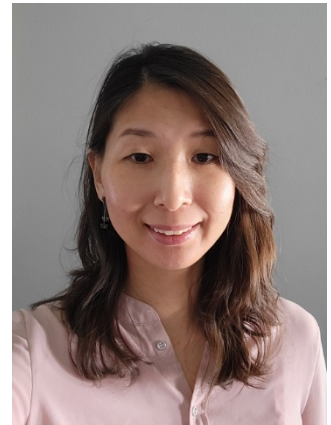
Able to see clients: Across Canada and Internationally

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Jen Warren (she/her) - Counsellor

Specialties: Anxiety, Grief & Loss, Relationship Issues, Family Dynamics, Depression, Marital Issues, Adverse Religious Experiences.

Therapeutic Modalities: Family Systems, Narrative, Motivational Interviewing, Attachment-Based.

Online Offerings: Yes, online in Canada (except Quebec).

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Saskatchewan

Kelsey Hoff (she/her) – Canadian Certified Counsellor

Specialties: Challenging Family Dynamics, Anxiety, Stress, Congruent Living, Religious Trauma, Spiritual Abuse, Purity Culture, and Religious Deconstruction.

Therapeutic Modalities: Narrative Therapy, Family Systems Therapy, ACT, and a somatic/attachment-based trauma modality (called the Integrated Attachment and Trauma Treatment Model).

Online Offerings: Services fully online and see clients in all of Canada except Quebec.

Able to See Clients: Across Canada (except for Quebec) and internationally (depending on regulatory laws).

Sliding Scale: Yes.

Faith-Based: N/A.

Website: <https://findyourwaycounselling.com/>

Contact: kelsey@findyourwaycounselling.com;
info@findyourwaycounselling.com .

Social Media: Instagram @kelseyhoff.counselling; YouTube channel: Kelsey Hoff Counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Yoonjin Park (she/her) – Professional Art Therapist, Registered Psychotherapist (Qualifying)

Specialties: Trauma (Religious-Based and General), Congruent Living, Anxiety, and Stress.

Therapeutic Modalities: Art Therapy, Expressive Therapy, Client-Centered Therapy, Trauma and Attachment Informed.

Online Offerings: Yes, online in Canada (except Quebec) and in-person in Humboldt, Saskatchewan.

Sliding Scale: Yes.

Faith-Based: No.

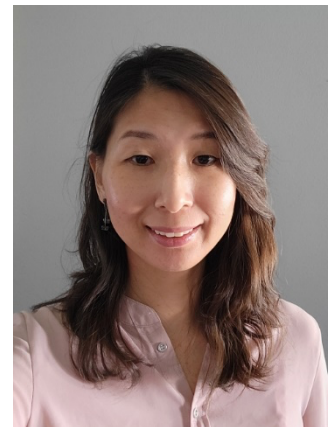
Able to see clients: Across Canada and Internationally

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Jen Warren (she/her) - Counsellor

Specialties: Anxiety, Grief & Loss, Relationship Issues, Family Dynamics, Depression, Marital Issues, Adverse Religious Experiences.

Therapeutic Modalities: Family Systems, Narrative, Motivational Interviewing, Attachment-Based.

Online Offerings: Yes, online in Canada (except Quebec).

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Sebastian Wingfield (he/him) – Counselling Therapist

Specialties: Sebastian specializes in work with OCD, Trauma/Abuse, Anxiety, and Religious Deconstruction/Reconstruction.

Therapeutic Modalities: Theoretical orientation is rooted in Existential Analysis. Primary treatment modalities are: Phenomenological Inquiry, Inner Dialogue Enactment, Exposure and Response Prevention, and Enneagram work. Trauma interventions are Lifespan Integration and Observed Experiential Integration (OEI).

Online Offerings: Yes, but only in BC, YT, NT, NU, SK, MB, and NL.

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.wingfieldcps.com/>

Contact: sebastian@wingfieldcps.com

Social Media: Facebook and Instagram @wingfieldcps; YouTube Videos:

https://www.youtube.com/playlist?list=PLyW_mGdbYMbX9mL48oKapMrohd4eoN39m.

Traditional Land: Practicing on the land of The Syilx Nation and Secwepemcúl'ecw (Secwépemc) First Nation.



Yukon

Kelsey Hoff (she/her) – Canadian Certified Counsellor

Specialties: Challenging Family Dynamics, Anxiety, Stress, Congruent Living, Religious Trauma, Spiritual Abuse, Purity Culture, and Religious Deconstruction.

Therapeutic Modalities: Narrative Therapy, Family Systems Therapy, ACT, and a somatic/attachment-based trauma modality (called the Integrated Attachment and Trauma Treatment Model).

Online Offerings: Services fully online and see clients in all of Canada except Quebec.

Able to See Clients: Across Canada (except for Quebec) and internationally (depending on regulatory laws).

Sliding Scale: Yes.

Faith-Based: N/A.

Website: <https://findyourwaycounselling.com/>

Contact: kelsey@findyourwaycounselling.com;

info@findyourwaycounselling.com .

Social Media: Instagram @kelseyhoff.counselling; YouTube channel: Kelsey Hoff Counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Sauleaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Yoonjin Park (she/her) – Professional Art Therapist, Registered Psychotherapist (Qualifying)

Specialties: Trauma (Religious-Based and General), Congruent Living, Anxiety, and Stress.

Therapeutic Modalities: Art Therapy, Expressive Therapy, Client-Centered Therapy, Trauma and Attachment Informed.

Online Offerings: Yes, online in Canada (except Quebec) and in-person in Humboldt, Saskatchewan.

Sliding Scale: Yes.

Faith-Based: No.

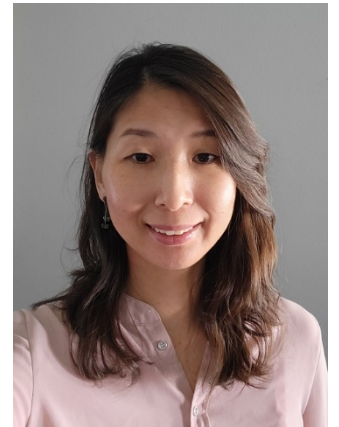
Able to see clients: Across Canada and Internationally

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Sauleaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Jen Warren (she/her) - Counsellor

Specialties: Anxiety, Grief & Loss, Relationship Issues, Family Dynamics, Depression, Marital Issues, Adverse Religious Experiences.

Therapeutic Modalities: Family Systems, Narrative, Motivational Interviewing, Attachment-Based.

Online Offerings: Yes, online in Canada (except Quebec).

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.findyourwaycounselling.com/>.

Contact: info@findyourwaycounselling.com.

Social Media: Instagram @findyourway_counselling.

Traditional Land: Lives on homeland of the Metis and the historic territory of the Cree, Saulteaux, and Assiniboine First Nations – in the area most recently defined as Treaty 6.



Sebastian Wingfield (he/him) – Counselling Therapist

Specialties: Sebastian specializes in work with OCD, Trauma/Abuse, Anxiety, and Religious Deconstruction/Reconstruction.

Therapeutic Modalities: Theoretical orientation is rooted in Existential Analysis. Primary treatment modalities are: Phenomenological Inquiry, Inner Dialogue Enactment, Exposure and Response Prevention, and Enneagram work. Trauma interventions are Lifespan Integration and Observed Experiential Integration (OEI).

Online Offerings: Yes, but only in BC, YT, NT, NU, SK, MB, and NL.

Sliding Scale: Yes.

Faith-Based: No.

Website: <https://www.wingfieldcps.com/>

Contact: sebastian@wingfieldcps.com

Social Media: Facebook and Instagram @wingfieldcps; YouTube

Videos:

https://www.youtube.com/playlist?list=PLyW_mGdbYMbX9mL48oKapMrohd4eoN39m.

Traditional Land: Practicing on the land of The Syilx Nation and Secwepemcúl'ecw (Secwépemc) First Nation.

