

## **Cambiar Counselling**

### **Description:**

I have been working in the field of mental health, addictions, and eating disorders since 1998. I have worked in various settings, with various agencies, including: residential eating disorder treatment facilities, Vancouver Island Health Authority's Assertive Community Treatment (ACT) Teams, Ministry of Children and Family Development: Child Protection Services, Community Living British Columbia, and in an outreach/community-based manner. I have travelled to Europe to assist in the delivery of education and training in the field of eating disorder treatment and have learned much in my years of working with allied mental health professionals and the individuals themselves.

I offer collaborative, solution-focused counselling within a biopsychosocial model of treatment "addressing the biological, psychological, and social factors which contribute to illness. I strongly believe people have the ability to achieve lasting wellness.

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