**Christine Clarke**

**Registered Clinical Counsellor**

Christine Clarke, MSc. RCC, SEP, has been supporting individuals working towards positive change for 20 years and holds sincere respect and compassion for the people that she works with. Her work has included addressing concerns such as trauma and abuse, depression and anxiety, problematic substance use, grief and loss, as well as parenting and relationship challenges.

Working with Christine clients can expect to be met with both empathy and objectivity as one learns to recognize their own strengths and positive traits. Sessions are integrative and collaborative using various theoretical approaches depending on client interests and goals. In addition to conventional approaches such as Cognitive Behavioural and Dialectical Behavioural Therapies, when appropriate Christine may also integrate approaches such as somatic and experiential practices.

Christine has always been interested in science and first wanted to understand the brain and physiological connections to mental health. After completing a Bachelor of Science with a major in psychology, Christine spent 10 years practicing in various non-profit and government human services and mental health organizations. She later completed a Masters in Science with a specialization in Mental Health Counseling. In 2015 she began private practice as a Registered Clinical Counsellor with the BCACC (#127866) then promptly entered the three year Somatic Experiencing Professional Training Program to better serve clients challenged by post-traumatic symptoms. Christine continues to engage in professional development in order to best serve the people she works with.

When not working, Christine is generally throwing herself into new challenges, be it teaching herself carpentry projects that are better viewed from a distance, trying to keep up to her kids in their new-found outdoor sports, or travelling with her family out of their comfort zones to learn about other ways of being.