

Krishna Prana devi dasi

I attained my Master of Arts in Counselling Psychology at Trinity Western University. I have been working in the mental health field since 2013 in a variety of capacities and I currently hold positions at Shoreline Counselling, as well as a Stopping the Violence (STV) counselling position at Ishtar Women's Resource Centre. I have experience working with various issues, such as anxiety, depression, relationship issues (couples counselling), self-esteem and identity issues.

One of my specializations is working with women who have suffered from intimate partner violence and abuse as well as working with individuals of other genders who have suffered from various types of trauma. Being able to open up and work through one's pain can be a scary thing for many, which I can relate to from personal experience. On top of my professional training, the commitment I have made to understanding and working through my own traumatic experiences has helped me to develop personal insight into abusive relationships. In addition, it has helped me immensely in developing a sense of compassion both toward myself and others. This in turn has inspired me to strive to be an outlet of security and trust whereby my clients can enter into both their places of darkness and light with strength and self-compassion.

I have done post-graduate training in several different evidence-based therapy modalities including Sensorimotor Psychotherapy, Accelerated Experiential Dynamic Psychotherapy (AEDP), AEDP for Couples and Emotion-Focused Couples Therapy. I draw mostly from relational/experiential models, that involve emotion and body-based techniques, as well as elements of cognitive-behavioural work.

I am a co-founder of a group called, "Calming Body and Mind: Skills for Coping with Trauma", which is an educational and experiential group for those suffering from symptoms and/or effects of trauma and would like to learn coping skills for managing them. As such, it is of utmost importance to me to facilitate an experience to help clients understand how difficult life situations have affected them as well as assisting them in acquiring practical tools that they can use to move through life.

I enjoy working with both individuals and couples in a collaborative way that honours my clients in their current situation while using my professional experience to come up with solution-focused strategies to move forward. One of my main goals is to facilitate a safe environment made up of trust and authenticity. I feel privileged in being able to walk alongside my clients during their times of need, as well as being there to celebrate their important milestones along the way. I look forward to being able to accompany you on your journey at whatever point you invite me to do so.