



## KELLY MCGREGOR COUNSELLING

Hi, I'm Kelly (she/her) and I've been working in mental health and addiction for over 12 years. I'm happy to support you with your mental health goals, offering you choice in what your therapy looks like and while moving at your own pace. It is my goal to provide my clients with a range of tried and true methods, selecting the solutions which work best for you. Together we will build practical strategies for your situation and life while giving you the opportunity to emotionally process during our session.

I'm currently registered with Canadian Professional Counselling Association as a Registered Professional Counsellor ( RCP 3872) and with Alberta Counselling Therapy Association as a Counselling Therapist (CT 2095).



### What I Can Help With

- ▶ ADHD
- ▶ Anger Management
- ▶ Anxiety
- ▶ Borderline Personality (BPD)
- ▶ Chronic Illness
- ▶ Chronic Pain
- ▶ Coping Skills
- ▶ Depression
- ▶ Emotional Disturbance
- ▶ Grief
- ▶ Marital
- ▶ Mood Disorders
- ▶ Relationship Issues
- ▶ Self Esteem
- ▶ Self-Harming
- ▶ Sexual Abuse
- ▶ Stress
- ▶ Substance Use
- ▶ Suicidal Ideation
- ▶ Trauma and PTSD

### Modalities

- ▶ ADHD- Certified Clinical Specialist Provider
- ▶ Certified Sex Therapy Informed Professional
- ▶ Cognitive Behavioural (CBT)
- ▶ Cognitive Processing (CPT)
- ▶ Dialectical Behavior (DBT)
- ▶ Emotional Freedom Technique (Tapping)
- ▶ Gottman Method
- ▶ Motivational Interviewing
- ▶ Narrative
- ▶ Person-Centered
- ▶ Rational Emotive Behaviour (REBT)
- ▶ Strength-Based
- ▶ Trauma Focused

To Book  
a 60 Minute Session

Contact Imagine Health Centers Downtown @ (403) 775-9669