

About Linda

I have been a Psychotherapist in private practice for over twenty years; working with individuals, couples, families and women's groups. My education includes a Master's Degree in Psychology, a Bachelor of Science in Social Work, and I am a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario.

My counselling approach is based on The Four Directions to Wellness Model, focusing on connecting Mind, Body, Spirit (self) & Emotions. Each direction coincides with aspects of living in balance in the world, and when one area is out of sync, it affects the other three. Since the one constant in our lives is CHANGE and transition; my goal is to guide people through each life transition with new skills and a renewed sense of self.

I named my counselling practice 'Life Passages' to acknowledge the natural life course that is part of being human, offering a holistic approach through each life transition.

Four Directions to Wellness

A holistic Approach to healing

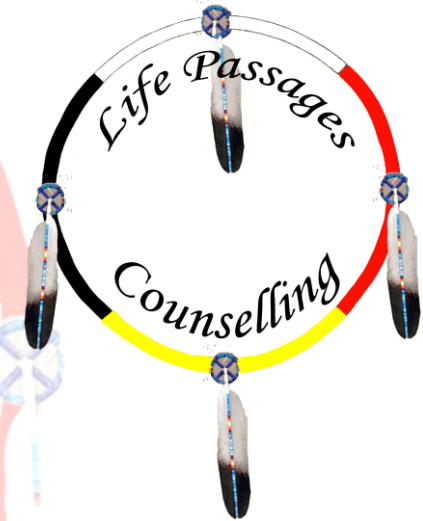
Please take the time to answer this checklist which might help you decide to call for counselling

What are some of the losses you have experienced?

- Friends because of a move
- Children, when they have gone off to school or have married
- A pet
- A job through retirement
- A job, through lay-off or termination of employment
- Someone you loved through death
- Someone you loved through divorce or separation
- Health/chronic illness
- Physical Injury
- Faith/Spirituality
- Tragedy due to fire or other traumatic events
- Suicide of friend or family

For an appointment call Linda
at (613) 503-1700

Life Passages Counselling



Linda Reade, MA, RSW, RP
Registered Psychotherapist
Certified EMDR therapist

Specializing in:

- Individual & Couples
- Loss & Trauma
- Military & Veterans
- End of Life transitions

By Appointment:
(613) 503-1700

linda@lifepassages.org
www.lifepassages.org

Life transitions

Throughout our lives we experience losses; whether we have moved, lost a pet, a friend or a loved one. How we process each loss and what we learn from these experiences paves the way for the next inevitable life transition.

Oftentimes rather than allowing the time to process each loss, we keep ourselves busy & distracted; possibly manifesting our losses through increased health issues that sometimes become chronic.

These chronic health issues often create numerous visits to health care professionals who may treat the 'symptom' rather than the underlying emotional issue which may require a referral to a psychotherapist.

In my work with military families, loss & transition is a continuous reality due to frequent moves & postings, where the family is always settling in to new areas, schools and jobs.

Counselling Services

Individual Sessions

After an initial consultation we work on specific goals in therapy, so that over time we can assess your progress. If appropriate, couples or group therapy may be recommended.

Couples

Couples therapy is offered using an emotionally focused model (EFT), and often pertains to attachment issues around communication, finances, intimacy, children & family transitions.

Group Sessions

Group sessions are offered on topics related to PTSD & its effects on the family, women and the military lifestyle, & Clinical supervision by request.

EMDR therapy

Eye Movement Desensitization and Reprocessing (EMDR) is offered as an integrative psychotherapy approach for the treatment of trauma and many other mental health problems.

Traditional Healing

As a woman from Cree heritage, I have learned what is called 'Traditional Healing' from my Elders and in ceremonies for the past 20 years. This may include the use of a drum, rattle and songs while 'smudging', to further the healing process. As a Reiki Master, I combine the use of a hands-on, non-invasive technique, with the use of other healing 'tools' to help process issues on a deeper level. I often recommend this in conjunction with other therapy to enhance the recovery process.

Collaboration and referrals

I collaborate with other health care providers such as physicians, massage therapists, chiropractors & Veterans Affairs. If you are referred for counselling, we will discuss confidentiality and an integrated treatment plan will be offered.

As a Registered Psychotherapist I accept Blue Cross Medavie & other insurance.

For an appointment or more information: (613) 503-1700