



North Vancouver Counselling Centre Launches Google Street View Virtual Tour

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Parallel Wellness North Vancouver Counselling, based in North Vancouver, British Columbia, has announced the launch of the North Vancouver Counselling Parallel Wellness Google Street View Virtual Tour. This allows people to take a virtual tour of the offices of Parallel Wellness in North Vancouver. Parallel Wellness is composed of a team of holistically-minded, counselling therapists with the goal of helping people achieve their true potential.

Meredith MacKenzie is the owner of Parallel Wellness and she also works as one of the registered clinical counsellors. She obtained her MA in Counselling Psychology from Adler University and is currently completing her PhD in Counselling Psychology at the University of British Columbia. She is an individual, couple and family therapist. Her areas of practice include family difficulties, parenting education, couples counselling, emotional dysregulation, divorce or separation, life transitions or adjustments, depression and mood disorders, anxiety disorders, and eating disorders. She uses various approaches, including FBT for childhood eating disorders, Gottman method for couples, emotionally-focused therapy, mindfulness approaches, dialectical behavioural therapy or DBT, mindfulness-based cognitive therapy, and attachment-based therapy.

?We share the perspective that all clients have the ability to live healthy and fulfilling lives, but sometimes need the help of a professional to realize their true potential. We work closely with our clients, in parallel as they work towards their individual goals, becoming their best selves,? says Meredith. She continues, ?We work collaboratively with clients and allied health professionals ? nutritionists, medical practitioners, and alternative health practitioners ? to support clients addressing their well-being from a holistic approach. We invite you to discover more about Parallel Wellness North Vancouver Counselling on Google, through our newly launched street view virtual tour.?

Christine Skwarok is also one of the registered clinical counsellors at Parallel Wellness North Vancouver Counselling, and she also serves as clinical traumatologist. She obtained her Masters of Counselling degree from the City University of Seattle and her postgraduate training in clinical traumatology from the Trauma Institute. Her areas of practice are goal setting and motivation, life transitions, relationship issues, families of special needs children, trauma, depression and mood disorders, anxiety disorders, and stress management. She uses several approaches, such as The Incredible Years Parenting Program, Gottman method for couples, resiliency training, motivational interviewing, tri-phasic model of trauma, solution-focused brief therapy, mindfulness-based cognitive therapy, and acceptance and commitment therapy.

Sarah Boyle is also a registered clinical counsellor at Parallel Wellness. She obtained her Masters degree in Psychological Counselling from the City University of Seattle. Her areas of practice include life skills training, family counselling, adolescent and adult counselling, couples counselling, emotional dysregulation, grief, life transitions and adjustments, depression and mood disorders, anxiety disorders, and eating disorders. Her approaches include self-compassion therapy, mindfulness and somatic therapy, acceptance therapy, emotionally-focused therapy, solution-focused therapy, dialectical behavioural therapy, mindfulness-based cognitive therapy, and attachment-based therapy.

Ashley Greensmyth is another registered clinical counsellor at Parallel Wellness. She obtained her Masters in Counselling Psychology from Adler University and has completed Level 1 of the Gottman Method. Her areas of practice include goal setting and motivation, life transitions, couple counselling, relationship issues, identity exploration, depression and mood disorders, and anxiety disorders. The approaches she use include emotion-focused therapy, Gottman method for couples, mindfulness approaches, mindfulness-based cognitive therapy, nonviolent communication, and Adlerian therapy.

Individualized therapy sessions for adults, children and youth are available in 50 and 80-minute sessions. Couples therapy sessions are also available for all stages of relationships. Through these sessions, couples are able to develop better connectedness while learning the skills for better communication. With these sessions, happy, healthy and resilient relationships are possible. Sessions are either 50 minutes or 80 minutes long. For family conflict, family therapy sessions are also offered. These sessions allow families to

have the opportunity to end their divide and reconnect. Sessions are either 50 minutes or 80 minutes long.

Those who are interested in going to the offices of Parallel Wellness can take a look at their newly launched Parallel Wellness North Vancouver Counselling Google My Business Map Listing. They can also book an appointment online on the Parallel Wellness website.

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For more information about Parallel Wellness North Vancouver Counselling, contact the company here: Parallel Wellness North Vancouver Counselling Meredith MacKenzie (778) 990-5491 meredith@parallelwellness.ca 224 West Esplanade Fifth Floor, North Vancouver, BC V7M 1A4

Parallel Wellness North Vancouver Counselling

Parallel Wellness North Vancouver Counselling is a passionate team of holistically-minded, counselling therapists helping clients realize their true potential by supporting them through their own goals towards living a healthy and fulfilling life.

Website: <https://www.parallelwellness.ca/north-vancouver-counselling/>

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