



## **Burnaby Counselling Centre Launches Google Map Listing**

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Parallel Wellness Burnaby Counselling, based in Burnaby, British Columbia, has announced the launch of the Burnaby Counselling Parallel Wellness Google Map Listing. This allows people to check out the location of the offices of Parallel Wellness in Burnaby. Parallel Wellness is made up of a team of counselling therapists who believe in holistic treatment with the goal of helping people attain their maximum potential.

Meredith MacKenzie, who is the owner of Parallel Wellness also works as one of the registered clinical counsellors. She received her MA in Counselling Psychology from Adler University and she is presently working on her PhD in Counselling Psychology at the University of British Columbia. She offers individual, couple and family therapy. Her areas of practice include emotional dysregulation, divorce or separation, life transitions/adjustments, depression and mood disorders, anxiety disorder, eating disorders, family difficulties, parenting education, and couples counselling. She employs a number of approaches, such as mindfulness approaches, dialectical behavioural therapy, mindfulness-based cognitive therapy, attachment-based therapy, family-based treatment for childhood eating disorders, Gottman method for couples, and emotionally-focused therapy.

Meredith says, "Parallel Wellness is the passionate creation of a team of holistically-minded, counselling therapists. 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. Everyone deserves to have happy and healthy relationships with themselves and the important people in their lives. Thus, we are very happy to announce that we have recently launched our new Google My Business map listing. This will allow people to discover more about Parallel Wellness Burnaby Counselling on Google, thereby allowing us to help more people."

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

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

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

Parallel Wellness Burnaby Counselling offers individualized therapy sessions for children, adults and youth. These can be in 50 and 80-minute sessions. Couples therapy sessions are also available for the different stages of relationships. Because of these sessions, couples would be able to develop better connectedness while learning the skills to enhance their communication. With these sessions, healthy, happy and resilient relationships are made possible. Sessions are also either 50 minute or 80 minute long. For family conflict, family therapy sessions are also offered by Parallel Wellness Burnaby Counselling. These sessions will

enable family members to have the opportunity to end their divide and reconnect. These sessions are also either 50 minute or 80 minute long.

People who would like to book an appointment with the Burnaby office of Parallel Wellness can take a look at the Parallel Wellness Burnaby website. They can also book an appointment online on the website.

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For more information about Parallel Wellness Burnaby Counselling, contact the company here: Parallel Wellness Burnaby Counselling Meredith MacKenzie (778) 990-5491 [meredith@parallelwellness.ca](mailto:meredith@parallelwellness.ca) 2025 Willingdon Ave Unit 900, Burnaby, BC V5C 0J3

## **Parallel Wellness Burnaby 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.*

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