

COUNSELLING IS FOR PEOPLE WHO

- Want the most out of life:
- Aim to live a life with meaning and without regrets
- Treasure their sense of well-being and wellness; physically, spiritually, socially, and emotionally.
- Are open to possibilities; for new ways of seeing and being
- Are not afraid to ask for whatever guidance they may require
- Understand that when challenges come up that require new information or more resources than they currently have, it is alright, even commendable, to ask for assistance.
- Want to expand their horizons by learning
- Know that Counselling is NOT ABOUT BEING CRAZY, its about being able to get whatever assistance you see fit, to deal with issues and to put those issues behind you so they are no longer hindering or bothering you. Perhaps it's MORE INSANE TO NOT ASK FOR HELP WHEN NEEDED.

In short then, Counselling is for people

WHO ARE JUST LIKE YOU!



LORRAINE MCATEER'S BACKGROUND

Lorraine McAteer has 14 years experience as a medical health professional and 12 years post-secondary education in healthcare and psychology. Lorraine graduated with First Class honours with a B.A., Majoring in Psychology, in 1994, and an M.A. in Counselling Psychology in 2002, from Simon Fraser University. Her areas of interest lie mostly in the intersections of the medical and psychological sciences; in the mind-body connection and how the mind effects the body and vice versa. As such her research has focused on how stress effects sensory perception, emotions, and depression/anxiety symptoms. She has received many awards for her high academic achievements, including the prestigious CD Nelson Graduate Entrance Scholarship. She is currently working to attain a certificate in Substance Use at the Justice Institute of British Columbia.

Since graduating Lorraine has been in private practice. She has created and directed workshops and given sessions for individuals and groups, on how to foster and act with emotional intelligence to reduce stress and become healthier and happier individuals.

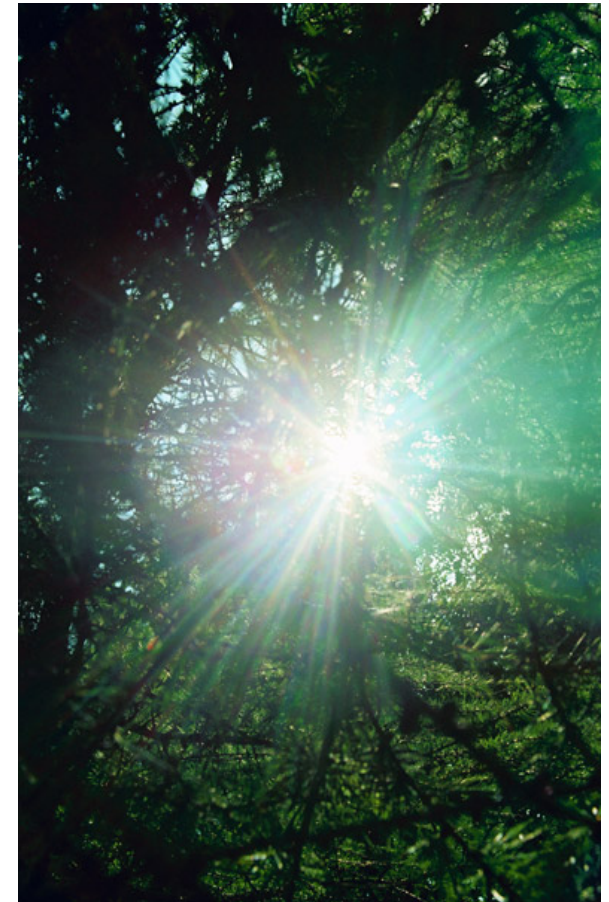
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CLINICAL COUNSELLING

WHY SEEK COUNSELLING?

PERSONAL GROWTH AND WELLNESS

(For those who want to improve their life or their lifestyle, their happiness and health.) Counselling can help us grow through the exploration of personal goals and how we can achieve them. Such growth fosters our belief in ourselves and in our potentials. There is much joy and personal power to be found in self-discovery and in aiming to live the best life we can. In this aspect of counselling, the Counsellor takes the role of a personal Coach.

IMPROVING RELATIONSHIPS

Communication skills, anger management, conflict resolution and assertiveness training all are skills which can be learned in counselling. These skills help us develop more meaningful, intimate and joyous connections with ourselves and with others to thereby reduce interpersonal stressors.

STRESS MANAGEMENT

Dealing with our stressors and how they effect us can greatly improve our health and well-being. Finding solutions to our concerns can help us avoid depression and may even reduce pain. Besides improving interpersonal skills, personal problems and decisions can be worked through with a Counsellor so that they can finally be put behind us.

COUNSELLING CAN HELP YOU...

- Work through Concerns and Solve Problems
- Deal with Parenting Issues
- Enhance your Relationships and their Intimacy
- Have a happier family life and better marriage
- Better understand yourself and others
- Choose and live the life you want
- Set goals and reach them
- Improve your self-esteem and sense of personal power
- Reduce your stress
- Improve your lifestyle and health
- Feel physically better, with more energy for life
- Improved function and performance, at school, at work, at home
- Making sound and positive decisions; right for YOU
- To be HAPPIER; To have greater life satisfaction and well-being

ISSUES COMMONLY ADDRESSED DURING COUNSELLING

- Life Goals and How to Reach Them
- Healthy Lifestyle Choices
- Stress Management and Decision Making
- Depression and Mood Concerns
- Crisis Intervention
- Anxiety, Panic attacks and PTSD
- Pregnancy and Postpartum Stress
- Parenting Skills and Issues from toddlers to teens, ADHD, Depression and Suicide, Emotional Intelligence
- Anger Management
- Assertiveness and Conflict Resolution
- Relationships and Communication Skills, Social Intelligence
- Grief and Bereavement
- Coping with Physical or Mental Illness
- Body Image and Eating Concerns
- Abuse: Emotional, Physical, Sexual
- Chronic Pain Issues
- Addictions and Reducing Harm