

Therapist Bios

**Karyna Gallant, MA, RCC**  
**Registered Clinical Counsellor**



I have a Master's degree in Counselling Psychology and Practical Nursing license. I specialize in the following areas: couples in conflict, seniors and caregivers, and trauma. I am fluent in Russian and Spanish. I use a variety of counselling interventions in my work with clients: Emotionally Focused Couples Therapy, Cognitive Behavioral Therapy, and Mindfulness Based Cognitive Therapy.

My approach is based on understanding my clients' needs and working together on developing tools to cope with and improve current situation. I believe that relationships are the most important component of our existence. Therefore, I focus on creating therapeutic relationships that help my clients heal. I am also passionate about advocating for my clients and helping them navigate the system and finding their voice.