

Therapist Bios

**Lindi Setiloane, MA, RCC, CCC-S**  
**Child and Family Therapist**



Lindi Setiloane is a Registered Clinical Counsellor with the British Columbia Association of Clinical Counsellors. Her therapeutic experience includes using evidence-based approaches to work with individuals, couples, and families in areas such as anxiety, trauma, parenting, school difficulties, & mental health management. Lindi provides counselling for those experiencing emotional, social, educational, family or psychological challenges. Lindi's hope as a counsellor is to maintain an individualized, culturally and spiritually aware perspective and to strengthen individuals and families while meeting their unique and diverse needs.

Lindi will use a strength-based approach to help clients:

- improve couple and family relationships
- improve communication and parenting skills
- develop skills to set and reach goals
- learn effective anger management skills
- deal more effectively with separation and divorce
- understand and manage depression, anxiety and stress
- move beyond the impact of childhood and adult traumas