

Therapist Bios

**Shu-Yin Mau, MA, DVATI, RCC  
Family Therapist**



Mau has developed a deep understanding of the impact of family dynamics and substance misuse on neurobiological development. Her work is based on a bio-psycho-social-spiritual framework, placing the individual issues in a broad social-interpersonal context to reduce personal blaming.

Mau possesses a Masters in Counselling Psychology and a Diploma in Art Therapy. She has specialized training in narrative therapy, mindfulness, attachment theory, interpersonal neurobiology, attachment theory, Cognitive Behavioural Therapy, couple therapy, Child-Parent Relationship Therapy and Trauma-Focus CBT. In addition to professional qualifications, she experienced severe adversity in her childhood that provides firsthand to transform hardship into strengths for personal and spiritual growth. Thus, she is committed to sharing what she knows about progress and healing to help people live and function their desired life.