

Therapist Bios

**Sukhvinder Rangi, MC, RCC**  
**Registered Clinical Counsellor**



Sukhvinder has been practicing in the field of mental health and counselling since 1994. She has practiced in different positions over the years with various non-government agencies. She spent 13 years in England and practiced as a School Counsellor for 8 years for a National Child Protection Agency. She also held a position as a Counsellor for South Asian Women's Organization (in the UK) for 4 years and set up an innovative mental health project in the city for the very first time. Sukhvinder has been involved with The Children's Foundation since 2007.

The main focus of her work has been associated with individual, co-therapy, and family therapy. She has also been involved in facilitating parenting groups on different issues/topics over the past 17 years (for instance, Connect parent group, Women's empowerment group, Emotion coaching, Collaborative problem-solving, and stress management).

Sukhvinder offers therapy in Punjabi, Hindi, and English. Sukhvinder works with a number of presenting issues, including ICBC injuries, family work, relationship conflict, marriage counselling, parenting, mental health, and loss and grief.

Sukhvinder is familiar with evidence based practices and applies approaches such as cognitive-behavioural, trauma-focused CBT, narrative, attachment based approaches, Virginia Satir family therapy, solution-focused, client-centred, motivational interviewing, behavioural family therapy, and culturally specific interventions to meet the needs of families from diverse backgrounds.