



- Canadian Certified Counsellor
- Master of Gestalt Therapy
- Degree in Psychology

Elsa has many years of experience in facilitating and increasing clients' self-awareness so they can create and discover their own solutions to their problems.



"Develop self-awareness and a sense of personal responsibility for your own decisions here and now."

In this society, people often feel that they have to be self-sufficient and manage on minimal support. "Isolation is the new poverty". Many people lack meaningful connections with others. They feel impoverished by superficial contact. Nobody will really listen or if they do, they are afraid to reveal themselves in response.

Nowadays, many more people experience depression and lack of purpose in their lives.

In my counselling and therapy sessions, I offer support to help people make changes in their lives. I encourage people to express their deeply held hopes and fears and I listen carefully to how they experience life so I can guide them in the process of becoming aware of their reality and finding their own solutions to their problems.

Support, creativity and kindness
are what I offer to my clients.

ELSA VALENZUELA MGT, CCC
Canadian Certified Counsellor

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The Bamboo Bridge Counselling & Psychotherapy



ELSA VALENZUELA MGT, CCC
Canadian Certified Counsellor

***Counselling
in
Spanish***

Adults, Couples and Families (Parenting Groups)

Life & Cultural Transition for New Immigrants

**Services provided are covered by most extended
health care plans**

Check with your plan administrator for eligibility

*** Cell: 778-855-3594 ***

Professional Counselling & Psychotherapy

The Gestalt approach is concerned with the whole person, encouraging a balance between body and feelings, intellect and imagination.



"Encouraging a balance between body and feelings, intellect and imagination."

Discover the patterns you have developed in your life and decide whether these strategies have been useful.

Work with difficult experiences and emotions, anger, fear and vulnerability.

Emphasize the importance of "here and now". Develop "awareness" which includes knowing the environment, responsibility for choices, self-knowledge, self-acceptance, and the ability to contact.

AREAS OF WORK

* Adults

Speak out, speak now, take action

* Couples

Working to mutually improve the relationship

* Families

What happens behind the door?

* Teenagers

Cultural issues and school transition

* Parenting Groups

Positive parenting with a plan

* Cultural Transition

Bridging the gap between two cultures

* Life's Events

How to manage your emotions and support your loved ones when facing terminal illness, grief and other losses



"My concern is how patients support themselves in solving problems."



Elsa provides counselling that focus on:

- * The individual's experience in the present moment.
- * The therapist-client relationship.
- * The environmental and social contexts in which these things take place.
- * The self-regulating adjustments people make as a result of the overall situation.