

## All Genders Counselling: Program Description



Counselling focuses on a trauma informed, client-centered, wholistic, and strengths-based approach for each client. Meeting each person where they are at, going at their speed to reduce triggering and not continuing the trauma cycle.

The current counselling has the strengths of working with diverse communities, 2SLGBTQIA+, harm reduction, and safety building. Modalities used are: DBT, EMDR, Internal Family Systems (IFS), Acceptance and Commitment Therapy (ACT), and CBT.

The All-Gender Counselling service aims to therapeutically engage men, and address men's concerns around childhood trauma and relationship dysfunction. Services for women will also address all forms of trauma both historical and current. 2SLGBTIA+ are welcome to address all issues from a trauma informed lens to support building resiliency and strength.

This free counselling service provides non-judgemental, evidence-based support for all genders with violence and trauma in their lives, in their relationships, or in their work.

The goal of this counselling service is to assist everyone to better manage their reactions to stress and conflict and to provide relief from experiences of violence and trauma.