Central Path Psychotherapy



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I am a Registered Psychologist (#2491) in British Columbia. I enjoy working with adults on a variety of psychological concerns, including anxiety, depression, stress management, and post-traumatic stress disorder (PTSD). I also provide treatments for individuals with chronic pain, adjustment difficulties related to health issues (e.g., brain injury, chronic diseases), sleep disorders, life transition, grief/bereavement, identity issues, anger management difficulties, and workplace stress. I am also pleased to provide services in Chinese (Cantonese & Mandarin). I have an integrative approach in psychotherapy, drawing from Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Emotion Focused Therapy (EFT), and mindfulness-based interventions. More importantly, I believe in a collaborative approach with my clients; trust and respect are essential components in my work.If you are having a hard time dealing with your difficulties, I would like to invite you to have a brief complementary consultation with me. We can discuss how I can assist you in resolving your problem and helping you to move forward. I am located in Downtown Vancouver and provide telehealth video sessions for individuals physically resided anywhere in BC.

Website
Email

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