



# MARINA GAUVREAU

Behavioural Health Consultant

## PROFILE

Marina received a Bachelor of Arts majoring in psychology from the University of Alberta, and then a Masters of Arts in Counselling Psychology from Yorkville University. She is a Registered Provisional Psychologist, and enjoys supporting adolescents, youth, adults and the elderly as they focus on improving mental health, or are experiencing life changes or stressors. She believes that each individual client brings a different foundation of experience and skills to work with. She strives to provide counselling services that fit each client uniquely; to work with their specific situations and strengths. Marina believes that all individuals have the power to create change in their lives, and through counselling, are often able to make that change.

## STYLES

- Strength-Based practices
- Cognitive Behavioural Therapy
- Solution-Focused Therapy
- Mindfulness practices
- Person-Centered therapy
- Eye Movement Desensitization and Reprocessing (EMDR) therapy

## CONTACT

PHONE: (780) 962-9888

WEBSITE:  
[www.westgroveclinic.ca](http://www.westgroveclinic.ca)

## CONDITIONS TREATED

---

- Grief
- Life Transitions
- Self Esteem
- Stress
- Trauma
- Anxiety
- Depression
- Self-harming
- Addiction
- Suicidal Ideation
- Support those with Bi-Polar and Borderline Personality Disorder
- Other: Individual Counselling, Connect individuals to other psychologists/counsellors for longer-term counselling, or for help with certain psychological issues that may require more frequent or in-depth counselling.

## WHAT TO EXPECT

---

At an initial appointment, Marina will go over informed consent, confidentiality, and other questions you may have about the counselling process. She will spend the majority of this appointment gathering information about yourself and how you view your issues/conditions. She will always leave time at the end of an appointment for you to ask any questions, or to bring up topics that may not have been covered which you deem to be important.

At follow-up appointments, she will do a "check-in" to see what progress you've made, discuss any difficulties you've had, or breakthroughs that you've made. Marina will offer support and suggestions, and help support you to grow at your own pace and level of readiness.

## Minors

---

In addition to seeing adults, Marina provides support to youth between the ages of 13-17. Unless the family doctor has established the youth to be a mature minor, both parents will be asked to provide signed consent for Marina to provide therapy services to the minor.