

Favorite Quote

Be kind, for everyone you meet
is fighting a great battle.

- Ian MacLeran

Our Mission

We provide medical and
rehabilitation services
empowering our patients and
the medical community through
innovative medicine,
collaboration, partnership, and
education.

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Psychotherapy

Sheila Chaba

Canadian Certified Counsellor



How can a psychotherapist help me?

Life can be hard. When struggling with life's challenges, a safe space, and trusted relationship can help you navigate through difficult times. My role is to walk alongside you as we explore your feelings, thoughts, and experiences.

Holistic Approach

My own life experiences and personal work in grief, trauma, and chronic pain, have helped me to appreciate the unique challenges involved in healing and recovery. I use an integrated, holistic approach that enables us to work together to meet your needs at the moment.

This can include:

- Cognitive behavioral therapy
- Grief support
- Guided imagery
- Mindfulness
- Narrative therapy
- Self-compassion
- Therapeutic art
- Trauma recovery

Together we can access and manage the internal resources you already possess when cognitive, emotional, behavioral, physical, social, or spiritual issues interfere with daily life.

Qualifications

- Canadian Certified Counsellor (CCC)
- Professional Member of the Canadian Counselling and Psychotherapy Association
- Masters of Psychotherapy and Spirituality, St. Stephen's College
- Certified in grief support and trauma recovery
- Trained in the Mindfulness-Based Stress Reduction for Healthcare Professionals program
- Bachelor of Science and Bachelor of Education, University of Alberta

Areas of Interest

- Anxiety
- Boundary issues
- Chronic pain
- Depression
- Grief support
- Life events/stress
- Personal/spiritual growth and development
- Relationship problems
- Self-image, self-esteem, or self-worth
- Trauma

Cost

Individual sessions are 50 minutes for \$110. A couple session is 75 minutes for \$140.

Payment (cash, credit card, or debit card) will be taken at the front desk prior to the start of the session.

Insurance reimbursement

Services from Canadian Certified Counsellors may be covered by: Pacific Blue Cross, Equitable Life, Greenshield, and Sun Life. It is your responsibility to determine if counseling services are included in your plan and to verify the service providers approved under the plan (CCPA Standards of Practice, 2015).

Book your appointment

1. Call 780-453-5255.
2. You will be e-mailed a registration package including consent and intake forms. Please fill out the information and bring the completed form to your appointment.