

Ivana Redmond, RPC, MPCC

Registered Professional Counsellor (RPC)
Master Practitioner in Clinical Counselling (MPCC)



I am a member of the Canadian Professional Counsellors Association (CPCA), in which I have the credentials of a Registered Professional Counsellor (RPC) and a Master Practitioner in Clinical Counselling (MPCC).

I have been trained in various areas of counselling psychology and family therapy where I have obtained various specializations and certifications. The following are some, but not limited to, specializations, training, and certifications:

1. Gottman Method Couples Therapy Level I
2. Leveling Prayer Certified Counsellor
3. Traumatic Incident Reduction
4. Certified Premarital Counsellor by Enrich Canada
5. Couples Course with Drs. John & Julie Gottman: Making Marriages Work by Uncovering Secrets of Sex, Love & Trust, Certification (In progress)
6. Addiction, Trauma, & Adverse Childhood Experiences (ACEs): The Neuroscience behind Developmental/Attachment Trauma and Adverse Childhood Experiences Certification (In progress)
7. Tension & Trauma Releasing Exercises (TRE) (In progress)

The following are some of the training that I have received:

1. Cognitive Behavioural Therapy
2. The Cost of People Helping – Avoiding Compassion Fatigue
3. Mindfulness: A symphony with clients and self
4. When Love Hurts: Women's Experiences of Abuse in Relationship
5. The Five Love Languages
6. Conquering addiction
7. Hope Alive Level I Training
8. Emotion Regulation in Couples Therapy: An Integrative Approach
9. Applied Suicide Intervention
10. Rebuilding Intimacy after an Affair
11. Gestalt Therapy Model Level 1

I have many years of experience in individual and in group counselling which I assisted individuals, couples, families from diverse cultural and social economic background to address various issues such as, but not limited to:

1. Interpersonal and/or marital relationships conflicts
2. Premarital counselling
3. Addiction
4. Trauma
5. Depression
6. Anxiety
7. Anger
8. Life transitional issues

My theoretical orientation is eclectic and holistic in nature. I draw first on the faith foundations of a view of persons and then, I elaborate on most of the contemporary therapeutic models to form an integrative approach to individual, couple, family and group therapy. Thus, I use a number of different techniques and approaches from different counselling modalities to best fit my client's therapeutic concerns and psychosocial, emotional, and spiritual needs. Some of those counselling approaches are, but not limited to:

1. Solution-Focused Brief Therapy
2. Cognitive Behavioural Therapy
3. Existential Therapy
4. Gestalt Therapy
5. Reality Therapy
6. Emotion Focus Therapy
7. Psychodynamic Therapy
8. Gottman Couples Therapy

Furthermore, I utilize spiritual interventions and techniques such as prayer and scriptures, if and when it is appropriate and in line with my client's value system.

I taught various counselling courses in the Diploma of Professional Counselling program (DPC) at Pacific Life Bible College (PLBC) in Surrey, BC. Aside from teaching some of the DPC courses, I was also one of the Practicum Clinical Supervisors for the DPC Program.

Presently, I am the Group Counsellor for the Diploma of Counselling Program (CNS) at PLBC where I facilitate Group Therapy for the CNS counselling students in training. Furthermore, I am the Executive Director for the Door of Hope Counselling Clinic in Port Coquitlam, BC where I also provide professional counselling services for clients.

I believe everyone deserves to be treated with respect and to be empowered to live a life that is congruent with one's values and dreams.