



# VANTAGE POINT WELLNESS

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## Can you believe it's already 2025?!

It has been such a pleasure working with you! The secret to therapy is simply showing up and, *in my opinion*, that deserves to be recognized. Whether you started therapy for the first time, returned to therapy after taking a break, or were looking for a specific approach, you demonstrated the strength and self-awareness needed to reach out for support. I am incredibly proud of you!

### Being my first year in private practice, I wanted to share a few highlights of 2024:

- Registered as a Clinical Counsellor with the BC Association of Clinical Counsellors in February 2024
- Approved as an ICBC vendor in March 2024
- Started seeing clients in-person and online in April 2024
- Completed Pain Reprocessing Therapy certification in August 2024
- Attended a Therapy Conference in Vancouver in October 2024
- Completed Accelerated Resolution Therapy training in November 2024
- Confirmation that Counsellors no longer need to charge GST as of December 20, 2024

## So, what's ahead for 2025?

I'm relocating! To where? Still TBD!

It's been an honour to have shared space with Momentous Counselling and Therapy over the past year. A huge congratulations is in order as their practice is expanding! They've added several new therapists to their team that range in clinical specialties, including working with children, teens, families, and couples. I'm so proud of the positive impact they've been having on our community and I'm sad to leave the office but excited for a new chapter!



With that said, in addition to continuing to see clients, my main priority is searching for a new office space. Don't worry, I'm staying put for the time being! Ideally, I would like to stay close to the current office (Downtown Kelowna), but I'll be sure to inform you of any changes. Of course, online is always available too!

Send me an email with your preference of location within Kelowna/West Kelowna!

### New for 2025

I've added to my session availability, including bi-weekly afternoon and evening sessions as well as the occasional Saturday. These spots are limited, so make sure you book ahead! Take advantage of annual benefit renewal for 2025! See my schedule [here](#).

### Coming up in 2025

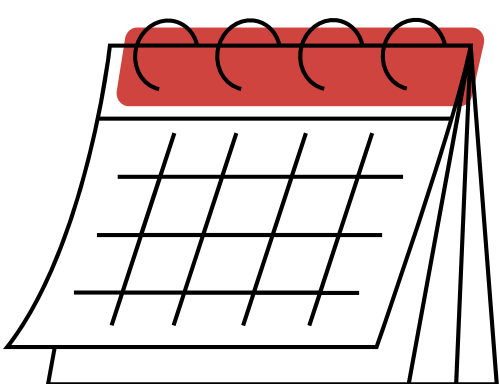
I'll be adding Vocational Rehabilitation Counselling to my services offered! This will include hands-on, practical services such as:

- Career Counselling and Career Exploration
- Job search support (applications, interviews, negotiations)
- Transferable skills analysis
- Resume and Cover Letter updating
- Return-to-work management and support
- More to come!



Later this month, I'll be a guest on **Because She's Adopted: Studio Series**, a podcast hosted by **Kristal Parke**, a talented Cree film maker and adoptee in Kelowna who shares adoption stories with her followers. Follow her [TikTok](#) page for the release date!

Lastly (at least for now), I'm aiming to complete the Advanced Training in Accelerated Resolution Therapy in 2025 which will broaden the types of clients I'm able to work with.



# SEE YOU SOON!



[BOOK NOW](#)

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