

Carolyn Kienitz, MSW, RSW



Professional Summary

Carolyn is a dedicated therapist with over thirty years of experience. She enjoys working with clients of all ages and brings a warm and caring presence to her work. Through Cognitive Behaviour Therapy (CBT) Carolyn is able to motivate her clients to develop healthy coping mechanisms to deal with a wide range of issues. Carolyn believes therapy should be a collaborative experience that promotes her client's strengths, insight and skills with the goal of successfully managing their emotions, relationships and daily life.

Professional Specialties

- Anxiety
- Depression
- Stress Management – personal, school and workplace
- Grief, loss and bereavement
- Adapting to medical diagnosis/living with chronic illness
- Caregiver stress

Education

- Master of Social Work Degree (MSW) – Wilfrid Laurier University
- Trained in: Cognitive Behavioural Therapy, Solution Focused Therapy, Anxiety Management, Hypnotherapy (*Member of the Canadian Society of Clinical Hypnosis – Ontario Division*)

Professional Experience

Carolyn is currently running a private practice, is working as a therapist with TeleCBT and is a provider with Homewood EFAP (Employee and Family Assistance Program) Services. During her lengthy career, Carolyn worked for ten years at St. Mary's Hospital in the cardiac program. She has worked on a geriatric services team, in several hospital settings, in social services.



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