

Lynne Campbell, Registered Counsellor/Therapist



Professional Summary

Lynne has dedicated her life to helping others and having a positive impact on their lives. She has been helping people ages 16 to 60+ for more than 20 years. Lynne is an experienced clinician who approaches the needs of each client as an individual, using a multi-model therapeutic approach (one size does not fit all). She is well-versed in CBT (Cognitive Behavioral Therapy), Gestalt Therapy, Motivational Interviewing, DBT (Dialectical Behavior Therapy), and REBT (Rational Emotive Behavior Therapy). Lynne has an in-depth knowledge of the impact of thoughts on behaviors, and how to help clients differentiate between false beliefs and truth. When completing her undergraduate degree, Lynne added an Option/Minor in

Personality and Religion to have a better understanding of different cultures and belief systems so that she would be able to better relate to a large and diverse client population. Lynne is proficient in treating a variety of challenges, including The Anxiety Disorders (please see a more comprehensive scope of practice for Lynne beneath her photo). Lynne has also been actively involved in Adult Education and Training throughout her career and has taught CBT to clinicians. She has also taught university (U. of T. and York), and college students (George Brown), in Social Work, Psychology, and Nursing, on various subject matter such as Crisis Prevention and Intervention, Violence Prevention, Addictions (Process and Substance), and The Personality Disorders. Lynne is always striving to make a difference in the lives of her clients and her students, everyday.

Professional Specialties

- Anxiety (including OCD)
- Phobias
- Impulse Control
- Trauma Support, Education and DBT Skills Training
- OCD/Obsessive-Compulsive Disorder
- Panic Disorder
- Agoraphobia
- Specific Phobias (Heights, Spiders)
- Impulse Control Disorders (Kleptomania)



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Education

- Certificate in Social Work – Renison University College
- Bachelor of Arts Degree (4 years), Psychology Focus w/ Option in Personality & Religion – University of Waterloo
- Certified Trainer in PMAB (Prevention and Management of Aggressive Behavior) – CTI/Canadian Training Institute and CAMH

Professional Experience

Prior to working with TeleCBT, Lynne worked as a Community Health and Education Specialist for CAMH (Centre for Addiction and Mental Health), a Mental Health Counsellor and Therapist in various Long-Term Care facilities (MOH-LTC), as well as open and closed custody settings (Forensics), as a Group Facilitator in a Private Practice clinic, as well as an Adult Educator and Trainer for the Canadian Training Institute in Toronto, Ontario. She also created, piloted and taught the first Addictions Worker Program for the Toronto Campus of CDI College, certified by the CCACB. Today, Lynne continues to participate in Education and Training as well as Volunteer Work (Assaulted Women's Help Line, CPA).



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