

Tracy Kennedy, MSW, RSW



Professional Summary

Tracy (she/Her) is a compassionate, client centered therapist who is passionate about helping adults make meaningful lasting change. Tracy is a registered social worker with 15 years of work experience. She helps adults get to the root issue of their problems so they can live more empowered, peaceful, connect and authentic lives. During sessions Tracy aims to provide a healing environment that acknowledges and works with all parts of you – mind, body, and emotion. Her therapeutic approach integrates traditional talk therapy, evidence based trauma treatment modalities and mindfulness techniques.

Professional Specialties

- Relationship Issues
- Painful Family Dynamics
- Trauma & PTSD
- Low Self-Esteem
- Anxiety
- Grief & Loss
- Overwhelming Thoughts & Feelings
- People Pleasing & Perfectionism
- Self-esteem/Self-worth

Education

- Master of Social Work – Carleton University, Ottawa, ON
- Bachelor of Social Work – University of Waterloo, Waterloo, ON
- Bachelor of Social Development – University of Waterloo, Waterloo, ON

Clinical Training

- Cognitive Behavioural Therapy Level 2
- Eye Movement Desensitization & Reprocessing
- Flash Technique
- Emotional Freedom Technique
- Solution Focused Therapy



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Professional Experience

During her 15 years of work in the field of social service Tracy has developed a depth of experience ranging from crisis response to clinical work. Tracy currently enjoys working with TeleCBT and running her own practice.



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