

# Carolyn Kienitz, MSW, RSW



## Professional Summary

Carolyn is a dedicated therapist with over 30 years of experience. She enjoys working with adult clients (18 and over) and brings a warm and caring presence to her work. Through Cognitive Behavioural Therapy (CBT) Carolyn can 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 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
- Burnout/return to work
- PTSD and Phobias – trained in the Rewind Technique which uses gentle and effective hypnosis to treat the symptoms of PTSD and phobias

## 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*)
- Trained in: Internal Family Systems therapy (IFS) and trauma informed
- Registered with the Canadian Society of Clinical Hypnosis – Ontario Division



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## Professional Experience

Carolyn is currently running a private practice, is working as a therapist with TeleCBT and is a provider with Homewood Employee and Family Assistance Program (EFAP) as well as working in the Homewood Enhanced Mental Health Program. 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 and in social services.



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