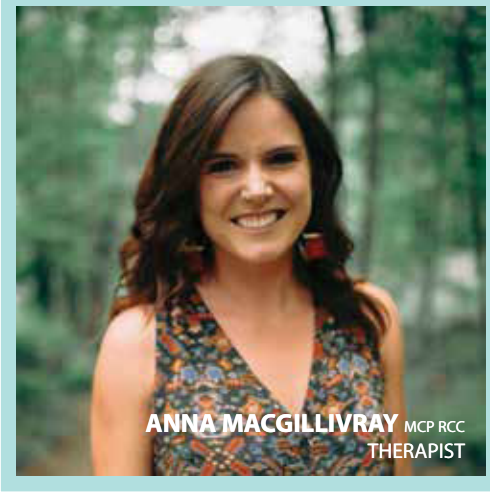


WELCOMING ANNA MACGILLIVRAY TO THE TEAM!

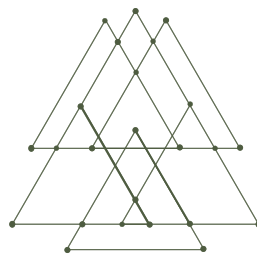


Allison Rice Therapy & Associates is thrilled to welcome Anna MacGillivray to the growing team of associates providing quality care to counselling clients in our Vancouver office.

Anna (she/her) is a Registered Clinical Counsellor with a Master's degree in Counselling Psychology from Adler University and with additional trainings in Emotion Focused Therapy, somatic techniques, mindfulness, and yoga. She works with youth and adults facing addiction, depression, anxiety, grief, eating disorders, and other mental health concerns.

Anna's approach to counselling is rooted in the idea that the body holds knowledge that cannot always be expressed through words. She believes that change is possible through the integration of the body and mind and aims to work alongside clients to help them gain safety and comfort in their bodies, their relationships, and their lives. Incorporating emotion processing techniques, mindfulness, and body work, she is able to offer a holistic approach to therapy.

APPOINTMENTS: ALLISONRICETHERAPY.JANEAPP.COM



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