

PROFESSIONAL SUMMARY

Josh is a Registered Therapeutic Counsellor (RTC #2981) with the Association of Cooperative Counselling Therapists of Canada (ACCT), a Registered Counselling Therapist (CT #2736) with the Association of Counselling Therapy of Alberta (ACTA) and is a graduate of the Practitioners Training Program offered by Clearmind International Institute with a diploma in Transpersonal Therapeutic Counselling. Josh is also a Certified Health & Wellness Coach and Keeping the Joy in Relationships Facilitator.

His main areas of expertise are addictions, anxiety, boundaries, depression, grief, life coaching, life transitions, marriage, parenting, relationships, self-esteem, self-worth, stress, trauma, and men's issues.

THERAPEUTIC MODALITIES

Trained in Adlerian Psychology, Bowen Family Systems Theory, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Gestalt Therapy, Humanistic - Existential Therapy, Internal Family Systems (IFS) Mindfulness, Narrative Therapy, Person-Centered, Positive Psychology, Psychodynamic Therapy, Somatic Therapy, Transpersonal Psychology.

EDUCATION & PROFESSIONAL DEVELOPMENT

- Couples Therapy Training, Terry Real LICSW, 2024
- Anxious grief – Strategies for Working with the Missing, 2024
- Anxiety Certification Course, Kimberly Morrow, LCSW and Elizabeth DuPont Spencer, M.S.W., LCSW, 2024
- Certified Forward-Facing Health and Wellness Coach, Forward-Facing Institute, 2024
- Relational Trauma: Psychodrama and Experiential Interventions for Treating Childhood Wounds in Adult Clients, Tian Dayton, PESI Inc. 2023
- Acceptance & Commitment Therapy: Intensive ACT Training, Dr. DJ Moran, PESI Inc., 2023
- Intensive Trauma Treatment Certification Workshop: EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving, PESI Inc., 2023
- Forward Facing Freedom, Forward Facing Institute, 2023
- Defeating Habits and Addictions: New Life-Changing Treatment Strategies for You and Your Clients, PESI Inc., 2023
- Anxiety Certification Course: Integrate CBT and Exposure & Response Prevention for Treatment of GAD, Panic Disorder, OCD, Social Anxiety, & Phobias, PESI Inc., 2023
- Gaslighting: Help Clients Escape and Rebuild from a Narcissist's Emotional Abuse, PESI Inc., 2023
- Relational Trauma: Psychodrama and Experiential Interventions for Treating Childhood Wounds in Adult Clients, PESI Inc., 2023
- Trauma Treatment Certification Training (CTTP), Janina Fisher, PESI Inc., 2023

- Documentation, ACTA, Dawn McBride Psychological Services, 2023
- Counselling with Indigenous Peoples, ACTA, 2023
- Healing from Affairs, PESI Inc., 2023
- The Mindfulness in Psychotherapy Summit, PESI Inc., 2023
- Shadow Teacher, Counsellor Training Program, Clearmind International, 2022-23
- Transpersonal Therapeutic Counsellor Training Program, Clearmind International Institute, 2022
- Certified Educator, Keeping the Joy in Relationships, Positive Discipline Association, 2021
- Certified Laughter Yoga Facilitator, Center for Mindfulness, 2021