



Karen Pitt (905) 467-4780/karpitt@gmail.com

Registered Psychotherapist (003338), CRPO. MA, MDiv

Specialties

- Sexual Abuse
- Trauma and PTSD
- Grief

Issues

- Addiction
- Anger Management
- Anxiety & Stress
- Depression
- Domestic Abuse & Family Conflict
- Relationship Issues
- Suicide & Self-Harming
- Spirituality & Faith
- Personality Disorders
- Culturally & Racial Sensitive



Indigenous
Awareness, Sensitivity
& Competence



LGBTQ2+ Safe

Age

- Children (6 to 10)
- Preteens / Tweens (11 to 13)
- Adolescents / Teenagers (14 to 19)
- Adults
- Elders (65+)

I am a passionate and skilled registered psychotherapist with over 25 years of experience in therapy, counseling, faith-based healing & growth, and spiritual care.

- ✚ Exceptionally engaging listener with expertise in face-to-face, telephonic, internet, and video consultations
- ✚ Outstandingly skilled group facilitator and mediator
- ✚ Leading towards new opportunities of growth and change with a strong interactive and dynamic outlook

Extensive experience in many areas of life and the emotional pain that holds us captive to our pasts or the fears of the present, causing us to fail in caring for ourselves and those whom we love.

Providing opportunities for:

- ✚ resolutions to past and present of damage
- ✚ equality, inclusion and equity
- ✚ enabling people to tell their stories in various ways

Promoting understanding and healing:

- ✚ Individually, in person, online or by phone
 - ✚ through Individual Counselling & Therapy
 - ✚ Support Groups offering care and connection
- Psycho-Therapeutic Courses

Working with people to break the cycle of manipulation, mistreatment, misuse or exploitation and restore choice in relationship and lifestyle.

Working with people from all walks and ways of life, together in the struggle, with the belief that stories empower change.



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