

Therapists

Ian 'Tay' Landry, MA MSW RSW Clinical Therapist & Clinical Manager

Mr. Landry is a Registered Social Worker with Private Practice designation and a Sociologist. He has certifications in counselling, suicide intervention, critical incident stress management, crisis intervention, addiction counselling, sexuality counselling, FASD and community development. He has experience in the areas of mental health, trauma support, loss and bereavement, addiction assessment and treatment (including dual-diagnosis), and pervasive development disorder / cognitive delay. His focus is on resolving individual, family or group issues utilizing a trauma informed, anti-oppressive, strength-based, solution-focused framework of practice. Mr. Landry works to assist individuals, groups, families and communities maximize empowerment, resilience and environmental mastery in order to make positive changes in their lives

Kimberley E. MacLean, BA MSW RSW Clinical Therapist

Ms. MacLean is a Registered Social Worker with Private Practice designation. She is a feminist, social activist, researcher, and advocate and has been involved in community development for over 20 years. Her efforts have focused primarily on services for individual, family or group issues as they pertain to recovery from trauma, intimate partner violence, mental illness or addictions. She works from a trauma informed, feminist, structural, anti-oppressive framework in order to help the people she works with become empowered to make positive changes in their lives

Contact

Office:

**25 Wentworth St., Unit 102
Dartmouth NS B2Y 2S7**

Fax:

902-431-0374

Website:

www.sweetgrassagecounselling.ca

Therapists:

Ian 'Tay' Landry

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Kimberley E. MacLean

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Allies



Sweetgrass & Sage Counselling and Assessment Services

Workshops



2 Day Workshops

**Changing Expectations:
Fetal Alcohol Spectrum Disorder**

**Navigating Loss:
Helping Your Client Through Grief**

**Getting Past the Pain:
Counselling Adult Survivors of
Childhood Sexual Abuse**

**What a Waste:
Impact of Substance Abuse
on the Brain**

**Transtheoretical Model:
Utilizing the Stages of Change
in Treatment**

**Post-traumatic Stress Disorder:
Causes and Recovery**

**Little Witnesses:
Family Violence and Children**

Fees: \$200 per person up to a
maximum total charge of \$2000.
Maximum of 15 participants, above 15 a
co-facilitator will be required.

1 Day Workshops

**Unsticking the Stuck Client:
Utilizing Motivational Interviewing
to Facilitate Change**

**Harm Reduction:
A Non-judgmental Approach to Change**

**Dual Diagnosis:
Substance Use and Mental Health**

**Substance Abuse and Family Violence:
A Complex Relationship**

**When Helping Hurts:
Vicarious Trauma, Stress & Burnout**

**Anticipatory Grief:
Preparing for the Loss of a Loved One**

**Team-Building and Team-Work:
Creating a Respectful Workplace**

**Along the Journey of Caregiving:
Coping with Caregiver Stress**

**Critical Incident Stress Management:
Impact and Recovery**

**Cognitive Restructuring:
Mastering Your Emotions**

Fees: \$100 per person up to a
maximum total charge of \$1000.
Maximum of 15 participants, above 15 a
co-facilitator will be required.

Location

Workshops are available at:

- Your office or workplace
- 25 Wentworth St., Dartmouth

Additional Charges

Travel
Lodging
Refreshments
Supplies
Equipment Rental

