

PROMENTALITY

what we do



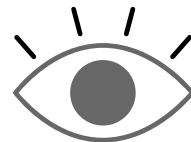
DBT

Dialectical Behavior Therapy, created by Marsha M. Linehan.



CBT

Cognitive Behavior Therapy, created by Aaron Beck.



EMDR

Eye Movement Desensitization and Reprocessing, created by Dr. Francine Shapiro.

EMDR is used to help with symptoms and emotional distress that are the result of traumatic experiences.

Please contact us today to connect with our EMDR clinician to determine if you would be a good fit for this therapy.



ACT

Acceptance and Commitment Therapy, created by Steven C. Hayes.



MPC

Mental Performance Consulting with a Certified Mental Performance Consultant.

Consults Available.



ProMentality
Performance & Wellness



PROFESSIONAL COLLABORATIONS

Have a collaboration opportunity? Contact us today, we'd love to hear more!

Call, text or email today!



PRECISION NUTRITION COACHING

Coaching based on holistic individual support needs, created by John Berardi, PhD.



NEURODIVERGENCE

We recognize not all typical modes of support will work for every brain, our affirming staff are eager to help!

Contact us today for a consult!



DON'T SEE SOMETHING?



Looking for something you don't see?

Contact us today, we might be able to help!

CALL/TEXT 604.2266218
EMAIL: INFO@PROMENTALITY.CA