



*...over 25 years
counselling experience*

I am a graduate of the Master of Social Work (MSW) program at McGill University. My experience over the years has included work in the following settings:

- ◆ Health care centre
- ◆ Children's mental health centre
- ◆ Psychiatric hospital
- ◆ Schools
- ◆ Community-based agencies

At present in addition to running a private therapy practice I am currently a part-time school social worker for the Toronto District School Board. For over twenty years it has been a joy to work with many children, adolescents and families.

I also am a faculty member for the Narrative Therapy Centre (NTC) where I teach counselling skills workshops locally and internationally to various mental health professionals including social workers, psychologists and psychotherapists .

If you are interested in learning more about the narrative therapy approach please visit the NTC website at www.narrativetherapycentre.com.



Angel Yuen MSW,
RSW

Office Address:
300 Clements Rd. W., Ste. 202
Ajax ON L1S 3C6

Mailing Address:
P.O. Box 31030
Westney Heights RPO
15 Westney Road N.
Ajax ON L1T 3V2

Phone: 905-427-8239
Fax: 905-427-8231
angelyuen.counselling@rogers.com

Individual | Couple | Child & Youth | Family

COUNSELLING



Angel Yuen MSW, RSW

Therapist
905-427-8239

ONTARIO ASSOCIATION
OF SOCIAL WORKERS



Membership No. 4664



Ontario College of
Social Workers and
Social Service Workers

OCCSWSSW Registration # 327967

**Counselling services
in Durham region since 2002**





My Approach

I enjoy working together with people of all ages towards positive and helpful changes. I cater to the unique needs of each individual, couple and family and work at a pace that feels comfortable and supportive for each person.

For many years my counselling approach has been influenced by the Narrative Therapy model. Narrative therapy is a collaborative and respectful approach used world-wide that believes that people are the experts about what is most helpful for their own lives. It focuses on the values, purposes and hopes that have guided a person's life...despite the setbacks.

In counselling sessions I listen to problem-stories to learn and understand how they may have influenced how a person views themselves. At the same time I am looking to discover with people the knowledges and skills they might have.

By co-discovering and increasing awareness of one's intentions, problem-solving skills and abilities this can assist in reducing the influence of the problem on one's life, or dissolving the problem altogether.

Angel Yuen



What problems or issues might counselling help you with?

In life we all may experience times of difficulty or stress. When things are getting us down or causing distress, and not seeming to get better, it may be helpful to talk to someone.

Some people are interested in consulting with a therapist to talk about feelings and effects of sadness, fear, worry, inadequacy, loneliness, anger or confusion. Others want to work through relationship issues with partners, children, parents, friends or co-workers.

Some specific problems that I have assisted people in dealing with are:

- ◇ Separation and divorce
- ◇ Death of a loved one
- ◇ Depression, anxiety and other mental health difficulties
- ◇ Addiction (alcohol, drugs, gambling)
- ◇ Past or current trauma
- ◇ Suicidal and self-harming thoughts
- ◇ School difficulties
- ◇ Injustices including homophobia, racism, sexism
- ◇ Effects of abuse
- ◇ Coping with illness

- ◇ Child and adolescent depression and anxiety
- ◇ Early psychosis
- ◇ Conflict with the law
- ◇ Dealing with anger
- ◇ Eating disorders

As a narrative therapist I believe that *the person is not the problem...but that the problem is the problem.* When problems are seen as separate from people everyone can work together to reduce the negative effects

Fees for Counselling

Fees for counselling services are \$130 per 1 hour session.

Some insurance plans may reimburse costs for counselling.



Angel Yuen MSW, RSW

For more information or to make a confidential appointment please call me at 905-427-8239

