

**Dayna Myles**  
**BDes, MACP Candidate, RP (Qualifying)**

*Dayna is available for counselling sessions in-person in London on Mondays and Fridays, and also by video or phone.*

Dayna offers an open space for compassionate and curious exploration of what is meaningful to one's life journey and personal identity. Seeking to learn and grow together, she approaches the counselling relationship from a collaborative and person-centered perspective. With a trauma-informed and attachment theory understanding of the roots of mental, emotional, physical, social and spiritual distress, Dayna sees and encourages the strengths and resiliency within each human being in the face of adverse life events and transitions. Familiar with the struggles of depression, anxiety, trauma, isolation, and relationship challenges, she offers support informed by narrative, existential, and mindfulness-based cognitive therapies. Creativity and play are a welcomed aspect of such courageous therapeutic journeys.

Drawing on her personal experiences as both a caregiver and patient undergoing critical illness, Dayna is passionate about accompanying clients and their families through the process of loss and grief. Educating on the mind-body connection, she advocates for integrating psychological wellbeing as a part of physical healthcare. She is open to conversations about the mysteries of life, faith, and dreams, honouring what feels true to each individual's unique path towards self-discovery and community belonging.

Dayna is transitioning from a decade of exploring art and design. She is currently a Candidate for a Master of Arts in Counselling Psychology at Yorkville University. Alongside her studies, she has also started training in palliative care counselling and Beginner Somatic Experiencing.