

Andrea Blackler

B.A.Sc.

*Andrea is available for counselling sessions in-person in London on Wednesdays
and also by video or phone other days of the week.*

Andrea works collaboratively with people to help them see different perspectives, make sense of emotions and experiences, and find meaning in their lives. She uses an inclusive, compassionate, patient, non-judgemental, trauma-informed, and person-centred approach to spiritual care and mental health care.

Andrea facilitates and supports growth, inner strength, clarity, resilience, and healing while respecting an individual's needs. She helps to foster self-awareness, self-exploration, and self-understanding to help her clients feel better, find balance, and reach their goals.

Andrea's spiritually-integrated and mindfulness-based work is grounded in her own personal meditation practice of 16 years. She has experience facilitating mindful parenting groups and workshops to nurture connection, communicate compassionately, and increase emotional resilience. Andrea also has additional training in grief counselling.

Andrea works with people from diverse backgrounds who are exploring life transitions, spirituality, relationship difficulties, low self-esteem, chronic pain, parenting challenges, perfectionism, depression, anxiety, anger, stress, grief, loss, and many other things. She integrates ideas and practices from mindfulness, mindful self-compassion, non-violent communication, attachment theory, and acceptance & commitment theory to support healing, connection and growth in clients.

Andrea is currently completing a Master of Pastoral Studies degree with a certificate in Psychotherapy at Emmanuel College, University of Toronto.