**Kristine Ridler
RP #10265**

**Kristine,** MTS, RP, is a Registered Psychotherapist (RP) with the College of Registered Psychotherapists of Ontario, a Certified Psycho-Spiritual Therapist with the Canadian Association for Spiritual Care, and a Somatic Experiencing ® Practitioner

in Training.

Kristine’s goal is to walk alongside people and collaborate with them to inspire hope, growth, and healing on their journey towards wholeness. She works from a

holistic, person-centred, strength-based, trauma-informed, and attachment-informed

lens. Kristine offers an empathic, genuine, non-judgmental, safe space for clients

to discuss their concerns, rediscover their strengths, and overcome

their challenges.

Her primary experience has been working with adults and couples. Her work

includes supporting individuals who are navigating varying challenges related to

mental health, experiences of childhood and adult trauma,

 chronic pain, PTSD, depression, anxiety, and personality disorders.

Kristine practices Spiritually-integrated psychotherapy and welcomes spirituality as

part of counselling. She uses the following therapeutic modalities:

Emotion-Focused Therapy for Individuals (EFIT), Emotion-Focused Therapy for Couples (EFT), Narrative Therapy, Solution-Focused Brief Therapy (SFBT), and integrates Somatic Experiencing into her work.

Kristine is an avid reader who is enthusiastic about learning. She enjoys physical activity, moments of solitude, birdwatching, and spending time in nature.

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