

**Tristan Mohamed (he/him)**  
**BA(H), JD (Juris Doctor)**

*Tristan is available for counselling sessions by video or phone, and may offer in person sessions in the future.*

Tristan is passionate about supporting individuals as they move through life transitions, relationship difficulties, and healing through trauma. Tristan's experience as a trauma survivor and first-generation Canadian growing up in a multi religious family has helped him navigate and understand the complexity of living 'between worlds', the struggles to find meaning and purpose, and the uniqueness of this journey for each individual. As such, Tristan knows that each person's journey of emotional wellbeing and healing is entirely unique, and he endeavours to honour that process.

Tristan seeks to support his clients through an integrative approach, drawing on relational psychotherapy, narrative therapy, family systems theory, self-psychology, Jungian psychodynamics, and somatic body-work. Tristan believes that with supportive conditions, his clients can integrate their experiences of mind, body, and spirit, and reconnect with their inner place of healing and resilience.

### **Experience**

Tristan has experience working alongside couples and individuals experiencing anxiety, trauma, relationship difficulties, grief, and life transitions including career changes, loss of meaning and purpose, and age-related changes.

Tristan has lived many lives. He has worked in the service industry, as a kitchen steward in a Buddhist monastery, in government, litigation, environmental non-profits, supported Indigenous and Trans/non-binary communities, and sought to advance human rights in his former capacity as a lawyer. Tristan believes that a continual effort to embody the values of respect, humility, and empathy has informed his work within the community.

Tristan recently served as a spiritual care intern at Scarborough Health Network, and is completing a Master of Pastoral Studies, Spiritual Care and Psychotherapy at Emmanuel College, University of Toronto.