**Mike Burns
RP #12159**

Mike Burns, MDiv, MPS, RP uses a holistic, person-centred, strengths-based approach in working with people and seeks to provide a safe, caring,

non-judgemental space. He has experience in
grief, loss, anxiety and trauma.

as well as working with people

who have been diagnosed with

bipolar and borderline personality disorders and Dissociative Identity Disorder. Mike uses an integrated
approach with Narrative Therapy, Solution Focused Therapy,

Mindfulness Techniques, Family

Systems Theory and the Cognitive Behavioural Family of therapies – Cognitive Behavioural Therapy (CBT),
Dialectical Behavioural Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

Mike also serves as a fire chaplain

with a volunteer fire department

where he works with firefighters
and their families as well as with

victims and witnesses. Mike holds a Master of Divinity degree and a
Master of Pastoral Studies degree

from Knox College at the University

of Toronto and is an ordained
minister in The Presbyterian

Church in Canada. Mike is an

associate member of the Canadian
Association for Spiritual Care/Association Canadienne de soins spirituels (CASC/ACSS).

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