



Lina Crossin, R. Psych.
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 NSBEP#: R:0829

AREAS OF PRACTICE

Abuse: Emotional / Physical Sexual Adoption Issues Anxiety Assertiveness / Social Skills Attachment Issues Birth Family Reunion Conflict Resolution Depression / Loneliness	Family of Origin Issues Foster Care Issues Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic/ Terminal/ Life Threatening Obsessive-Compulsive Personal Growth / Wellness Pain Management	Phobias / Fears/ Panic Relationship Issues Self-Esteem Separation/Divorce/Infidelity Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Career Change
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TREATMENT APPROACH	POPULATION	OTHER
Cognitive-Behavioural Mindfulness-Based Client-Centred	Young Adult 18-25 Adult >25 Aged ≥65	Workshops

PROFILE

Lina received her M.A. in Counselling Psychology from Adler University in Vancouver and has taken advanced, post-graduate training in Attachment-Focused EMDR and Self-Regulation Therapy. She has completed her Yoga Teacher Training, and in addition has certification in Conflict Resolution (Justice Institute of BC) & Human Resources Management (BC Institute of Technology).

Before joining Marsh-Knickle & Associates, Lina worked in full-time private practice at the Alpine Anxiety & Stress Relief Clinic in Vancouver and she brings over 15 years of combined professional experience in psychotherapy, human resources, employment counselling and mediation.

Lina's areas of interest include anxiety disorders, depression, trauma and PTSD, critical & terminal illness, grief & loss, chronic pain, difficulties in return-to-work, workplace conflict, and employment counselling.

A long-term cancer survivor (touch wood), Lina brings deep compassion to the therapy session. Her approach to therapy is client-centered and somatically oriented. She interweaves mindfulness-based CBT with the emerging research in self-regulation therapy, neuroplasticity, attachment theory, EMDR and sensorimotor psychotherapy.

Clients can expect to learn effective & practical solutions to current problems, and if desired, to address the source of current problems by healing from past issues.