



Karin Kramer, M. Counselling., R. Psych.
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NSBEP#: R0731

AREAS OF PRACTICE

<p>Abuse: Emotional / Physical / Sexual Adoption Issues Anger Management Anxiety Assertiveness/Social Skills Attachment Issues Body Image Issues Caregiver Stress Conflict Resolution Couple Therapy Depression /Loneliness Eating Disorders / Obesity Family of Origin Issues Grief / Loss / Bereavement Habit Change</p>	<p>Obsessive-Compulsive Disorder Personal Health /Wellness Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce / Infidelity Sexual: Orientation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Retirement / Bullying / Harassment</p>
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POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥ 65

PROFILE

Karin works with adults and couples. She strives to provide a warm and caring environment that supports the hard work of human change. Her passion is helping people feel better faster using evidence-based therapies. This can only happen when there is trust and respect in the therapy relationship, and Karin works hard to create both with each person or couple she sees. Her work with individuals draws primarily from cognitive behavioral therapy. Her couples therapy integrates many principles with a strong focus on the work of John Gottman and Sue Johnson. Karin has a special interest in premarital counselling. She has experience helping people with a wide range of concerns including anxiety, depression, panic, self-esteem, eating disorders, stress, phobias, PTSD, workplace issues, OCD, anger management and relationships. Her approach to counselling is customized to each person or couple she sees but always within a framework of scientifically proven change principles supported by a warm and trusting therapy environment.