



Clinical expertise helping people struggling with:

Depression

Anxiety

Addictions (Gambling & Substance)

Trauma

Life Transitions

Grief

Empowerment

Communication

Couples Counselling

Stress Management

Sexuality

Anger

Family of Origin

Did You Know That Your Physical Wellbeing is Directly Linked With Your Mental Wellbeing?



Create Your Best Life

Everyone experiences difficulties coping with life from time to time. Periods of life transition, recovery from trauma, depression, anxiety, grief and relationship problems can undermine our natural resilience and overwhelm a person's ability to effectively cope with changes and enjoy life.

Within the safe, confidential space created by our therapeutic alliance, my professional experience can help you navigate difficult times, understand the nature of mental health, and move toward healing. We will explore the issues you face and teach you new skills to help you thrive.

At Healing Steps Therapy, our approach to health is positive, practical, time sensitive and effective. The therapeutic work is collaborative, meaning that we will work together to raise awareness, decrease the discomfort you experience and teach you the skills that will allow you to feel better able to face challenges and create the life you deserve and want.



Dawna Silver MA, RCC #5635

I believe that contentment in the present requires a combination of confidence in one's ability to make changes, adequate coping skills and the ability to make peace with the past. My positive approach will help you identify problems and systematically move forward. I look forward to assisting you on your journey of change.

I hold a Masters in Counselling Psychology, and have post graduate training in Emotion Focused Therapy, EMDR, Hypnosis and the Gottman Method Couples Therapy. I am a Certified Problem Gambling Prevention Educator.

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