

Adrienne is a Registered Psychotherapist and a Registered Nurse with a Certificate in Psychiatric/Mental Health Nursing. She is in the final stage of completing Certificate in Psychoanalysis. She is a graduate of Tyndale Seminary's M Div / Counselling program. Adrienne teaches two courses at Tyndale Seminary (Psychopathology and Addictions). She is also a Mental Health First Aid Instructor, teaching both courses, Basic, and for Adults who interact with Youth).

Adrienne is an Associate at the Institute of Family Living, and works with individuals, couples and families. She has 20+ years of experience working with individuals with addictions and concurrent disorders, and offers CBT (Cognitive Behavioural Therapy), AEDP (Accelerated Experiential Dynamic Therapy), IPT (Interpersonal Therapy), and psychodynamic psychotherapy for individuals, couples and families, and psychoanalysis for individuals.

Adrienne is a member of the Working Group for the Promotion of Mental Health in Faith Communities.

