

Susan holds a Bachelor of Science, Kinesiology degree and a Diploma of Applied Psychology and Counselling (Kelowna College of Professional Counsellors). Susan has owned and operated Injury Prevention and Management Group for the past twenty-five years. Her company specializes in designing Occupational Health and Safety Programs for a variety of industries.

Susan volunteers with Hospice Calgary specifically at Rosedale Hospice. Additionally, she commits time to the Bereavement Telephone Support Program (BTSP) for extended family during their time of loss. Susan is the mom of two athletic boys. Her eldest, Justin (22) attends Maryville University in St Louis in the lacrosse program and her younger son, Nate (20) attends Dartmouth College in New Hampshire in the hockey program. Susan enjoys taking time to travel and see them play their individual sports and to support them in their academic ventures.

As a bereaved parent, Susan brings compassionate and supportive skills to clients of all ages as they move through their stages of grief and loss. Grief is present at varying levels in diverse contexts, for all clients seeking counselling support. Susan practices empathy, listening, validating, clarifying, and summarizing skills in her counselling role.

Susan's interpersonal skills are "excellent". She is intuitive, compassionate, and articulate in her communication. Particularly, she is skilled at building therapeutic relationships. Susan enjoys counselling all age groups with a specific passion for the age group from ten to twenty-one. She relates well to these ages. Susan attributes this to the strong relationship she has always had with her two sons. She and her boys journeyed beside their Dad through his difficult cancer diagnosis in 2011 and stood with him as he courageously fought and eventually lost his battle with cancer in February 2015.

Sometimes it is hard to discuss issues and worries with the people we are closest to, so having a listening ear, and an open mind, in a counsellor is important. Susan looks forward to meeting new clients, helping them realize their potential and ability to access the wisdom they possess regarding their own specific life situations.