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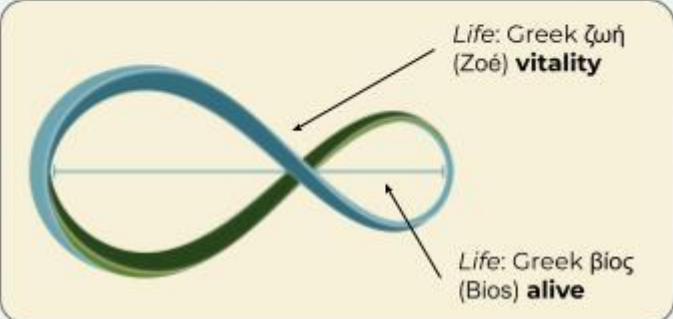
@lifespanscounseling



Lifespan Counselling



Lifespan Counselling



New beginnings are often disguised as painful endings

Lao Tsu

Contact us:
Let us know how we can help

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15/F, 52 Wellington Street, Central

Lifespan Counselling



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Counselling and Therapy for Adults, Teens, and Children

- ✦ Doctoral and Master's Level Mental Health Professionals
- ✦ Diverse Psychotherapies
- ✦ The Gift of Therapy in Action



Our Services

- ◆ Individual Counselling
- ◆ Couples Counselling
- ◆ Parenting Coordination
- ◆ Child and Play Therapy
- ◆ Art and Expressive Arts Therapy
- ◆ Addiction and Substance Abuse
- ◆ LGBTQ+ Affirmative Therapy
- ◆ Psychological Assessments
- ◆ Corporate Training and Workshops



Until you make the unconscious conscious, it will direct your life and you will call it fate.

C.G. Jung

Lifespan Counselling Practitioners



Dr. Mark Greene
Managing Director/Co-Founder

- ◆ Psychodynamic Therapy
- ◆ Anxiety and Depression
- ◆ Couples Counselling
- ◆ Personal Growth
- ◆ Individuation and Self-realization

Knowing yourself is the beginning of all wisdom

Aristotle



Dr. Michael Eason
Clinical Director/Co-Founder

- ◆ Adults and Teenagers
- ◆ Addictions, Addictive Behaviours and Substance abuse
- ◆ Cognitive Behavioural Therapy (CBT)
- ◆ LGBTQ+



Dr. Claire Young

- ◆ Stress and Performance
- ◆ Processing Grief and Trauma
- ◆ Major Life Transitions
- ◆ Men's Health



Pui-Yan Katie Leung

- ◆ Child, Teenagers, Adult, and Family Therapy
- ◆ Parenting/Child Conflict
- ◆ Autism Spectrum Disorder
- ◆ Trauma, and LGBTQ+



Dr. Diego Busiol

- ◆ Psychodynamic Therapy
- ◆ Anxiety and Depression
- ◆ Personal Growth
- ◆ Relational Problems
- ◆ Social Isolation



Meeta Gupta Hari

- ◆ Children and Teenagers
- ◆ Anxiety and Depression
- ◆ Peer Pressure
- ◆ Academic Stress
- ◆ ACT Certified



Julia Byrne

- ◆ Expressive Arts Therapy
- ◆ Adult and Child Humanistic Psychotherapy
- ◆ Special Needs Populations
- ◆ EMDR Level 2



David Liu

- ◆ Individual and Couples
- ◆ LGBTQ+
- ◆ Trauma/EMDR
- ◆ Anxiety and Depression
- ◆ Mindfulness/Dance Therapy



Lolita Schmalenberg

- ◆ Pre-teens and Teenagers
- ◆ Sexual Health Therapy
- ◆ Women's Issues
- ◆ Couples and Co-parenting
- ◆ Trauma



Dr. Rick Smith

- ◆ Anxiety, Depression, and OCD – ages 11 to 24
- ◆ Executive Functioning
- ◆ Parenting Coordination
- ◆ ADHD, Autism, and Dyslexia



Dr. James Yu

- ◆ Psychodynamic Therapy
- ◆ Personality Disorders
- ◆ Diagnosis and Assessment
- ◆ Relational Problems
- ◆ Trauma, Abuse, and Neglect