

# Our Services

- ◆ Individual Counselling
- ◆ Couples Counselling
- ◆ Psychological Assessments
- ◆ English and Chinese Spoken
- ◆ Child and Play Therapy
- ◆ Art and Expressive Arts Therapy
- ◆ Addiction and Substance Abuse
- ◆ LGBTQ+ Affirmative Therapy
- ◆ 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



**Dr. Michael Eason**  
Clinical Director/Co-Founder

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



**David Liu**

- ◆ Individual and Couples
- ◆ LGBTQ+
- ◆ Trauma/EMDR Level 2
- ◆ Anxiety and Depression
- ◆ Mindfulness/Dance Therapy



**Julia Byrne**

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



**Lolita Schmalenberg**

- ◆ Pre-teens and Teenagers
- ◆ Autism Spectrum Disorder
- ◆ Women's Issues
- ◆ Couples and Co-parenting
- ◆ Trauma



**Dr. James Yu**

- ◆ Psychodynamic Therapy
- ◆ Personality Disorders
- ◆ Clinical Diagnostic Consultation
- ◆ Trauma, Abuse, and Neglect



**Dr. Diego Busiol**

- ◆ Psychodynamic Therapy
- ◆ Anxiety and Depression
- ◆ Personal Growth
- ◆ Social Isolation
- ◆ Low Self-esteem



**Lori Chau**

- ◆ Couples Counselling
- ◆ Individual Counselling
- ◆ Pre-marital Counselling
- ◆ Conflict Management



**Moses Ip**

- ◆ Work Stress & Job Performance
- ◆ Addiction & Substance Abuse
- ◆ Motivational Interviewing
- ◆ Cognitive Behavioral (CBT)
- ◆ Anxiety and Depression



**Tracy Cheung**

- ◆ CBT/ACT/Mindfulness-based therapies
- ◆ Anxiety and Emotional Regulation
- ◆ Couples and Marital Conflict
- ◆ Burnout Prevention and Sleep
- ◆ Life Transitions and Growth



**Shelly Chutke**

- ◆ Tweens, Teenagers, and Adults
- ◆ Emotional Regulation, Parenting
- ◆ Individual and Couples Counselling
- ◆ CBT/ACT/Mindfulness-based Therapies
- ◆ Stress Management and Self-Care