

DANIELLE LEMIEUX MA. CITP
CLIENT-CENTERED THERAPIST
CREATIVE NON-DIRECTIVE APPROACH (CNDA™)

Training and Education

- Vocational diploma in Helping Relationships, CNDA™, Montreal, August 2018
- Personal Support Worker Certificate, Algonquin College, Ottawa, August 2013
- Training in Mastering the Energy System, Montreal, May 2013
- Certificate in International Trade, Forum for International Trade Training, Carleton University 1996-1998
- Baccalaureate in French language and literature. University of Amsterdam, August 1991.
- Master's degree in French literature and specialization in 18th century France, University of Amsterdam, August 1993.
- Spoken and written languages: French, English, Spanish, Dutch

Professional experience

- 2018-present: Counselling therapist for adults, private practice

My goal is to guide my clients towards greater well-being and fulfillment so that they gain greater understanding of themselves. I specialize in issues, such as low self-esteem, emotional dependence, separation, job loss, conflicts, stress, fears, worry, abandonment, among many others.

- Member of the Helping Relationships Therapists team with Service de relation d'aide Laval-Laurentides (SRALL). Since the start of the pandemic, I have been supporting many clients on Zoom or by phone. My therapeutic approach is highly customized to the needs of my clients, and the space I offer is confidential, non-judgmental, warm, and empathetic. As a therapist, I am committed to helping clients

set goals and find the resources within themselves to achieve them. I guide my clients towards finding balance in the various areas of their life.

- 2014-2021 Personal Support Worker, self-employed. Home care for the elderly suffering from pathologies such as Alzheimer's, different types of dementia, Parkinson's and general loss of autonomy. Worked extensively to bring psychological and emotional support to elderly people and their families.

- 2005-2013 Various positions in the federal public service: Program consultant for Heritage Canada. Policy Analyst (EC5) for the Temporary Foreign Worker Program, Human Resources and Skills Development Canada (HRSDC).

- 2000-2004 International development consultant specializing in gender equality and social impact studies for partnership projects in Southeast Asia, North Africa, Afghanistan, and Latin America. International Development Agency (CIDA).

- 1994-1999 Executive Assistant to the Mexican Minister for NAFTA in Canada. Embassy of Mexico, Ottawa. Among other things, I oversaw translating from Spanish to English and French documents that the NAFTA trade office sent to the Ministry of Foreign Affairs in Ottawa.