

About Me



I'm a registered psychologist with a PhD in Clinical Psychology. I have over 20 years clinical experience helping people feel better, move forward in their lives, and create more satisfying relationships.

Are you ready to make a change that counts? Take the first step to get started.



Take the first step to get started

Give me a call or send me a short email. I'll respond the same or next business day and we'll talk for about 15 minutes at no charge to see if my services are a good fit for what you're looking for. Generally I can see new clients 1-2 weeks after this phone call.

- Call me: **(604) 525-9214**
- Visit my website: **www.drwilkie.ca**
- Email me: **info@drwilkie.ca** I respond to email the same or next business day. Please don't send personal or confidential information by email - instead we can discuss alternate ways of getting sensitive information to me.



Dr. Colleen Wilkie

REGISTERED PSYCHOLOGIST #1180

Enriching relationships



**Individual Therapy and
Counselling for Adults**

White Rock Centre
#26 - 1480 Foster Street
White Rock, BC V4B 3X7

(604) 525-9214

www.drwilkie.ca

Are you ready to make a change that counts? Take the first step to get started.

Are you disappointed in your relationships? Do you feel lonely and misunderstood? Are you feeling depressed or anxious? Or, you might be someone who had therapy in the past but needs something different this time.

I believe therapy is a challenge, but a manageable one. I'm a good listener and non-judgmental, but sometimes more is needed. My strengths are in going beyond superficial understandings of your concerns and being honest and direct in a supportive way so that you can take risks to change.

Often anxiety or depression is related to problems in interpersonal relationships such as difficulty saying "no", finding others hurt by your honest feedback, avoidance of conflict, difficulty trusting others. Interpersonal difficulties are ideally treated with relational approaches.



I can help with:

- anxiety, panic attacks, worry
- depression, loss, grief
- chronic health conditions , chronic pain
- trauma, history of abuse
- life transitions
- stress

I specialize in interpersonal difficulties:

- feeling lonely and misunderstood
- difficulty trusting
- pushing people away
- difficulty saying "no"
- avoiding conflict
- feeling "too emotional" in relationships
- at risk of losing a good relationship

How can I help you?

I'll work with you to create a treatment plan that is unique to you.

Cognitive Behavioural Therapy (CBT)

I may use CBT to help you learn to "turn down the volume" on your feelings.

Relational Approaches (psychodynamic, interpersonal, attachment)

I'll use relational approaches to help you use your feelings as a guide to what is important to you, and help you find ways to get your needs met in relationships.