

Meet Julia: Relationship Therapist at Summit Psychology

Julia brings a wealth of experience and passion to her role as a relationship therapist at Summit Psychology. With a diverse background spanning various communities and demographics, she has honed her skills as a mental health professional and a trusted guide on the path to healing and self-discovery.

Professional Journey

Julia's journey in the field of psychology began as a Youth Addictions Counselor, where she dedicated herself to helping young individuals navigate the complexities of addiction. Her commitment to mental health and substance use then led her to work as a clinician in East Vancouver, Squamish, Whistler, and Nelson, where she encountered and addressed a broad spectrum of mental health challenges.

Her impactful work continued as a Wellness Counselor, partnering with the Squamish Nation First Nations Band. Here, Julia developed a profound understanding of the intersection between culture, mental health, and well-being, contributing to the holistic wellness of the community.

In Nelson, Julia served as the clinician for the first harm reduction adult support recovery program. This experience allowed her to witness firsthand the transformative power of harm reduction principles in fostering recovery and rebuilding lives.

Specialization in Women's Health

Julia's journey has evolved to focus on women's health, a realm encompassing fertility, body-positivity, and recovery from trauma and abuse. Drawing from her expertise in Narrative Therapy, Julia empowers individuals to reshape their personal narratives, fostering resilience and strength.

She has completed all levels of post-master's degree Narrative Therapy certification through the Vancouver School of Narrative Therapy and now serves as a faculty member, contributing her knowledge to the next generation of therapists.

Relationship Therapy Expertise

Now part of Summit Psychology, Julia's special focus is on relationship therapy. She is dedicated to supporting couples in both monogamous and alternative relationship structures. Julia utilizes Narrative Informed Relational Interviewing (NIRI) and is currently undergoing training in the Gottman Method, a highly-regarded approach to relationship counseling.

Julia is passionate about helping couples align with their preferences and values, fostering open and effective communication. Her empathetic approach and diverse clinical

background make her a valuable asset to Summit Psychology, where she continues to guide individuals and couples towards fulfilling and harmonious relationships.

In every step of her professional journey, Julia remains committed to creating a safe and compassionate space for individuals and couples to explore their stories, rebuild connections, and embrace positive change.