

Approved Bio

Lethicia is a Registered Social Worker and Psychotherapist with the Ontario College of Social Workers and Social Service Workers. She graduated from the University of Toronto with a Master Degree in Social Work with a specialization in Health & Mental Health. Her true passion is helping people through their psychological distress, improve their relationship with themselves and others while reaching their full potential.

With over 8 years of experience in both private and public sector supporting diverse populations, she's been able to build mental health resources, provide supervision and counsel as well as train other professionals.

In her practice, she integrates a trauma-informed and culturally responsive practice to an array of evidence-based therapeutic approaches. She's specialized in psychodynamics, Emotionally Focused Therapy and Systems approaches. Her areas of focus are children mental health, trauma, workplace safety, mood disorders, interpersonal relationships and family dynamics. She enjoys the therapeutic process that is to see clients reach their goals while developing new skills to overcome life's many challenges.

Follow her on social media **@therapywithLK** and visit her website **www.LKpsychotherapy.ca**