**David Onuoha, BSc (Psychology)**

David is available for counselling sessions on Thursdays at the London office either in person, by video, or by phone.

David is passionate about helping people approach life’s challenges optimistically. He creates a nonjudgmental space where a collaborative exploration of past experiences and present situations can blossom into discoveries of meaning and purpose.

David uses an existential, solution focused and narrative therapeutic approach which is informed by his own search and journey. David has lived in three countries in two continents and is interested in learning about diverse cultures and is sensitive to culturally diverse practices within therapy. David comes alongside clients who have experienced loss or a major life transition and is seeking to find themselves in the midst of this change.

David has a BSc. in Psychology from the University of Toronto and is completing the Masters of Pastoral Care from Knox College at the University of Toronto.