**Sherise Bailey**

B.A. (Hons)

Sherise is available for counselling sessions in-person in London every other Friday, and every Wednesday and Friday by video or phone.

Sherise has a passion for helping others love and accept themselves. Sherise provides an inclusive, accepting, non-judgmental atmosphere. Sherise is sensitive to different racial and cultural backgrounds and supports those looking to understand issues around race and heal from racial trauma. She values diversity as a woman of colour and has previously worked with Immigration, Refugees and Citizenship Canada.

Sherise’s counselling approach incorporates elements of person-centred therapy, emotional-focused therapy, trauma informed therapy, CBT (Cognitive Behavioural Therapy), and DBT (Dialectic Behavioural Therapy). She integrates spiritual care and guidance by including contemplative practices to support clients no matter their spiritual or religious background.

Sherise welcomes clients dealing with self-esteem issues, sexual trauma (abuse/assault), shame, grief and loss, relationship difficulties, abused women, historic and current childhood abuse, adolescent issues such as self-harm, racial trauma, newcomer stress, sexuality (2SLGBTQIAP+), religious and spiritual issues, depression, and anxiety.

Sherise is currently completing her Masters of Pastoral Studies (Spiritual Care & Psychotherapy Certificate) at Knox College, University of Toronto.