

Rebekah Bender

What Made you want to work with CCP?

I first met Carly when I was a student, and she was speaking at a conference on health advocacy. I was immediately struck by her knowledge, passion, kindness and approach when discussing psychotherapy and eating disorders. A few years later, we connected again, and these qualities continued to stand out to me. Joining CCP means working alongside a group of compassionate, thoughtful, and hardworking individuals with goals that align with mine professionally. I am excited to work with this team as I believe this environment creates space for meaningful work.

What is the most rewarding part of your job as a therapist?

I become incredibly excited when clients recognize meaningful progress has been made in their life. I set intentional goals with clients at the beginning of therapy, and check on the progress we've made regarding these goals at various points throughout sessions. These check-ins often provide opportunities for clients to reflect and recognize that they have made meaningful change even when they perhaps did not realize it themselves. Seeing clients recognize and celebrate progress of any kind is very rewarding.

What's the most surprising thing about you?

I enjoy participating in many different types of activities or "occupations", many of which have been important pieces of my own personal mental health journey. While there are too many things I enjoy to list, one that sometimes surprises people is I really enjoy making music and am a part of a ukulele/ singing trio. This is a way for me to connect with people socially and have a creative outlet for myself. While I am certainly an advocate for engaging in activities that bring joy and meaning, I am also a huge advocate for rest, setting boundaries in life, and finding balance between activities and rest. This is an art that I am continually trying to work on for myself individually, and one that I continually explore with my clients.

Favourite Quote:

When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life. - Jean Shinoda Bolen

Rebekah is joining us late January and will be working in person on Tuesday and Wednesday .