

Karthicka

What made you want to work with CCP?

CCP is a truly compassionate environment for clients and workers alike. I have always enjoyed working alongside caring, experienced individuals to strengthen the quality of work and knowledge I can bring to my clients. While all workers at CCP have their own style, we are unified in our passion and love for this work.

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

My hope is that my clients will never feel alone in their pain. Finding ways to bring them joy and supporting them in loving themselves has always felt like the greatest reward.

Approach:

During my time in the field, I've worked to build my clinical expertise and draw from different modalities so I can avoid a "one-size fits all" approach. Coming from a trauma informed and attachment based lens, I recognize that experiences and relationships in our lives have shaped us, our perspectives, and how we see the world. In my work, it is important that I learn your worldview in order for us to set goals and explore what your personal ideas of success, growth and happiness are.

Favourite Quote:

Gratitude turns what we have into enough.

Most surprising thing about you?

Having struggled with my own mental health, I believe that mental health does not have to hold us back or define us. I enjoy working as a social worker, because of the important role that therapy has played in my own healing journey. While I imagine this is not exactly surprising, I share this with my clients because it has always meant a lot to me to know that my mental health was not an indication of any kind of incapability, but was actually shared, understood, and felt by others. I grew up worrying that being someone who struggled with their mental health might make me unable to support the challenges of others, however I've come to find my strength in this work from those very experiences.

Approach to eating disorders:

I enjoy working with eating disorders from a Trauma-Informed approach, particularly navigating how past experiences and relationships have impacted my clients. Eating disorders rarely show up on their own and may have different root causes. By exploring unresolved trauma, I hope to support my clients in not only addressing their eating disorder, but also building a positive sense of self and learning to heal pain from their past. Healthy Relationships- I am passionate about working with individuals and couples to build healthy relationships (whether that be familial, romantic, or friendships). I believe strongly in theories of attachment that explore how we can understand our wants and needs on a deeper level. Whether we are working together in couples or individual therapy, I believe there is value to exploring how we communicate, understand our inner worlds, and consider building our lives with those around us to develop our sense of connection and belonging in life.

Trauma- Working with clients to explore past trauma and how it impacts them today is an important part of my approach. Trauma leaves strong impressions on how we see the world, others and ourselves, often robbing us of a sense of safety and control. By creating a safe place to explore pain and hope, I aim to support clients in regaining the sense that their life is theirs to take hold of.