



Deborah Livergood

BSW, MSW, RCSW,
CCAC, CCS

Deborah Livergood is a Registered Clinical Social Worker with the Alberta College of Social Workers. In addition, she is also an Internationally Certified Addictions Counsellor. Deborah has been working in the mental health/addictions field for over 30 years, primarily with adults but, more recently with teens and children. Clients have presented a wide range of concerns including anxiety, depression, stress and anger management, relationship issues and trauma. Deborah enjoys working with individuals, couples and families.

Deborah has extensive training and skills in the assessment and treatment of substance abuse as well as with other behavioral addictions and mental health concerns. She is well versed in and understands the impact that these issues have on families and relationships. Deborah has had training and supervision in Cognitive Behavioral Therapy (BCT), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy (CTP), Emotion Focused Therapy (EFT) and Gottman Couple's Counselling.



Cold Lake and District FCSS is pleased to be able to offer this service to our community due to a one-time pilot program grant from Imperial.



Solution Focused Brief Therapy

Solution Focused Brief Therapy is a goal directed collaboration between the client and the therapist. Therapy focuses on creating solutions that will meet the client's present day goals allowing the sessions to focus on improving the present rather than focusing on the past.

Contact Us

For more information or for an application for this service, please contact:

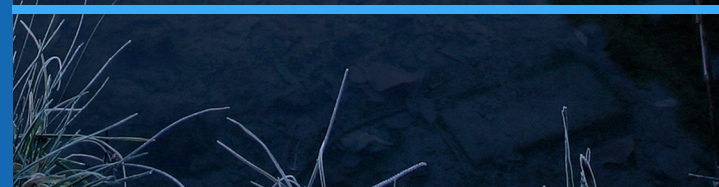
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*All inquiries
are confidential*

*Create positive change
in your worldview.*



COUNSELLING SERVICES



COUNSELLING *Services*



Susan McGowan
BSW, MSW, RSW

Susan McGowan, BSW, MSW, RSW, is a Registered Social Worker with the Alberta College of Social Work. For over 25 years, she has worked with children, adolescents, adults, and couples living with stress, depression, anxiety, anger, addictions and trauma. Susan is interested in helping people build upon their own strengths to better understand, manage and express their emotions, thoughts, and behaviours.

To support people in meeting their goals, Susan helps clients learn new skills using a variety of techniques found in Mindfulness, Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness Based Stress Reduction (MBSR), and Solution Focused Therapy. She has a special interest in working with veterans, first responders and their families.

Susan believes that self-compassion is the greatest gift that we can give ourselves. She strives to treat everyone with empathy, respect and kindness regardless of gender, sexuality, race or religion.



Dr. Manju Mathew
BA, MA, M.PHIL, PHD

Dr. Manju Mathew is a Registered Psychologist in Alberta. She has two Masters and PhD in clinical psychology and 17 years of work experience in the field of mental health and chronic pain.

Dr. Mathew follows client-centred and strength-based interventions supported by research. She offers counselling and psychotherapy for adults using different techniques such as Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behaviour Therapy (CBT), Acceptance & Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Emotion-Focused Therapy (EFT), Solution Focused Therapy (SFT), Prolonged Exposure Therapy (PE), Cognitive Processing Therapy (CPT), mindfulness and more. Together, she will find the approach that works best for the client.

Dr. Mathew believes in your inner strength. When we face a turning point in our life, it is better to have a co-pilot in our cockpit. She can be your co-pilot and work together to ignite your inner strength in your wellness journey.

Embrace wellness at turning point—you deserve it!



Michelle Moar
BSW, MSW, RSW

Michelle Moar, B.S.W., M.S.W., R.S.W., is a Registered Social Worker with the Alberta College of Social Work. She has over 20 years of experience working with adults, children and adolescents with a wide range of concerns including anxiety, depression stress, anger, trauma, and addictions. Michelle enjoys working with adults, children, adolescents, and couples.

Michelle believes in helping people to overcome their challenges by helping them to find their strengths. Michelle believes that people are the experts in their own lives; they are resourceful, competent and always have strengths. Change is possible and Michelle can help you to find a path towards making positive life changes.

Michelle has an extensive list of skills and training including Cognitive Behavioural Therapy (CBT), Brief Solution Focused Therapy, Eye Movement Desensitization and Reprocessing (EMDR), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Narrative Therapy, Emotionally Focused Therapy (EFT), and Gottman Couples Counselling.