

I am a Registered Psychotherapist (RP) and a Canadian Certified Counsellor (CCC) with a Master of Education in Counselling Psychology. Are you looking for support to keep motivation with the work you are currently doing with your personal trainer?



Are you seeking into exploring your relationship with your body?

Do you want to work around your relationship with food?

We all have different narratives about our body fitness

and what we eat. As a Narrative Therapist I can help

you to tell, re-tell and the create new stories about

you and your body, as well as its relationship with

food. I can help you to re-author stories that are

preferred, meaningful and that support your

motivation through all the work that you are doing

with your personal trainer.

These are some of the ways I can assist you as a

collaborator in the re-writing of your own narrative:

- Re-storying your dominant narratives surrounding food and your body. Re-writing the dominant story can help you reconnect with parts of you that were shadowed by the problem led storyline.

- Getting you back in the driver's seat. You are the expert on your story, reclaiming your power, both in your fitness seeking journey and in your life.

- Narrative therapy can bring optimism and hope back in your life.

On a personal note about me, I have worked with your personal trainer as a client and I found the experience to have added meaning to my own story, beyond the outcomes I personally achieved with Maia, I grew as a practitioner and it enriched my practice in a way that I would like to share with others. Others that are in the same journey and trying to redefine themselves and the different storylines they hold.



Maria-Eugenia Ricote (She/Her)

M.Ed., RP., C.C.C.

Phone: 905-582-1422

Email: micote@onlinecounsellingtherapy.ca

Mental Health & Wellness

Narrative Therapy: Re-authoring your Story |

Music Integrated Therapy

| Anxiety, Depression and Mood Concerns |