

# Michael Koehn

MACP, RCC, CHPC  
Founder & Owner



## BACKGROUND

- Registered Clinical Counsellor (RCC) with the BCACC – 2010 to present
- Master of Arts in Counselling Psychology from Yorkville University – 2010
- Bachelor of Arts degree from Thompson Rivers University – 2001
- Director & Co-Founder of the Welcome Back MRI & Pain Management Centre – 2008 to 2011
- Regional Vice President & member of the Board of Directors – BCACC – 2012 to 2014
- Owner & Founder of Mindteams Solutions Inc. – 2012 to present

## TRAINING

- Progressive Goal Attainment Program (PGAP), a psychosocial rehabilitation program with Dr. Michael Sullivan developed by the Centre for Research on Pain and Disability – 2008
- Strengths-Based CBT: Show Me! Training with Dr. Christine Padesky – 2014
- The Power of Mindfulness: Inside and Outside the Therapy Hour with Ron Siegel – 2014
- Certified High Performance Coaching Training with Brendon Burchard – 2015
- CBT Boot Camp 2.0 with Dr. Christine Padesky – 2015

## AREAS OF EXPERTISE



CBT



Mindfulness



Trauma



High Performance  
& Self-Care



Anxiety &  
Depression



Chronic Pain,  
Injury & Disability

Please feel free to ask questions. I look forward to collaborating with you!