

# Cecile Tucker

MACP, RCC  
Cognitive Behavioural Therapist



## BACKGROUND

- Registered Clinical Counsellor (RCC) with the BCACC- 2017 to present
- Master of Arts in Counselling Psychology - 2015 to 2017
- Bachelor of Arts degree from Thompson Rivers University (TRU) - 2015
- Clinical Counsellor at Mindteams Solutions- 2017 to present
- Patient Care Coordinator at Mindteams Solutions- 2014 to 2017

## TRAINING

- The Power of Mindfulness: Inside and Outside the Therapy Hour with Dr. Ron Siegel - 2014
- Strengths-Based CBT: Show Me! Training with Dr. Christine Padesky - 2014
- CBT Boot Camp 2.0 with Dr. Christine Padesky - 2015
- Chronic Pain Self-Management Leader Training - 2016
- High Performance Academy with Brendon Burchard - 2016

## AREAS OF EXPERTISE



CBT



Mindfulness



Self-Care



Trauma



Anxiety



Depression

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