

Published on www.yogatherapyinternational.com (<http://www.yogatherapyinternational.com>)

Danielle Schroeder MA, CCC, RYT 200 ? Helping Skills



Danielle Schroeder MA, RCC,

RYT 200 has worked as a Registered Clinical Counsellor since 2008. For the first ten years of her career she worked primarily with the Callanish Society, counselling individuals and

families through trauma, cancer, end of life, and grief. She also counselled a broad range of individuals, couples, and families in private practice.

More recently, her own experiences of childbirth and transitioning to parenthood sparked a desire to support families going through this roller coaster stage of life. In 2019 she joined the interdisciplinary team at South Community Birth Program in Vancouver. Together, they offer a safe and supportive space for expecting mothers, their partners, and new parents to explore the myriad emotions that accompany this profound experience. Danielle incorporates a holistic, integrated approach to counselling and psychotherapy which can include talking therapy, body-centered practices, as well as Eye Movement Desensitization and Reprocessing (EMDR).

Danielle has also been practicing Yoga since 1999 and started teaching in 2005 after completing her 200hr teaching training program with Mary-Jo Fetterley at Trinity Yoga. Although she initially focused her teaching on public Hatha style classes, she gradually specialized her teaching into her work with people living with cancer. Over the years, she has seen the benefits that Yoga can provide for people living with so much uncertainty in their lives. The practice can become an outlet that helps people face all aspects of themselves (body, heart, and mind) moment to moment, exactly as they are, with more honesty, clarity, and compassion.

Contact Danielle at yellaschroeder@gmail.com

Source URL: <http://www.yogatherapyinternational.com/content/danielle-schroeder>