



## 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 (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy (CPT), 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:

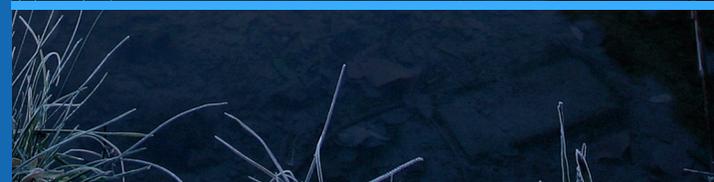
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*All inquiries are confidential*

*Create positive change in your worldview.*



# COUNSELLING SERVICES



# COUNSELLING *Services*



**Heather Breed**

RSW, MSW, BSW, BA

Heather Breed (RSW, MSW, BSW, BA) is a master level Social Worker. She has several years of experience providing counselling in high crisis environments to individuals and families who have been struggling for a long time with complicated mental health concerns. Heather provides individual and family counselling to adults, youth, and children who have mood related worries or are working to recover from a traumatic event. She has a specific interest in working with children and youth who live with emotional and behavioral challenges.

Heather uses strategies from the following therapeutic modalities: Eye Movement Desensitization Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT), Dialectical Behavioral Therapy (DBT), Solution-focused Therapy (SFT), and Play Therapy. Clients have shared that they appreciate that when they meet with Heather, they have the option of a talk therapy, such as CBT, or a non-talk therapy, such as EMDR.

She works to provide a welcoming and respectful space for everyone. In this environment, you will build upon existing strengths and develop the skills and confidence to challenge your difficult thoughts and emotions and create long-term change.



**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!*



**Mario Fafard**

BA, BEd, MA

Mario Fafard, BA, BEd, MA is a Canadian Certified Counsellor. He has worked primarily with sexual assault survivors, the marginalized, adolescents, adults, LGBTQ+ and males. Mario believes that individuals suffering from stress, trauma, addiction, depression, anxiety, overwhelm and relationship issues can find relief by examining their perceptions of problems and finding purpose within themselves.

Mario draws helping techniques from Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Narrative Therapy, Existential Logotherapy, Cognitive Behavioral Therapy (CBT) and Solution Focused Brief Therapy (SFBT) among other modalities.

Mario believes that everyone has a unique purpose and something to offer humanity. The path of discovery and potential is not only rewarding but inevitable for anyone who searches for life's meaning with the help of a compassionate counsellor.