

Education:

Toronto School of Theology, Trinity College

Degree: **Master of Divinity**

University of Toronto

Degree: **Bachelor of Arts**

Professional Memberships

Registered Marriage & Family Therapist:

Canadian Registry for Marriage and Family Therapists, www.marriageandfamily.ca

Clinical Member: American Association for Marriage and Family Therapy, www.aamft.org

Approved Supervisor: American Association for Marriage and Family Therapy

Professional Training:

Clinical Internship: Toronto Institute for Human Relations

Clinical Internship: Toronto Institute for Bioenergetic Analysis

Divorce Mediation: McWhiney, Metcalfe and Associates, Toronto

E.M.D.R. Level I & II: Certified Training, Toronto(www.emdr.com)

Critical Incident Stress Debriefing, Level I & II: Recognized by the International Critical Incident Stress Foundation, Inc. (www.icisf.org)

Divorce Mediation: Howard Irving and Michael Benjamin, University of Toronto

Emotional Freedom Technique: Niagara Training Institute (www.emofree.com)

Traumatic Incident Reduction: Niagara Training Institute (www.tir.org)



WillingSpirits is a joint practice operated by Keith Marlowe and his spouse, Rita Benson. Rita is also a qualified marriage and family therapist with over 20 years of experience. Rita and Keith work individually and together with people who are interested in personal growth and in moving forward in their lives. They also offer conjoint therapy with couples, families, or groups.

People may have full or partial coverage through an Employee Assistance Plan or a group insurance plan offered by their employer. The office is located in Durham Region. Sessions are by appointment only. Evening times are available.

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www.willingspirits.com

*Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God.
A Course in Miracles*

**Keith Marlowe,
M.Div.,RMFT**

**Counselling
& Consulting**

Willing Spirits

How Can Therapy Help?

During their lifetime, most people have experiences that are particularly challenging or difficult. They can benefit from support and knowledgeable assistance in addressing these circumstances.

Therapy provides an informed and compassionate setting in which you and your therapist dialogue together, exploring new meanings and new alternatives or possibilities. Therapy can assist in releasing unwanted emotions and learning new skills. A therapist can help you see your problem from a new perspective and support your change and growth in the directions you desire.

While marriage and family therapists see people individually, they also work with couples, family groups, and/or subgroups, depending on the needs of the specific service requested.

Training in a variety of therapy techniques and skills allows the therapist to respond to different issues and the unique personal styles of those seeking assistance.

A therapist is respectful, compassionate and genuine. In the context of a confidential and professional setting, therapy supports clients to be and to become their authentic self.

Available Services:

- Individual Counselling
- Couple Counselling
- Family Counselling
- Counselling for Children & Adolescents
- Trauma Recovery
- Group Therapy
- Mediation & Parenting Plans
- Weekend and 5 Day Retreats
- Clinical Supervision
- Critical Incident Stress Management
- Stress Management Training
- Workplace health & Safety Management/ Employee Relations

Trauma Recovery Therapy:

Special trauma therapy techniques assist individuals to release unwanted and disruptive feelings or beliefs that arise from traumatic life experiences. These include E.M.D.R (Eye Movement Desensitization Reprocessing), Emotional Freedom Technique, Traumatic Incident Reduction and Critical Incident Stress Management.

Emotionally Focused Couple Therapy:

This short term approach to the treatment of relationship distress focuses on the exploration and re-organization of the emotional experience that underlies the interactions in a couple's relationship. Through this method, partners tap new sources of wisdom for improving both the relationship and their personal life.

Weekend and 5 Day Retreats

A personal growth retreat is a chance to step away from everyday life into a safe and respectful environment that offers the opportunity to gain new perspective, to experience unconditional love, and to shift core feelings, patterns, and beliefs that are limiting who a person can truly be. The spiritual focus invites and supports people to explore their spiritual path, while honouring all spiritual traditions.

Specialized retreats that focus on recovery from trauma, building relationship skills and enhancing intimacy are also available.