

Psychologist Dr. Valerie Kendall to be Featured on CUTV News Radio

CALGARY, ALBERTA, CANADA, August 20, 2018 /EINPresswire.com/ -- Psychologist Valerie Kendall, or Dr. Val as she is familiarly known, is an MA, PhD, Registered Therapist with numerous other credentials in her arsenal. She also practices a full complement of modalities, and for clients of all ages. As a certified Play Therapist in both Canada and the U.S.A., she works a lot with children through the medium of play. With many adults she counsels in the field of ADD or addictive behaviors, which include sex addiction, gambling, and The Internet. Regarded as a Substance Abuse Expert, she assesses and counsels people on the abuse of alcohol and drugs. With other adults, she functions as a couples' counselor. Above all, she is someone who cares, who builds a true relationship with clients and offers the kind of unconditional love that lets them know that even when they feel they are at the most unlovable point in their lives, they still have value.



Dr. Val practices out of two localities 1) The Healing Space, Calgary, and 2) McRae St. Okotoks. She is affiliated with many professional associations in Canada including: CPA, PAA, CCPA, CFCH, (AB.), ACEP. She's registered and certified with the American Board of Hypnotherapy and the Alberta Hypnotherapy Association. Dr. Val attends workshops and conferences offered by the Rocky Mountain Play Therapy Institute, where she did most of her child therapy training. This led to an invitation to write a chapter in the forthcoming book *Turning Points in Play Therapy and The Emergence of Self*. Her section recounts one case history that professionals and families will learn from, about when a child in play therapy reveals that first glimmer of hope and progress.

While some of Dr. Val's therapies correlate to energy and that might seem edgy, she felt that if so many PhDs were involved in an organization like ACEP (Association for Comprehensive Energy Psychology), it must be worth investigating. Depending on the client, their interest and mindset, she might use a newer technique like EFT or a more conventional approach like cognitive behavioral therapy. When she does apply Emotional Freedom Technique, she'll introduce the concept of energy flow and tell clients energy is something that exists, but we don't see it travelling across the air – like the key fob that opens a car door or a cell phone text message. This energy is inside us too, and Dr. Val might tap on acupuncture points in the body to release it and rebalance the body.

Dr. Val has lived in England and Canada and was in the education field before she became a therapist, as a resource room teacher and sports coach. She believes the one-to-one rapport she used with students is what helps her reach children today, and to create a sense of respect for people of any age. Being genuine, having positive regard, establishing trust, and empathy for the client are some elements of Carl Rogers' person-centered approach that inspire congruence with patients. This Carl's emphasis on the relationship revolutionized the American Psychological approach, which at the time emphasized psychodynamic and behaviorist method. It makes him one of Dr. Val's idols. Another Carl that influenced her was Carl Jung. She embraces many of his concepts, such as archetypes (inborn tendencies resonating and driving basic human behavior), and his sense of connectedness across our big world-- like when a butterfly flaps its wings in Japan and it is felt elsewhere.

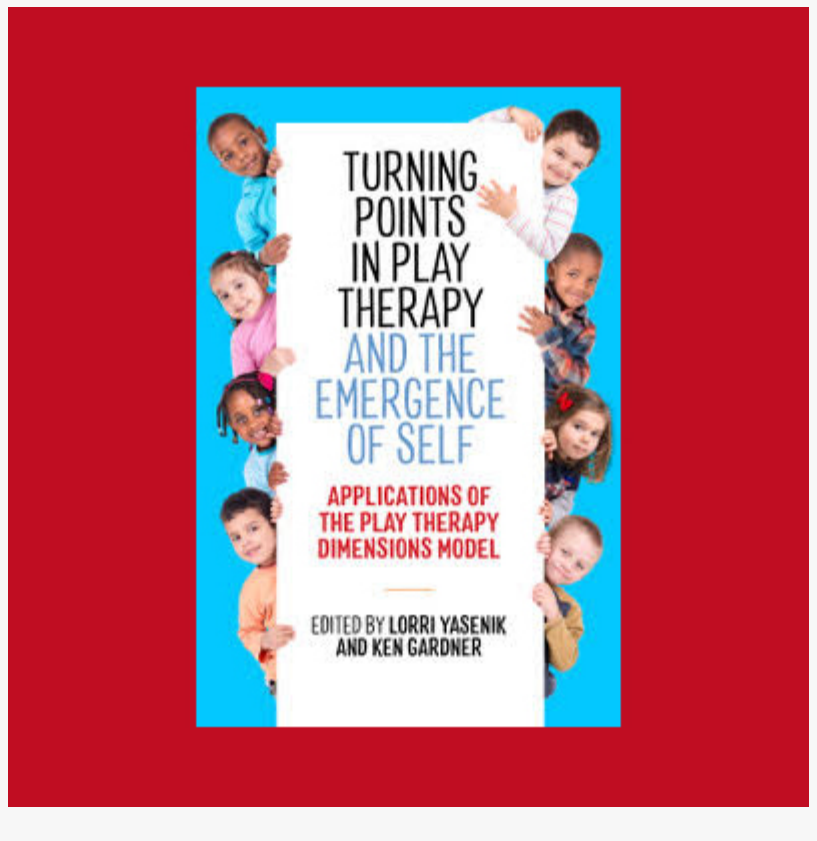
Dr. Val says some techniques that work with children can also break through to adults. Someone might be nervous about opening up to a therapist, but when you toss them a ball, or hand them a musical instrument, it's not formal or intimidating anymore. Still, she has to tell clients things they don't want to hear, like own up to the consequences of an impulsive choice or negative behavior, or it's to go off to rehab. She may have to be tough at times, but for the most part she likes to have fun, and loves bringing about change.

CUTV News will feature Dr. Valerie Kendall in an interview with Jim Masters on Wed, Aug 22 at 4:00pm EDT

Listen to the show on [BlogTalkRadio](#)

If you have questions for our guest, please call (347)996-3369

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