

Biography



Facilitator: Ashley Kwan (she/her)

Ashley is a Certified Art Therapist and Registered Psychotherapist (Qualifying) with the College of Registered Psychotherapists of Ontario. She holds a Bachelors of Science from Queen's University and a Master's level Diploma in Art Therapy from The Toronto Art Therapy Institute. She is a first generation Chinese-born Canadian who grew up in Mississauga Ontario. Cantonese is her native tongue. Her passion is to support clients in telling their story and exploring ways in which growth might happen. Her approach has always been person-centered and relational, drawing from Mindfulness-based practices, CBT, narrative therapy, and inner child work. She seeks to help people find meaning, purpose, and ultimately their true inner voice through the therapeutic relationship. By cultivating and nurturing this inner voice, her goal is to see the client grow in maturity and find flourishing in all areas of life. Ashley works with children, adolescents, and adults.

*This document is available in alternate formats upon request.