

# Hello

Part of a fully lived life has suffering and difficulty, yet you are not alone in this. Therapeutic counselling has become a natural way to responsibly work through tangles and turmoil that can feel like overwhelming problems or stuck places in our lives. I welcome the opportunity to companion you in these transitions.

As a native Albertan with ten years experience in Jungian-oriented psychology, I specialize in midlife transitions. Located in downtown Edmonton, my private practice accommodates confidential and professional individual counselling for adults on a fee for service basis.

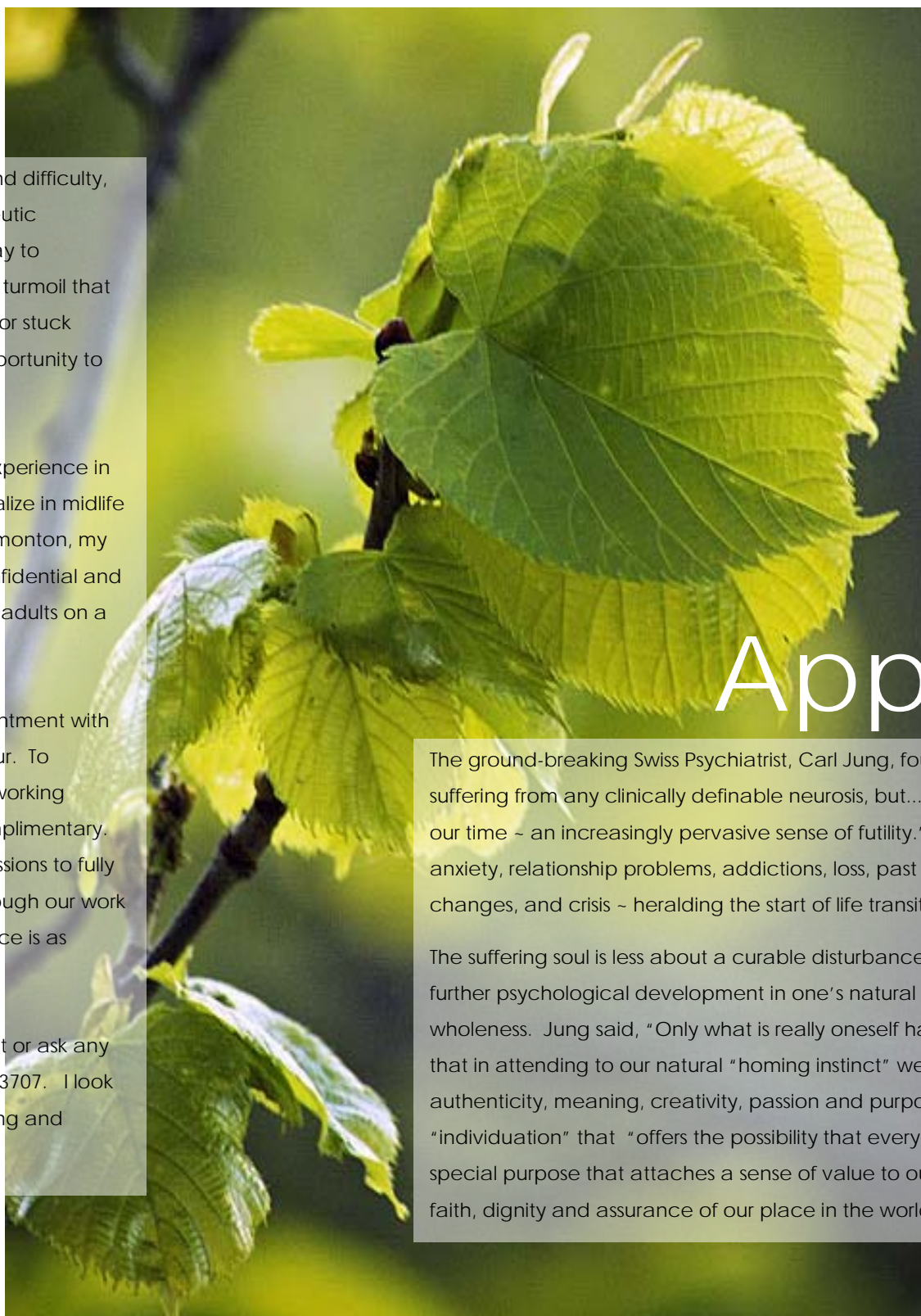
Counselling is pre-arranged by appointment with 50 minutes sessions starting on the hour. To determine whether we are suited to working together, the first appointment is complimentary. Most clients embark on successive sessions to fully realize their growth and potential through our work together. Each therapeutic experience is as unique as each individual.

Contact me to make an appointment or ask any questions you may have at (780) 452-3707. I look forward to the possibility of our meeting and growing together...

# Approach

The ground-breaking Swiss Psychiatrist, Carl Jung, found that many people “are not suffering from any clinically definable neurosis, but...they share the general neurosis of our time ~ an increasingly pervasive sense of futility.” This can appear as depression, anxiety, relationship problems, addictions, loss, past and present traumas, employment changes, and crisis ~ heralding the start of life transitions urging us inward and onward.

The suffering soul is less about a curable disturbance than a necessity and impulse for further psychological development in one’s natural path of individuation toward wholeness. Jung said, “Only what is really oneself has the power to heal.” And so it is that in attending to our natural “homing instinct” we work toward discovering self-authenticity, meaning, creativity, passion and purpose. Jung called this lifelong journey “individuation” that “offers the possibility that everyone can have his/her own direction, special purpose that attaches a sense of value to our lives.” In this way, we restore the faith, dignity and assurance of our place in the world.



"Life has always  
seemed to me  
like a plant that lives  
on its rhizome.  
Its true life is invisible,  
hidden in the rhizome.  
The part that appears  
above ground lasts only  
a single summer.  
What we see is the  
blossom, which passes.  
The rhizome remains."

Carl Gustav Jung

## Professional Qualifications

**Registered Clinical Counsellor**  
B. C. Association of Clinical Counsellors

**Masters in Psychology & Counselling**  
St. Stephen's College, University of Alberta  
Masters Thesis "Images as Mirrors of the Soul"

**Prospective Jungian Analyst Candidate**  
Currently undertaking rigorous training  
leading to accreditation by the  
**International Association of Analytic  
Psychologists.** (UNESCO recognizes as a  
Ph.D. equivalent).

**Organizing Member**  
Jung Forum Association of Edmonton

**Bachelor of Commerce & Business  
Administration** University of Alberta  
(25 Years Business Experience)

## Kelly Polanski

Clinical Counsellor/Therapist  
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Professional  
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&

Jungian-Oriented  
Therapy

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