

# Michelle Mackness, MC, APPA cert'd

BC, Canada

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Philosophical counsellor with 25 years in mental health and 18 years of meditative practice. Using Socratic, Stoic, and Buddhist insights, I help clients navigate dilemmas and cultivate an examined life.

## Education

**Master of Counselling**

City University of Seattle – Vancouver, BC

**Bachelor of Arts** *extended minor in philosophy*

Simon Fraser University – Vancouver, BC

## Certifications

American Philosophical Practitioners Association – Certified Affiliate in Client Counseling #CC00560

## Professional Experience

2024 – Current	<b>Vice Director</b> – Genspect Canada
2023 – Current	<b>Philosophical Counsellor and Life Coach</b> – Private practice, international, individual philosophical counselling, parent coaching
2023 – 2024	<b>Director of Programmes</b> – Beyond Trans, Genspect <b>Management Committee</b> – Genspect
2019 – 2025	<b>Counselling Therapist/Clinical Counsellor</b> – Private practice, AB and BC Individual counselling, consultation, group facilitation
2018 – 2020	<b>Mental Health Practitioner</b> – Edmonton North Primary Care Network, Edmonton, AB Assessments, treatment planning, group facilitation, individual counselling
2014 – 2015	<b>Clinical Counsellor</b> – Catherine White Holman Wellness Centre, Vancouver, BC Individual counselling for trans-identified adults
2013 – 2018	<b>Concurrent Disorders Counsellor</b> – Vancouver Coastal Health, Vancouver, BC Screenings, assessments, treatment planning, group facilitation, individual counselling
1996 – 2012	<b>Front Line Social Services Worker</b> – Various Agencies, BC, AB, ON Case management, crisis intervention, outreach, community liaison

## Selected Professional Development

APPA: Dr. Pierre Grimes: *Philosophical Midwifery*; Dr. Lydia Amir: *Transformative Philosophy*

Genspect: *Detrans Awareness Day*; ROGD (*Rapid Onset Gender Dysphoria*) *What We Know & What We're Learning*

The Harry Guntrip Psychotherapy Trust: *Marcus & Susan Evans Exploring Issues Around Gender Dysphoria*

Vancouver Coastal Health: *Working with Trans People in Social Services*

Dr. Jonathon Shedler: *Personality Dynamics in Psychotherapy*; Dr. Mick Cooper: *Existential Therapy*

## Affiliations

Therapy First (formerly The Gender Exploratory Therapy Association), Professional Member

Critical Therapy Antidote Network, Professional Member