

Kristiina is a professional Christian Counsellor, Workshop presenter, BCBC Board & CHAD committee member and she enjoys working alongside her husband, Pastor Michael, in marriage ministry and other projects. She specializes in mental health and trauma work & relational health & conflict resolution with individuals, couples and families. She is operating a busy private practice in Surrey, BC, offering a unique faith-based counselling approach that acknowledges the complexity of our human experience while looking up to see Jesus. She seeks to educate & destigmatize mental health within the church community and to help people see how Jesus meets them in their hardest seasons of struggle. She works hard at helping people seek healthy relationship with God and others, to ultimately use their gifts, while avoiding burnout. She is committed to encouraging the body of Christ through teaching, ministry and one to one opportunities.