



Miyoung Cho RCC-ACS

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"Perhaps I am stronger than I think."

I am inspired by this quote by Thomas Merton who lived to bring inner peace to those around him. I live every day to heal and connect with people, and to remind them of their strengths.

I am an EMDRIA certified EMDR therapist specializing in PTSD, Dissociation, and trauma therapy. I also have a personal connection to spirituality, mindfulness, and meditation while I pursue pragmatic and solution focused therapy.

In my clinical work I have experience working in the Tri-Cities non-profit sector for the Ministry of Child and Family Development helping children and adults overcome their domestic struggles. I have also worked as a Chaplain at downtown Winnipeg General Hospital providing spiritual care and counselling to those in pain at the end of their life journey. I am currently running a private counselling centre with a few associates and interns.

In my personal life, I enjoy travel, music, dancing, drawing, hiking, and mindful cooking. I am an immigrant mother of two grown-up children, a mentor, teacher, and a counsellor. I appreciate any type of inspirations from people with various cultures, ethnicities, ages, educational backgrounds, genders, and sexual orientations.

I hope my years of experience will continue to help other counsellors through their vocational journeys.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision
- Peer Supervision
- Peer Consultation

Type of Services

- Telephone
- Online/Remote
- In-Person

