

### Contact Information

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the Carrot Common).

### Qualifications

**Kate Kent, R.TCMP, R.Ac.**, attended the traditional Chinese Medicine Institute in Canada, the Institute of Traditional Chinese Herbal Therapy in Toronto, and the Academy of Traditional Chinese Medicine in China.

She holds practitioner certification in Erickson Hypnosis, as well as Neuro-Linguistic Programming. A large part of her practice includes Experiential Dynamic Counseling. She is the former Acupuncture and Chinese Herb Program Director at the Shiatsu School of Canada.

She has appeared numerous times on television, radio, and at speaking engagements in addition to writing and publishing the articles featured on her website. She has been in private practice in Toronto since 1985.

# Ancient Chinese Healing *Acupuncture & Chinese Herbs*



*You can feel the  
difference with  
Traditional Chinese  
Medicine.*

## Traditional Chinese Medicine (TCM)

TCM works to balance the body's Qi or Life Force. The fast pace of modern life easily disrupts our Qi causing discomfort and disease.

Tiny needles inserted into acupuncture points regulate the energy flow restoring health and well being. Acupuncture sessions include hands-on energy balancing.

*Conditions that respond well to Acupuncture and Chinese Medicinal herbs include:*

- Facial rejuvenation with cosmetic acupuncture
- Arthritis, headaches, stress, insomnia
- Gynecological, PMS and menopause problems
- Coughs and the common cold
- Digestive, urinary, or irritable bowel issues
- Pain & motor vehicle trauma

**Acupuncture treatments are covered by most health insurance companies.**

## Experiential Dynamic Counseling

We tend to be unaware of the many ways we unconsciously suppress emotions, especially those labeled “unacceptable” by family or society, which teaches one to build protective defenses early in life.

Defenses consist of cognitive and emotional strategies constructed in the mind like a screen behind which one hides to avoid emotions. These screens protect one from feelings, and anxieties that would surface causing discomfort.

Feelings do not exist in a vacuum and they often take one by surprise when one has an unexpected reaction to a person or situation. Such defenses act like an inner safety valve that serves to shut one down, but they also inhibit one from communicating more authentically.

The goal is to establish an understanding and openness to the entire range of emotions in a functional way without an automatic reaction of limiting defense mechanisms.

Working with a supportive counselor enables one to recognize and eventually change self-destructive patterns by learning how to deal with true emotions.

*Emotional issues that respond well to Experiential Dynamic Counseling include:*

- Depression
- Anxiety and Panic attacks
- Anger
- Low self-esteem
- Relationship problems
- Fear of closeness
- Emotional fatigue
- Unexplained Illness
- Eating disorders

*Kate's specialty modalities include acupuncture, Chinese medicinal herbs, energy balancing, and Experiential Dynamic Counseling.*