

MAREAS

Comprehensive Therapeutic Services for Children & Families



Savinna Frederiksen, CYW, BA/BSW, MSW, RSW
Registered Social Worker/Psychotherapist

My name is Savinna Frederiksen, I am a Registered Social Worker and a member of the Ontario Association of Social Workers. I currently hold a faculty appointment as an Assistant Clinical Professor (PT) at McMaster University.

I have been in the field of social work and psychotherapy for the last 20 years working in the several areas of mental health and addiction. I am a trained therapist for individual therapy, a group facilitator in multiple areas of psychotherapy which includes Cognitive Behavior Therapy, Dialectical Behavior Therapy, Mindfulness Based Cognitive Therapy, Attachment Based Therapy and Trauma Treatment.

I strive to provide therapy in a compassionate, open manner, and truly believe that self-awareness is essential for personal growth and overall wellness. I enjoy working with adults, adolescents, couples/families and apply cutting edge evidence-based research in all areas of counselling and psychotherapy.

I can you with all your needs from individual psychotherapy or supportive counselling, group therapy, to marriage/couples counselling and family therapy. I strive to be collaborative and flexible with all our clients. Our practice offers in person therapy as well as virtual/zoom sessions.

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Verified

11-Jun-2021

Ashley Power
Name of Mareas Facilitator

Date

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A decorative graphic consisting of several overlapping, wavy, translucent blue lines that flow from the top right towards the bottom left, creating a sense of movement and depth. The lines vary in opacity and thickness, giving it a layered, ethereal appearance.