

Julie Christiansen MA, BA

Ontario



A seasoned Psychotherapist with a lifelong mission to leverage people and organizations into open communication so they can live free of conflict, tension, anger, and fear

With her in-depth understanding of human behaviour and clinical expertise, Julie has become a much sought-after public speaker and corporate trainer in the specialized area of Anger Management. She has built a reputation as a dynamic, inspirational and humorous speaker who can handle sensitive topics with tact and grace. Employees, students, clients, and corporate audiences embrace her passion to help people create radical, positive, lasting change in their lives.

BUSINESS EXPERIENCE

Julie has pursued her mission in several ways over the years: as a mental health worker and case manager, an international public speaker and corporate trainer, a youth employment counsellor, an adjunct professor of Forensic Psychology and other subjects, and most recently, as a Registered Psychotherapist. She also worked for three years as a journalist and was the editor in chief of a training newspaper.

It was after having worked for several years with persons with serious mental illness that Julie saw a need for and developed Anger Solutions™, a program that has been the mainstay of her training business, Leverage U. A member in good standing of the International Association of Applied Psychology, Ontario Society for Adlerian Psychology, and the Ontario Association of Counsellors, Coaches, Psychotherapists, and Psychometrists, Julie also maintains a full-time private practice in counselling and psychotherapy.

PROFESSIONAL EXPERTISE AND SERVICES

Anger Management

Conflict and Dispute Resolution

Keynote Speaker

Training Design and Delivery

EDUCATION & CERTIFICATIONS

Registered Psychotherapist, College of Registered Psychotherapists of Ontario

Master's Degree in Counselling Psychology, Yorkville University

Bachelor's Degree in Psychology and English, University of Ottawa