

About Us

Brilliant Soulz is a personal energy management company established in 2011 which provides psychotherapy and counselling services to help individuals reclaim their well-being.

We believe that well-being is everyone's birthright and every person is entitled to live a life which is healthy, wealthy and wise.

We recognize that we are both human and spiritual beings holistically interconnected through the mind, body and spirit.

Our psychotherapy and counselling work is an innovative and holistic approach to inner transformation that combines an eclectic blend of approaches such as Transpersonal and Experiential Psychotherapy, Emotionally Focused Therapy, Psychodynamics, Humanistic and Existential Therapy, Inner Child Work, Cognitive Behaviour Therapy, Chakra Psychotherapy, Medical Intuition and Client Centered Solution Oriented Therapy to heal our human and spiritual self.

Services

- Individual Counselling
- Couples Counselling
- Family Counselling
- Behaviour Intervention
- Brief Therapy
- Group Therapy
- Post Rehab Therapy & Support
- Supervision
- Regression & Hypnotherapy
- Professional Coaching

Reasons to see a Psychotherapist

- Anxiety / Depression / Stress
- Awareness and Personal Growth
- Family of Origin / Childhood Abuse
- Confusion / Inner Conflict
- Divorce / Separation
- Grief / Trauma / Loss
- Life Transitions / Crisis
- Relationship Issues
- Sexual Problems / Gender Related Issues
- Spiritual Issues / Development
- Post Addiction Recovery / Support



Kelly-Lee Mansi
Psychotherapist

Kelly-Lee is a Therapist, Counsellor, Coach, Speaker, Writer and Educator and has worked with individuals, couples, families and groups for more than 20 years helping them to achieve well-being.

Kelly-Lee is a graduate of the prestigious Holistic Psychotherapy program from Transformational Arts College. She also trained in several psycho-spiritually based therapies focusing on Stress, Depression, Addiction, Grief, Loss and Trauma.

Kelly-Lee is a registered member with the College of Psychotherapists, International Coach Federation (PCC), Guild of Hypnotists (CH) and the Human Resources Association (CHRP), she graduated from McMaster University with a Combined Honours Degree in Sociology and Labour Studies (Hons. BA).

Within her community Kelly-Lee now serves on the Board of Directors with the Brain Injury Association of Durham Region and Frontenac Youth Services.

Well-Being Is Your Birthright

In person services are offered throughout Ontario Region. Virtual services are available worldwide by Telephone and Skype.

Sessions are offered in the following formats:

Individual

- 2 Hour
- 90 Minutes
- 60 Minutes

Family & Couples Counselling

- 90 Minutes

To learn more and to book your session you can reach us by:

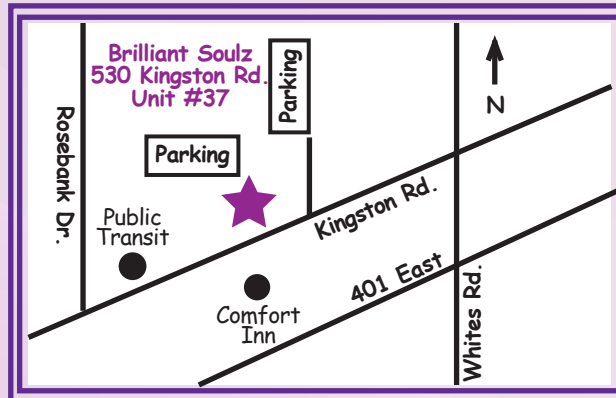
Email: info@brilliantsoulz.com

Telephone: 289.217.2651

Skype: Mz.Kelly-Lee

www.brilliantsoulz.com

Our main office is located at 530 Kingston Road, Unit #37, Pickering, Ontario L1V0C3 and is easily accessible by public transit.



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