



Shweta Pal

Clinical Counsellor



Services I can offer to your Family & Community include:

One To One

- Response-Based Practice that emphasizes internal strengths while understanding how individuals respond to and resist in the face of adversity
- Trauma informed counselling
- Youth Centered and Family Inclusive Counselling
- Parenting support
- Mindfulness focused therapy
- Internal Family System Therapy
- Body based somatic processing of emotions.
- Neurodivergence affirming counselling
- Queer affirming counselling

Group

- Emotional regulation skills
- Thought diffusion strategies
- Developing psychological flexibility
- Mindfulness and building self-compassion
- Family Counselling
- Critical incident debrief
- Grief support

Communities Served: Huu-ay-aht, Ditidaht, Uchucklesaht, Tseshaht, Hupačasath

Contact Information:

Shweta Pal: 250-724-3939
shweta.pal@nuhchahnulth.org

Training Experience

- Bachelor of Science in Psychology (2015)
- Post-Degree Diploma and Mental Health and Addictions, (2016)
- Naloxone administration (2016)
- Master of Arts in Counselling Psychology (2020)
- Trauma Focused Cognitive Behaviour Therapy (2021)
- Critical Incident Debriefing, (2022)
- Dialectical Behavior Therapy- (adolescent), (2020)
- Interpersonal Psychotherapy-Adolescent, (2019)
- Foundations and Ethics of Play Therapy (2021)
- Hatha and Vinyasa Yoga Teacher Training-200HR, (2022)
- Complex Trauma and Dissociative Identity Disorder, Level 1 (2021-2022)
- San'yas Anti-Racism Indigenous Cultural Safety (2022)
- Recognizing and Responding to Suicide Risk, (2022)
- Navigating Racial Trauma (2022)
- Suicide Assessment and Intervention Training, (2022)
- Emotion Focused Family Therapy(2023)
- Ashtanga Yoga Teacher Training- 300 HR, 2024
- Gathering our Medicine (2025)
- Currently enrolled in a 2-year Somatic Attachment Psychotherapy Program