

Meet Kellyanne Whittington

Born and raised in coastal British Columbia and now based in Calgary, Kellyanne brings warmth, humour, and deep clinical expertise to her counselling work. With a background in psychiatric nursing and over a decade of frontline experience, she now supports clients as a Canadian Certified Counsellor and Registered Clinical Counsellor.

Kellyanne works extensively with first responders, healthcare professionals, and adolescents, supporting those facing anxiety, trauma, burnout, and workplace stress. Her approach blends cognitive and dialectical behavioural techniques with family systems and narrative therapy, always through an anti-oppressive, culturally sensitive lens.

Kellyanne is deeply rooted in her commitment to working alongside Indigenous communities, a path shaped by her upbringing and her father's experiences as a Day School survivor in the Northwest Territories. Her work is grounded in focusing on recognizing and addressing intergenerational trauma. Within her practice, Kellyanne strives to support meaningful change.