

# Diane Kinnear

## *Life Review Counseling*

- E-mail: [counselor.diane.kinnear@gmail.com](mailto:counselor.diane.kinnear@gmail.com)

- Phone: 403-352-3550

Address: The Old Court House, Suite 104  
4836 50 St. (Ross), Red Deer, AB T4N 1X4

- Website: <http://www.lifereviewcounseling.com>

Hello!

Anger Management Counseling is my primary work, although I do have plenty of clients with Anxiety, Life Crises, Marital Problems, Depression and Insomnia. These issues really drag people down; sometimes stopping them in their tracks. It is my job to offer counseling help to anyone who is struggling and to help them get back on track.

I am a Canadian Certified Counsellor (CCC) with The Canadian Counselling and Psychotherapy Association (CCPA), am certified as a Level II Anger Management Specialist with National Anger Management Association (NAMA) and have a private practice called Life Review Counseling. It is located at The Old Court House; a beautiful, peaceful setting that is perfect for a casual, relaxing conversation. I am non-judgmental and compassionate, and Confidentiality is the cornerstone of my practice.

For middle-aged or older people I offer a Life Review program which includes a professionally conducted interview with me, during which the client tells me his or her life story. The idea is that we digitally record it, editing out anything the client wishes to delete...and the result is a beautiful family heirloom!

Prior to opening my Private Practice I worked with Catholic Social Services and Family Services of Central Alberta. Before that...well...

In my younger years I served in the military as an administrator for 15 years. I then married and stayed at home, raised my kids, and re-educated in Psychology and Mental Health counseling. In 2014 I emerged as a qualified Therapist and my counseling career began. I am still happily married with three young adult sons who make me very proud. I enjoy nature, gardening, landscaping, baking/cooking, organizing, reading, writing, and am somewhat artistic, especially with home design.

My counseling expertise combines all of my past and present adventures and the abilities learned alongside.

Please feel free to visit my website or contact me for more information any time!