

Manon Lafrenière TRA^{MD}

Therapist for Relationship Assistance



What I'm offering you:

The accompaniment of a benevolent and non-judgmental professional who uses the Creative Non-Directive Approach^{MD} (CNDA^{MD}) created by Ms. Colette Portelance.

Fascinated by **human relations** for many years, I am really **passionate about my job**, which is why you can count on my professionalism ! I am proud to accompany my clients in their journey towards satisfying relationships with others and with themselves, and their satisfaction is for me the best reward. Have faith in me, make an appointment now and let me guide you towards your well-being.

As a TRA^{MD}, i.e. a Therapist for Relationship Assistance using the CNDA^{MD}, **I can promise:**

Attentive listening

- Often, the people who come to see me have the feeling of not being heard by their loved ones. My first objective is therefore to offer

you attentive and empathetic listening. Listening to you allows me to understand you better and to better identify your unpleasant relationship functioning in your life. In addition, listening is for me the secret of a benefactory and authentic relationship, which allows for the creation of a relationship of trust between us.

Personalized accompaniment

- As a TRA^{MD} using the CNDA^{MD}, I engage with my clients in real therapy work, which involves showing flexibility and adaptability in my approach. My support services are fully customizable and are designed to meet your specific needs.

Kind accompaniment

- My role is to help you gain self-confidence and self-love. I want you to be understanding and kind to yourself, so I'm ready to hear whatever you have to say and be with you in kindness and love, without any judgment.

Healthy and warm environment

- I make every effort to build with my clients a healthy climate, conducive to reflection, introspection and self-respect.

Through her helping qualities, Manon...

- listens to you attentively **without judgment and with great respect**
- helps you identify and tame **your emotions**
- helps you to better express your emotions, your limits and your **needs**
- promotes greater self-knowledge, acceptance and **self-love**
- promotes empowerment of your needs to help you break out of **victim functioning**
- offers you food for thought to find the solutions adapted **to your situation**
- helps you develop a **better relationship with yourself** through her objective, non-judgmental observations.
- highlights the attitudes and behaviors that contribute to maintain the **dissatisfactions in your relationships**.
- helps you communicate authentically with others **to improve your relationships**.
- helps you identify your internal and external resources and **take action to achieve your goals**.

Services offered by Manon: (French and English)

- THERAPIES FOR ADULTS



Following individual therapy for adults means first of all finding yourself in a safe place, without taboos or prejudices, where you can feel free to open up with confidence with regards to your sensitive areas and the difficulties you are experiencing. **The ultimate goal of therapy is to develop new relationship strategies and regain a sense of peace, freedom, and increased power over your life.**

To do this, exceptional listening will be offered to you, an affective and trusting relationship will be built with your therapist who will welcome you and accept you in all your dimensions. Since CNDA^{MD} is a multidimensional approach, you will be able to give free rein to your emotions, your thoughts and beliefs, as well as to approach your physical and spiritual dimensions.

Adult therapy focuses on the here and now. Your therapist will accompany you in the discovery, expression and satisfaction of your needs while highlighting your various functioning patterns and their impacts, as well as your resources.

- THERAPIES FOR CHILDREN AND ADOLESCENTS (5 to 18 years old)

The training received by your Therapist for Relationship^{MD} for **children** focuses on the emotional development of the child. The TRA^{MD} was trained to see "how the development of all the other dimensions depend on affective development. This understanding of the development process allows your TRA^{MD} to better help children who have difficulties in their relationship with themselves and in their relationships with others. The training received by the TRA^{MD} also relates to "the role of parents in the relationship with the children". The TRA^{MD} also learned "methods of relationship assistance via the CNDA^{MD} as well as methods of accompaniment that can be achieved by parents."



Reference: CRAM, [Advanced training 2022-2023](#), Certificate in *Relationship assistance for children and teenagers*, p.12



The TRA^{MD} was trained to offer Relationships assistance to adolescents and has studied “the question of emotional, intellectual, social and sexual development of teenagers. The notions so dear to the reality of the adolescent such as friendship, love, violence, shame, delinquency, drug addiction, sexuality, theft, the relationship with parents, gangs, have also been addressed as well as the search for identity, the need for affirmation, suicidal tendencies, provocation, the confrontation of cultures, values and ages. »

The TRA^{MD} has also been trained to “support and help the teenagers he/she encounters with discussing their relational, self-esteem and self-confidence issues. » The training also mentions the help that can be provided to the parents.

- PARENT THERAPIES

Each TRA^{MD} who has obtained an Advanced Training Certification in Relationships assistance for Children and teenagers is authorized to offer Therapies for parents.

Indeed, the training received by the TRA^{MD} also covers the role of parents in the relationship with their children and teenagers. He is therefore able to support you and help you, the parents, in your role.

Reference: CRAM, [Advances training 2022-2023](#), Certificate in *Relationship assistance for children and teenagers*, p.12



- PERSONAL THERAPIES FOR COUPLES AND DYADS



« It is from the principles of communication and their application in the relational life of each of the participants that we will approach the principles of authentic communication of Colette Portelance in the couple and relational therapy. We will of course touch on the problems of verbal or non-verbal communication and the problems due to the coexistence of differences. We will also discuss the subject of the varied stages in the life of a couple. The affective and bodily dimensions (sensual and sexual) will occupy an important place.»

Reference: CRAM, [Advanced training 2022-2023](#), Certificate *Communication within the couple and relationship therapy* p.8

- ACCOMPANIEMENT AND WORKSHOPS ON GRIEF



Everyone has to deal with grief at one time or another. Whether it is bereavement by death, the mourning of a family or a spouse following a breakup, the mourning of an animal, the mourning of the country you are leaving to immigrate to, the loss of a job, the loss of health or autonomy, mourning is one of the human trials that spares no one. It affects children, teenagers, adults, the elderly, men as well as women, people of all nationalities, of all social classes. Grief also affects the loved ones of the bereaved, who do not always know how to support those loved ones who are going through so much suffering. Mourning is an integral part of life, yet it is still difficult to talk about it freely, to experience it in the community or in an intimate relationship. Grieving is often taboo. How do you get through this stage of life then, if you don't know how to deal with it and how to talk about it ? (...) We wholeheartedly aim to offer comfort, human warmth, listening and support to the bereaved and their loved ones and to help them rebuild and find meaning in their new life. »

Reference: CRAM Web Site, Grief and loss, <https://www.cramformation.com/deuils-et-pertes>

- Support Group

Workshop 1 (Support group)

«This support group will allow you to achieve your objectives. There will be a beginning and an end following 8 meetings with specific objectives at each meeting. It is a group of sharing around the idea of mourning following death.»



“Through these encounters, we will bring ourselves back to the present moment, which is what will help you the most. We will not be here to talk about the stages of mourning, but to understand that mourning is a state of being. And we only know grief the second we experience it. Grieving is what you experience when someone you love dies. »

1. From isolation to encounter
2. The impacts of grief on the body
3. Welcoming emotions
4. Unfulfilled needs and losses
5. The appeasement of my wound by the harmonization of the emotional needs and the state of being
6. Forgiveness in order to find peace
7. Let go with love to better carry the legacy
8. I choose my life

Workshop 2 (Support group)

To let go is to no longer retain the suffering and it is to admit that the person or your loss is detached from the fusional bond with you. When this step is taken you now choose life and take root in your life.

- I get in contact with my pulsion of life
- I let go to truly choose life
- I let myself be softened by my scar in order to welcome my new identity
- I nourish my inner-spiritual dimension for more love – peace – resilience
- I can then pay it forward and give back to those around me

Workshop 3 (Support group)

The mission starts from our first dreams as children or as teenagers. Childhood dreams are often the starting point for life projects. The suitcase symbolizes all that it can contain of your life story, and the first things that will weave the Ariane's thread (the links) of your mission will be its dreams, its secrets.

- Your secrets and your childhood dreams...to weave the Ariane's thread of your mission
- Dissatisfactions and obstacles that can block the creation of your life
- Empowerment of your life story and your uniqueness...path to the creation of your life and your success
- Becoming the creator of one's new life...
- Celebrating the meaning of life

- Workshop/Meeting « Christmas without you »



Workshop offered by Louise Racine, TRA^{MD}, Therapist for Relationship assistance^{MD}, member of [ATRAAD](#), author, speaker and reference on grieving in Québec and Europe for the last 25 years.

Days and times available soon at Cabinet Humanessence, 733, boulevard St-Joseph, Gatineau

- Accompagnement during the pain and loss of a breakup

A breakup, like any situation that involves giving up, is a bereavement. Our counselors can provide you with professional, high-quality, compassionate, respectful, sincere and authentic support where you can express and live the emotions that inhabit you and help you get through this painful episode in your life.

Note that this training is offered by Mrs. Louise Racine, member of

[ATRAAD](#) (Association of Therapists in Relationships assistance and accompagnement in grief), author of 3 books on grief, Therapist^{MD} in Individual and Couple Relationship assistance, animator, speaker, regulator and trainer at the CRAM (Center for Relationships assistance in Montréal).



- CUSTOMIZED WORKSHOP FACILITATION



The Humanness Cabinet offers group facilitation services through some of its TRA^{MD}s. A set of workshops has already been developed. However, depending on your specific needs, we can create tailor-made workshops to meet your particular needs as well as facilitate them in a non-directive manner.

Here is a list of already designed workshops that we can offer you :

- White mourning



Description of the workshop/Conference :
(from 2 to 3h and/or 8h according to the requirements)

It is in the sharing and support of the group that we come out of isolation. You are not alone. This is the whole paradox defined by white mourning: a sick loved one whose physical presence unfortunately cannot mask the cognitive and psychological absence. It is a bereavement and this experience, this journey is different from that felt at the

death of the person. We will look at how to experience white mourning, the emotions, the defense and protection mechanisms, its process and its journey that leads us to acceptance and appeasement.

- Palliative sedation or/and medical assistance in dying

Description of the workshop/Conference :
(from 2 to 3h and/or 8h according to the requirements)

Palliative sedation or/and medical assistance in dying

In an atmosphere of trust, love and compassion, this workshop/conference aims at demystifying, better understand and look at the difference between palliative care, palliative sedation, medical assistance in dying and the laws. See in yourself what it awakens and how to talk about it with the sick person who is dear to us. Learn to identify the defense mechanisms, the fears, the needs that you and your loved one experience throughout the journey of death. How to move on towards accepting the choices of the other person ? Open discussions, exchanges, sharing between all of us will help ease your journey towards well-being.



- End of life accompaniement



What does end of life means ?

A difficult period for the patient as well as for his close ones, the end of life is a particularly complicated moment to apprehend. Here are some tips to help you support the patient as well as possible and prepare you to experience this grief that you dread. I offer you a place of trust, security and compassion where you will be welcomed with attentive listening, without judgment and in the acceptance of your

differences. During this workshop, we will discuss and I will share with you advice such as: how to support a loved one at the end of life, the acceptance of their choices, how to take care of yourself and let go of the other.



*Cabinet
Humanessence*



*Au coeur de la relation
pour un accompagnement
vers votre mieux-être*

Manon Lafrenière

TRA, Thérapeute en relation d'aide^{MD}
par L'Approche Non Directive Créatrice^{MD}

300-733 boul Saint-Joseph
Gatineau, Qc, J8Y 6B4

819-661-2061

therapeute.laf@gmail.com

cabinet-humanessence-therapies.com

Therapies and workshops/conferences in person and/or online via Zoom, Skype, Facetime, Google Meet, etc.

