



## **Tianlan (Tara) Xu**

MSW, RSW

**Social Worker**

Tara is a registered social worker. She has provided over 3000 consultation sessions in supporting clients facing a variety of challenges such as depression, anxiety, PTSD, workplace stress, academic stress, family and relationship issues, etc.

Tara supports her patients using a variety of evidenced-based approaches such as Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Solution Focused Therapy (SFT), Motivational Interviewing (MI), and Mindfulness Self-Compassion.

Tara believes that a partnership of patients' knowledge of their own life with a clinician's insights from evidence-based approaches and research yield fruitful results in fostering wellbeing.

Prior to CarePoint Health, Tara worked as a crisis counsellor at Lifeworks, and case manager at Hope Place Centres (in-patient addiction treatment facility).

Tara earned her Master of Social Work from University of Windsor. She provides service in both English and Mandarin.

