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## Introducing Farahnaz Hasan Ali (she/her)!



Starting April 2026, Farahnaz Hasan Ali (she/her), a Master of Counselling Psychology student at City University, will be seeing adult clients (18+) for individual counselling at **\$20-60/session**.

### Focus areas that may be a good fit

- 🌱 Perinatal and postpartum anxiety/depression and adjustment (including preventative support planning)
- 🌱 Pregnancy and early infant loss; Pregnancy after loss
- 🌱 Termination for medical reasons
- 🌱 Cultural and or Identity / Role Transition Concerns

As a South Asian Muslim woman, Farahnaz understands the barriers that can make accessing therapy challenging and hopes to help create change within her community. Farahnaz approaches her work with cultural humility, empathy, and a strengths-based lens. She is interested in drawing from Solution-Focused, Narrative, Cognitive Behavioural (CBT), and Dialectical Behavioural (DBT) approaches to support clients in their healing and growth.

### Clinical oversight

Farahnaz's work is closely supervised by Penny Waller Ulmer, Registered Psychologist and Certified Sensorimotor Psychotherapist, with 12+ years of focused training and experience in reproductive and perinatal mental health, including previous work in Reproductive Mental Health Care at the Lois Hole Hospital for Women, as well as ongoing private practice in these areas.

If you have someone in mind, clients are welcome to connect:

Student therapist info page: **waller.pro** (student tab)

Questions/Consult: **therapy@waller.pro**  
or **587-840-6019**.

Penny Waller Ulmer, BA, MACP  
Registered Psychologist | Certified Sensorimotor Psychotherapist  
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