

KAMEELA OSMAN, MSW, RSW, C. HYP, PMH-C

Social Worker | Psychotherapist | Clinical Hypnotherapist |
Perinatal Mental Health Certified



About Kameela

Kameela is a social worker and psychotherapist with 15 years+ experience supporting mental, emotional and relational well-being. Her vast experience includes roles as a therapist, group facilitator, program coordinator, program supervisor and clinical supervisor.

Contact:

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Elite Counselling & Consulting
Supporting Mental, Emotional and Relational Wellness

About Elite Counselling & Consulting Services

After many years in the non-profit sector, Kameela founded Elite Counselling & Consulting Services to focus on issues that have touched her personally.

Clinical focus areas include:

- Mindset therapy
- Perinatal (pre-natal/postpartum) counselling
- Couple counselling

Available to Speak about

- Mental Health
- Counselling/Psychotherapy
- Mindset around negative thoughts, inner criticism and judgement
- Pre-natal/Postpartum issues - including perinatal mood and anxiety disorders
- Relationship Issues, relationship tips and healing from betrayal