

CATIA CARRIER

MAJESTIC PROFESSIONAL CONSULTING - Timmins, Ontario



Catia Carrier laughs as she tells a story about when she was a small child. One day, she told her Grandmother how animals kept coming up to her in the woods, resting near her as she played. "My Grandmother told me not to tell anyone else that story," she chuckles, "she was worried someone would come and take me away, with a story like that!" Then she adds, "But I did always feel that connection; to the land, the animals, to nature, and Universal Laws."

Catia continues to surround herself with her favourite things. "I live and breathe in nature," she declares, "it's how I revive and reset." And with her career as a psychotherapist, it is important to have that restoration for her mind and soul.

In her younger 20s she attended a social worker program in Timmins, Ontario. It was there she quickly realized that government programs and systems were not working for Indigenous people. "I saw gaps in federal and provincial programming and then even bigger gaps in areas related to mental health issues." Then she adds, "I just knew I needed to get educated, to be assertive, and to maintain key people in my circle, if I were going to make a difference. I could feel something in me, even as a child, something different, a spiritual strength. I had to make sure I used my strength to help others."

Catia now owns and operates Majestic Professional Consulting, specializing in psychotherapy, trauma specialist therapy, and crises intervention. Her firm offers a wide range of psychological and holistic healing services. "Healing and compassion came naturally to me. So, when I researched residential schools, and the significant impact they have had on Canada, I was shocked, at first. Then I realized, it was kind of like first aid - but for mental and emotional issues. We have to approach trauma with compassion."

Catia also has clients in areas dealing with daily crises - from the policing and nursing sectors, people at risk of suicide, and children in distress. "There is so much trauma in our Indigenous communities; but there is trauma in other communities too. More than 50 per cent of people are misdiagnosed with long-term mental health issues. In so many cases, it's actually trauma. Years ago, I worked in a clinic. With western medicine, people were often treated with prescription medication. In many cases, it wasn't only that it wouldn't really help them, it was that it could harm them in the long run. I kept disagreeing with the clinic professionals, about those treatments, and they just didn't listen. I realized I was outnumbered. So, I left."

It was then that she started introducing holistic methods, like human energy and energy psychology. "It's an act of self love, self care, and self compassion," she states. "You have to show up for yourself too."

She mentions finding support with the Nishnawbe Aski Development Fund. "They were key players in financial support to get my business goals started. I wouldn't be here without them."

It sounds like a pretty good place to be. She states, "For me, I'm very close to the animals and the spirit world. I light sacred fires on my property. And every time I see an eagle fly by, that is my bliss; I know something is right."

"Your heart is the most intelligent organ in your body." Gently, she adds, "Listen to it."

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