

Meet Karina Karys, MSW, RSW

Culturally attuned trauma therapy for Polish, Ukrainian & Eastern European communities



Shanti Psychotherapy is one of Canada's first therapy practices dedicated to the mental health needs of newcomers, immigrants, and multicultural communities. We thoughtfully match people with a therapist based on preferred language, cultural background, and shared lived experience whenever possible.

- 24–48 HOUR INTAKE RESPONSE
- NO BOUNCE-BACK MODEL
- DIRECT BILLING AVAILABLE
- COMPASSIONATE, CULTURALLY INFORMED CARE

Karina Karys is a Registered Social Worker and Certified EMDR & Trauma Therapist at Shanti Psychotherapy. As a Polish-speaking clinician who migrated from Poland to Canada as a youth, she brings both clinical expertise and lived understanding to her work with immigrant and newcomer people navigating trauma, displacement, and cultural transition. [Read her full profile with Shanti →](#)

AREAS OF FOCUS

Interpersonal & Structural Trauma

Gender-based violence, IPV, human trafficking, adverse childhood experiences.

Migration & Identity

Cultural transition, intergenerational trauma, navigating multiple worlds.

PTSD & Complex Trauma

Trauma processing through EMDR, anxiety, depression, attachment wounds.

Relationship & Self-Worth Patterns

Chronic illness, perfectionism, low self-worth, relationship dynamics.

CLINICAL APPROACH

EMDR & Narrative Therapy, alongside trauma-informed CBT, DBT, and mindfulness — evidence-based approaches for trauma, PTSD, and complex/developmental trauma, paced to each person's cultural context.

- EMDR Certified
- Narrative Therapy
- Trauma-Informed CBT
- DBT
- Mindfulness
- BIPOC & 2SLGBTQIA+ Affirming

WHY CULTURALLY ATTUNED CARE MATTERS

One size does not fit all. Below are typical issues affecting Polish, Ukrainian, and Eastern European communities that Karina can help with — when someone already speaks her language and shares her cultural context, sessions skip straight past explaining and into the work of healing:

Anxiety & Stress

Hypervigilance tied to status or family back home.

Grief & Ambiguous Loss

Mourning home, language, career, and status.

Survivor Guilt

Guilt about being safe while others remain in danger.

Family Separation

Support from afar for relatives who stayed behind.

Identity & Belonging

Heritage vs. Canadian culture, across generations.

Settlement Stress

Housing, credentials, language, downward mobility.

Somatic Symptoms

Distress shows up as fatigue, GI issues, "stress."

Stigma Around Therapy

Older generations may see care as for severe illness.

For Ukrainian community members: trauma is often ongoing, not purely "post" — news of danger to family can arrive in real time. Karina screens for war-related trauma, family separation, and survivor guilt. Migration itself doesn't mean poorer mental health — each person is assessed individually, without stereotyping.

LANGUAGES OFFERED

Cantonese	English	Farsi	French	Bemba	Bengali	Gujarati	Hindi
Mandarin	Marathi	Polish	Punjabi	Tamil	Turkish	Urdu	

INSURANCE & DIRECT BILLING

- Active: Manulife, Sun Life, Canada Life, Green Shield Canada & NIHB, Telus, Simply Benefits
- Medavie Blue Cross: Veterans and Interim Federal Health Program

You don't have to navigate this alone.

Simply email our intake counsellors to arrange a warm introduction. Our no bounce-back model means every referral is supported — if Shanti isn't the right fit, our intake team triages people to appropriate community care and connects them with medical or assessment referrals as needed.

EMAIL intake.shantipsychotherapy@gmail.com **CALL** (437) 747-0692 **ONLINE** shantipsychotherapy.ca/contact

The best therapy starts with feeling understood.