

# ABOUT

Payton Lunquist, Outreach Counsellor

**Q1. How did you come to work for the Centre?**

A1. I have been working at Our House Addiction Recovery Centre as an Addictions Counsellor for four years. I began as a summer student and was hired on as a full-time counsellor in the fall of 2018. Recently, I received my designation as a Provisional Psychologist. Additionally, I am trained in Eye Movement Desensitization and Reprocessing (EMDR) and Existential Analysis.

**Q2. When you want to unwind, what's your preferred relaxation method?**

A2. Spending time with my dog Lola, going for walks together in nature.

**Q3. What's something that most people don't know about you?**

A3. My favourite sport is skiing!