

CHRISTINA CROWE, MACP, RP



***Psychotherapist.
Entrepreneur.
Relentless Advocate.***

***Let's
Dig A Little Deeper***

www.DigALittleDeeper.ca

MEET CHRISTINA

Christina Crowe is a Registered Psychotherapist (Ontario, Canada), entrepreneur and *relentless* mental health advocate.

In 2015, Christina founded **Dig A Little Deeper, Psychotherapy & Counselling**, which has grown into a modern group practice, offering psychotherapy, clinical supervision, a Nurse Practitioner-led assessment & treatment clinic, and global ADHD coaching services. DALD is headquartered in Caledon, ON, with multiple locations and virtual service across Ontario. Christina maintains her own private practice and provides clinical supervision and consultation to practicing psychotherapists. Christina also provides keynote speaking and consulting, for business and people leaders keen on learning about psychological safety and neuro-inclusive practices in the workplace.

Christina's mental health advocacy work includes:

- Presenting at Scientific & Association conferences, and offering keynote talks on current mental health topics,
- Serving on the Advocacy committee for CADDRA (The Canadian ADHD Resource Alliance), as a past board member and current certification committee member for the OAMHP (Ontario Association of Mental Health Associations).
- Hosting *The Christina Crowe Podcast: making the invisible VISIBLE* in Ontario, highlighting issues in women's mental health, ADHD featuring guests with lived experiences and clinician experts.
- Christina has been interviewed by local news outlets, magazines like The Walrus and Canadian Business, other podcasts and for professional association websites.
- Christina is also the creator of the DIY*ADHD series of accessible online courses and digital downloads for families and clinicians alike, on topics within ADHD treatment through **The Dig Deeper School**.

Christina's creative outlets are many, but most recently include skiing, horseback riding, mastering the art of growing a tomato, and spending as much time with her family as possible.



BY THE NUMBERS

>50K

SOCIAL MEDIA
FOLLOWERS

30+

MEDIA
APPEARANCES

6

PEER REVIEWED
PUBLICATIONS

3

ONTARIO
LOCATIONS

Credentials

Christina Crowe, MACP, RP, CMHP, OVCS (she, her, hers)
Registered Psychotherapist (RP) & Certified IPT Therapist,
Ontario Validated Clinical Supervisor (OVCS),
Certified Mental Health Professional (CMHP, OAMHP)
ADHD Therapist and Coach

Host, [The Christina Crowe Podcast: Making the invisible VISIBLE](#)
Founder & Clinical Director, Dig A Little Deeper, Psychotherapy & Counselling

Christina's *full bio and post-grad training* can be accessed [HERE](#).

Most requested topics

- ADHD in women, late diagnosis
- ADHD at work, worklife issues, including creating a neuro-inclusive workplace culture
- ADHD and co-morbidities, including PTSD and developmental trauma
- ADHD Couples / ADHD Parenting
- Psychological safety in the workplace,
- Mental health of health care workers, moral injury and PTSD.
- Healing the healers: Leading change in medicine
- Healthcare system navigation and advocacy

Locations

Main office: 6 Queen St N. Suite 203, Bolton ON

New Tecumseth | Palgrave



- @DigALittleDeeperTherapy
- @DALDTherapy
- @Stina905
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