

KEVIN MARSHALL

PSYCHOLOGIST &
ADDICTION RECOVERY COUNSELLOR

With nearly four decades of personal recovery from alcohol dependence and over 20 years of freedom from nicotine addiction, Kevin brings to his therapeutic work **a depth of insight rooted in lived experience.**

Backed by a Master's degree in Psychology, he integrates a wide range of modalities — including *CBT, Motivational Interviewing, Transactional Analysis, and Gestalt Therapy* — bridging both non-directive and active-directive approaches. He has supported **individuals, couples, and families** through the gamut of mental health challenges. In the corporate space, his administration of assessments such as *Gallup StrengthsFinder* and *DiSC* has enhanced his understanding of personality, communication, and team dynamics.

A lifelong learner with a natural gift for communication and teaching, Kevin combines **clarity of expression** with an **intuitive grasp of human emotion**. His true education, he believes, has come from the school of hard knocks — imbuing him with empathy and a patient listening ear.



*"Readiness often follows action,
not the other way around."*

Outside the consulting room, Kevin's **love for music** and the **culinary arts** enriches his professional presence: the rhythms of guitar and song, and the sensuous delight of cooking, *mirror the balance, warmth, and mindful engagement* he brings to his therapeutic practice. These pursuits are not just hobbies—they embody the groundedness and joy that Kevin offers every client who walks through his door.

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