LANTERA
COUNSELLING

Chronic Pain Always Has a Story to Tell.

When your body is holding pain, tension, or exhaustion and nothing seems to help, emotions may be part of the story.

Counselling Can Help.

Is This You?

- Persistent pain with no clear medical answers
- Symptoms that flare up under stress or emotional overload
- Feeling numb, tense, or disconnected from your body
- Wanting real relief—not just to “manage” symptoms

Andrej Klimo

Registered Therapeutic Counsellor

I understand the frustration of chronic pain—having endured many years of persistent back pain and sciatica. It wasn’t until I explored the emotional layers beneath my pain that I finally experienced lasting relief.

Let me help you explore how past experiences, chronic stress, or inner tension may be contributing to your pain—and how relief is possible through insight, care, and connection.

You don’t have to keep carrying this pain alone. Book a Free Discovery Call.

Free Discovery Call

Online or In-Person Sessions

Located in North Nanaimo

Accepting New Clients

lantera-counselling.com/chronic-pain