

## Vancouver's Dr. Christine Korol Joins Psychology Today Blogging Roster

*“Still Mind” blog will help Canadians to quiet stress and anxiety with tools to help navigate through tough times*

**FOR IMMEDIATE RELEASE—VANCOUVER, BC—** Registered Psychologist, and Director of the Vancouver Anxiety Clinic, Dr. Christine Korol, is now a regular contributor for Psychology Today, offering her unique perspective with tools for quieting stress and anxiety in everyday life. Already a seasoned blogger, Dr. Korol will be publishing monthly posts to her blog called [Still Mind](#) via Psychology Today's online platform.

“I'm thrilled to announce that I am going to be a regular contributor to Psychology Today, a resource that has been at the forefront of bringing solid, scientific knowledge to the public in an age where it usually takes years to bring psychological research from the lab into practice,” says Dr. Korol. “I've read and shared their articles for many years and I'm thrilled to have this opportunity to offer my voice, increasing awareness of psychology and how it can help humanity.”

For over 20 years, Dr. Korol has been helping people learn to thrive in difficult situations, reducing their stress and anxiety and increasing their enjoyment of their relationships and careers. Believing that therapy is less effective without addressing the systemic societal problems that created the stress in the first place, Dr. Korol is passionate about bringing science-based mental health information to the public. Personally overcoming her own panic and anxiety issues, Dr. Korol is open about having OCD and helps others learn how to live happily with it.

For more information about Dr. Korol, please visit [christinekorol.com](http://christinekorol.com). If you'd like to request an interview with Dr. Korol, please contact:

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About Dr. Christine Korol

Dr. Christine Korol is a registered psychologist, Director of the Vancouver Anxiety Centre and an Adjunct Professor in the Department of Psychology at UBC. For over 20 years, Dr. Korol has been helping people learn to thrive in difficult situations, reducing their stress and anxiety and increasing their enjoyment of their relationships and careers. Believing that therapy is less effective without addressing the systemic societal problems that created the stress in the first place, Dr. Korol is passionate about bringing science-based mental health information to the public. Dr. Korol also has a keen interest in digital health and has been training therapists in how to safely integrate technology into clinical practice.