

***“People settle for a level of despair that they can tolerate and call it happiness.”***

- Søren Kierkegaard

## Who We Are

We are an incorporated faith-based nonprofit organization providing multidisciplinary healthcare services that complement existing government-funded healthcare. Our approach focuses on the whole person—body, mind, and spirit.

We emphasize both the prevention and treatment of illness through healthy lifestyle education, coaching, and therapeutic interventions, primarily using non-pharmacological, trauma-informed mind-body healing approaches.

## Our Services

### Medical Consultations & Independent Medical Exams

Dr. Hendrik Visser provides medical consultations for youth and adults experiencing medically unexplained symptoms, chronic pain, or stress-related illnesses that have not responded to conventional treatments. He works collaboratively with specialists and allied health professionals to support optimal treatment planning.

Dr. Visser also conducts Independent Medical Examinations (IMEs) for third-party insurers. Private examinations not covered by PEI Medicare, such as Department of Transportation physical examinations for Class 1–4 driver’s licences, are also available upon request.

### Counselling Therapy

Joy Locke provides professional counselling services for youth, adults, and couples. She invites clients into a safe, non-judgemental space, and uses a number of modalities for including one’s faith in the journey of healing. For clients experiencing chronic neuroplastic pain and related conditions, she is also trained and certified as a Pain Reprocessing Therapist.

### Health and Life Coaching

Sheila Ann Smith is a life and health coach with extensive experience helping women achieve their personal and health goals. She guides women through the challenges of weight loss and improved health with empathy and encouragement, rooted in the belief that physical transformation is deeply connected to emotional and spiritual well-being.

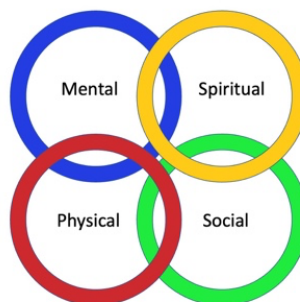
Candace Marshall is a certified Health Coach with a special interest in supporting individuals with ADHD through habit and lifestyle coaching.

### Spiritual Direction

Greg Garant is completing training through Soul Shepherding and provides Spiritual Direction for both men and women, helping people become closer to God.

## How We Work Together

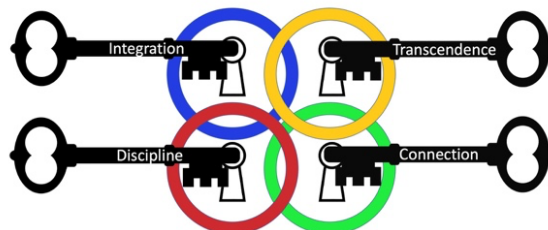
We approach health and wellness through a *bio-psycho-social-spiritual* framework. This model addresses four core dimensions of human need and flourishing—sometimes referred to as “intelligences”—as illustrated in the diagram below:



Addressing these needs and desires through a trauma-informed lens is increasingly recognized as a best practice in healthcare. We integrate current insights from neuroscience, medicine, psychology, and neurotheology with evidence-based interventions.

Being trauma-informed means recognizing that both major traumatic events and the cumulative effects of smaller experiences—such as neglect, rejection, or bullying—can significantly contribute to long-term physical illness, emotional distress, and relational difficulties.

We teach the application of a “key” for each quadrant.



When these dimensions are brought into balance, they create a vibrant and life-giving synergy that can unlock greater health, purpose, and flourishing.

## Are IHTC Services for You?

Although our faith-based approach is grounded in the teachings of Jesus and the rich history of healing ministries established by Christ’s early followers—including the founding of some of the world’s first hospitals—we welcome people of all faiths, backgrounds, ethnicities, and genders.

We are also mindful of the failures that have occurred within some faith communities and recognize the need for healing from those experiences as well.

While some practitioners provide virtual services, Dr. Visser’s comprehensive consultations and Independent Medical Examinations are available only in person.

Our services do not replace the care of your family physician or nurse practitioner. However, given the current shortage of primary care providers, we are committed to helping Islanders access the support they need wherever possible.

Some services may be covered by Medicare or third-party insurance. For those who are uninsured or have limited financial resources, we strive to ensure that financial barriers do not prevent access to care.

## Our Location and Collaborative Care

We are located on the second floor clinic, above The Root Cellar on Capital Drive in Charlottetown. We work alongside several allied health professionals, including naturopathic physicians, osteopaths, and a chiropractor.

This collaborative environment allows us to provide integrated, patient-centered care based on best practices.

## Group Workshops, Training, and Retreats

We offer workshops on a variety of health and well-being topics in The Root Cellar’s Learning Centre. We also accept invitations from like-minded organizations, businesses, and faith communities to provide workshops, presentations, training events, and retreats.

## Financial Support

We welcome financial support from individuals, businesses, and faith communities to help sustain our charitable work for those who have limited financial resources.

We also recognize the importance of healthy workplaces in healthcare, education, industry, and the nonprofit sector. We believe that transformational leadership and psychologically safe work environments contribute significantly to organizational well-being and success. For this reason, we also welcome corporate sponsorship and partnership opportunities.

Tax receipts are issued annually.

e-transfer: [donation@ihhc.info](mailto:donation@ihhc.info)

Cards: <https://ihhc.info/donate/>

Cheques: **Integrated Health Transformation Centre Inc.**

## How to contact us:

In person: 155 Capital Dr., 2<sup>nd</sup> Floor

Charlottetown, PEI C1E 3X1

(Corner of HWY #1 & Lower Malpeque Rd)

Via website: <https://ihhc.info/>

Email: [healing@ihhc.info](mailto:healing@ihhc.info)

Fax: (902) 200-3744

Scan the QR code to visit our website.



## Our team

### Hendrik and Catherine Visser

Henk and Catherine are celebrating close to 50 years of marriage and have served together overseas, in their Crapaud family practise, and as founders and partners of IHTC. Henk graduated from Dalhousie Medical School in 1978 and is a Certified Independent Examiner. Henk has authored several books, the latest *FIT for Life in the Kingdom*. They have two adult sons and a daughter-in-law who call PEI their home.

### David and Joy Locke

David and Joy joined our team in 2024 after moving to PEI from Ontario. Joy's passion is to walk alongside individuals as they navigate life's struggles. She graduated with a dual Masters in Theology and Counselling in 2005. David is a musician, worship leader, and pastor. They have 3 children; their eldest just graduated from High School.

### Sheila Ann Smith

Sheila Ann is a musician, songwriter, author, and health coach. Her path has been defined by her resilience as a leukemia survivor and her strength in navigating family illness, domestic abuse, and profound loss. Because she coaches from lived experience rather than just a textbook, she understands the complexities of the healing journey. She has written a book of nutritional guidance entitled *Sugar Cravings Decoded*, as well as a number of cookbooks. Visit [completehealth.me](http://completehealth.me)

### Candace Marshall

Candace received her Bachelor of Health Services degree from Queen's University, Ontario, with honours. She obtained her HCI Certified Health Coach credential through the Health Coach Institute, USA. She is member of the Health Coach Alliance. Candace and her husband Josh, along with their dog Bailey, are happy to be back in PEI! Visit [upwardtrajectorycoaching.ca](http://upwardtrajectorycoaching.ca)

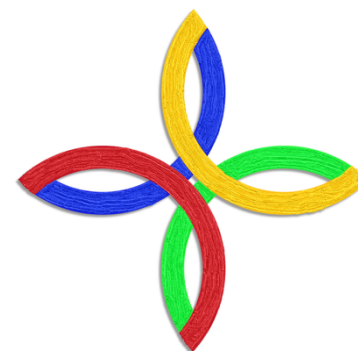
### Greg and Catherine Garant

Greg completed a Bachelor of Religious Education (BRE) degree and has served on our IHTC Board of Directors. He is now completing training as a Spiritual Director. Catherine shares her incredible story of victory from childhood abuse as a writer, speaker, coach, and radio host. Her book *Everything is Going to be Okay* motivates abuse survivors to embark on their own healing journey. Healing Journey Navigator Visit [catherinegarant.com](http://catherinegarant.com)

# Integrated Health Transformation Centre



**We are here  
to help!**



**Thriving in  
life, love &  
leadership**