



# Barbara Smith RCC-ACS

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I have an M.A. in counselling psychology & a M.Ed. in Adult Learning & Global Change both from UBC. My thesis explored creativity in concurrent disorders counselling. I'm currently a Ph.D. Candidate at UBC who is "all but dissertation", researching adults' experiences of using sand tray to access primary emotions. I completed a year long course in supervision & an 8 month clinic in which I supervised a team of 5 UBC master's level counsellors & I received live supervision of my supervision. I co-authored a chapter in Clinical Supervision of the Canadian Counselling and Psychotherapy Profession published by CCPA which is used as a textbook at some universities. I also completed a supervision rotation in my pre-doctoral residency with Child and Youth Mental Health in which I supervised social workers, counsellors & other professionals. I won a Killam Graduate Teaching Award at UBC where I taught counselling skills & career counselling. I taught abnormal child development at VIU. I completed 2.5 years of training in Existential Analysis under Dr. Alfred Laengle, Essential Skills & Advanced Skills in AEDP, & I have some training in Mindful Self Compassion. I'm trained in Child Centred Play Therapy with extensive training in sand tray. I'm currently finishing training in the Neurosequential Model of Therapeutics with the Child Trauma Academy. I have expertise in psychological & psyched assessment; I conduct psychological assessments under the supervision of a R. Psych. The more complex the case the better. I work with clients ages 4-64 in addition to providing clinical supervision & consultation. I have experience in concurrent disorders, adult & youth forensics, trauma, most mental health conditions, & life & career transitions. I work with 2SLGBTQ+ individuals & have extensive experience with immigrants & international students. My theoretical orientation is a combination of person centred, existential, & feminist psychodynamic using a neurobiological lens. I use Bernard's supervision model, incorporating art & sand tray. Clearly, I'm a total nerd & also a bit of cat lady, we don't use the word "crazy" here. The work we do can be hard; I like to add in some humour & creativity whenever appropriate.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Supervision of Supervision
- Group Supervision
- Peer Supervision
- Peer Consultation

## Type of Services

- Telephone
- In-Person

