



# Britta West RCC-ACS

Phone Number:

(604) 900-7272

Business City:

Vancouver, Burnaby,  
Maple Ridge

Website:

[www.sitkatherapeutics.com](http://www.sitkatherapeutics.com)

Britta Regan West provides Clinical Supervision and Clinical Supervision Mentorship for therapists and clinical supervisors at any stage of their career. Her own clinical areas of focus deeply informs the perspective and expertise she brings. As a Clinical Traumatologist and Family and Individual therapist, Britta has specialties including attachment and attachment trauma, trauma, abuse and neglect, family violence, sexual abuse, adoption, fostering and public parenting, neurodevelopmental disorders, concurrent disorders and mental and behavioural health diagnoses. When providing Clinical Supervision, Britta helps clinicians build conceptualizations framed in a current and rigorously scientific understanding of the functioning of the human organism. The fields of research that inform mental and behavioural health have been the most prolific in the last twenty years and have greatly expanded our understanding of the diversity of the human experience. Leveraging this, Britta nurtures and guides clinicians who can provide truly client-centered therapy. Once an ethical and informed conceptualization is created, she then assists clinicians in determining the modality and approach that best suits the client's presentation, their unique self and the passions and skills of the therapist.

When providing Clinical Supervision Mentorship, Britta assists supervisors in providing the kind of leadership and guidance to their clinicians that they visualize. She creates a collegial space to help share the clinical, ethical and human responsibility that the role of supervision embodies. This shared collegial process is the key to fulfilling careers with authenticity, purpose and impact. The support and connection provided is also crucial in maintaining the high ethical standards our profession keeps and Britta values contributing to that work. Britta sees Supervision Mentorship as a shared and mutual commitment to the betterment of our collective practice and each other.





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In all roles, Britta nurtures a therapist's growth and helps them to master their clinical practice.

BRITTA REGAN WEST MA, RCC-ACS, TITC-CT/CFST

#### Qualifications:

Master of Arts, Counselling Psychology

Registered Clinical Counsellor, BCACC

Approved Clinical Supervisor, BCACC

Clinical Traumatologist/Compassion Fatigue Specialist,

Traumatology Institute of Toronto

Clinical Supervision Fundamentals, Paragon Professional Group

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#### Area of Supervision:

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

#### Type of Services

- Telephone
- Online/Remote
- In-Person

