



Catharine Andrew RCC-ACS

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Website:

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I have been a therapist, child, youth & family practitioner and educator for over 35 years. During those years I have worked in a wide range of settings including not-for-profit community agencies, residential treatment centres, group homes, clinical programs, public schools, post-secondary institutions, and private practice. I am a Vancouver Island University retired faculty member where I taught in the Human Services, Child & Youth Care Program for 15 years and in Student Services Counselling for 6 years. I have maintained a private practice in Nanaimo since 1994.

Current research suggests that effective supervisors are those who have acquired a level of expertise and clinical knowledge that can assist those seeking supervision or consultation to become more confident and successful in their own clinical work. I hope to provide emotional and clinical support by encouraging clinicians or students to set goals for their development, reviewing skills and theories, become purposeful and intentional, and encouraging the discovery of one's own strengths, skills and styles.

I find myself fostering a sense of 'Coming Home' with clients and in my supervision practice. This is the feeling of knowing oneself; being at rest with oneself; being grounded. Our early growing up has a powerful impact on how we see ourselves and influences our clinical practice. The professional self is linked to our personal self. I like to encourage self reflective practice and structure supervision around one's own experiences that facilitates professional development. My aim is to support each person to be the best version of themselves.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Peer Supervision
- Peer Consultation

Type of Services

- Telephone
- Online/Remote
- In-Person

