



Chris Nicol RCC-ACS (Provisional)

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My work as a clinical supervisor began in 2012 at a primary care clinic in downtown Vancouver, where I worked for 13 years. In 2019, I transitioned into a clinical counselling practice lead position, providing counselling practice support and guidance to managers, supervisors, and therapists across Vancouver.

Working in Vancouver's inner-city taught me a lot about suffering, resilience, and the nature of change. I came to believe that psychotherapy needs to be individualized in order for it to be as helpful as possible, to as many people as possible, and this idea guides my work as a clinical supervisor.

My practice is also guided by the principles of social justice, compassion (towards self and others), trauma-informed care, and creativity, as well as an enduring belief in the healing powers of love and connection—connection with self, others, and the natural world around us.

Although I think of addictions as my specialty, my overall approach is informed by Attachment Theory, Narrative Therapy, Buddhist philosophy, Rogerian Therapy, and Cognitive Behavioural Therapy.

However, I believe that psychotherapy is just as much an art as it is a science, and it's therapeutic curiosity and creativity that drive my practice. Relationship is the foundation, and collaboration is key.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

