



# Clara (Clare) Stedman RCC-ACS

Phone Number:

604-803-7290

Business City:

Metro Vancouver, North  
Vancouver

I have been practicing as a therapist (RCC, CCC) for over 14 years. My areas of specialty include Family Therapy, Complex Trauma, Children & Youth, Concurrent Disorders, PTSD and Borderline Personality Disorder. I use a number of modalities depending on client presenting issues, including Satir Transformational Change Model, Family Systems, Dialectical Behavior Therapy, Sand tray therapy and Trauma-focused therapies.

I worked for over 10 years with street and homeless youth in downtown Vancouver. I was part of a DBT multi-disciplinary consult team for many years during my work with people with childhood trauma and emotional dysregulation.

I have experience working with clinical supervision in an agency setting. My experience includes individual and group clinical supervision with master's level counsellors who work with children, children and families, Sexual Abuse and Intervention Program (SAIP), young people, LGBTQ2AIS+ folks, adults, couples and families. I manage a team of 9 people with a variety of approaches to their work including somatic experiencing, expressive arts, play therapy, sand tray therapy and talk therapy.

I take a strengths-based approach to guide and support therapists to use themselves in session and to promote using their specific modality to understand and support individual client needs and goals. I support therapists in listening and trusting their inner voice and apply this practice (parallel process) to their work.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

## Type of Services

- Online/Remote

