



# Elana Sures RCC-ACS

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Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

Hello! It is my pleasure to be offering clinical supervision services to RCCs. I graduated from UBC with my Master's Degree in Counselling Psychology in 2005 and have been seeing adults and couples in private practice for over 15 years. Throughout that time, I have benefited tremendously from clinical supervision for my own work. I have led supervision groups and participated in peer supervision, and over the past several years I have developed a steady base of one-on-one clinical supervision clients.

I have extensive training in, and draw heavily from, the following areas:

- Intensive Short-term Dynamic Psychotherapy (ISTDP)
- Emotionally Focussed Therapy (EFT) for couples
- Accelerated Experiential Dynamic Psychotherapy (AEDP)
- Internal Family Systems (IFS)
- Cognitive Behavioural Therapy

Please note that supervision with me cannot count towards your certification in any of the aforementioned modalities, but these models will inform our supervision and case conceptualisation.

I also have robust experience in treating the following issues:

- Reproductive mental health issues: perinatal depression/anxiety, fertility, and miscarriage/stillbirth loss
- Perfectionism and self-doubt
- Anxiety
- Couples and relationships
- Family issues

As a therapist, it is essential to have a skilled supervisor by your side! Whether you are a newly graduated counsellor or a mid-career therapist looking to invigorate your clinical work, I can help you:

- Maintain a sound ethical and accountability-driven practice
- conceptualise your clients and their presenting problems in a more meaningful way
- select interventions that will bring therapy sessions alive
- identify blocks to progress in sessions
- Explore themes in the relational dynamic between you and your client
- Mobilise the therapeutic alliance so that your sessions are experiential and productive

