



J. Nicole Little Ph.D. RCC-ACS

Phone Number:

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Victoria

Website:

radicallyopencanada.ca

In my career as a counsellor, I have had the awesome opportunity to be supervised and mentored by some amazing folks in the field. I have been able to pay this forward in supervising and mentoring others, so it is a privilege to be recognized by BCACC as an Approved Clinical Supervisor (ACS). My areas of clinical specialty include anxiety, eating disorders, and helping folks in the LGBTQIA+ community. I also focus on helping professionals experiencing burnout/compassion fatigue and other folks who might lean to perfectionism. I often tell people who work with me that I aim to balance time for practical skills with time for existential angst that comes with being human.

My philosophy of supervision is that is a collaborative endeavour, and one that works toward feeling empowered, capable and reflective as a counsellor. People who I have supervised over my career have told me that they appreciate my direct feedback, humour and concrete goal setting. I receive regular clinical supervision myself, and as a result, value humility and personal growth as a whole person to better serve those who seek my counsel.

I have been an accredited supervisor of RO DBT (Radically Open Dialectical Behaviour Therapy) since 2017, but please note that in order to receive RO DBT specific supervision, you will need to have completed intensive training.

When I am not counselling, I love hanging out with my partner and dogs, writing humour, and reading. I would say I love gardening, but mostly I just go out and stare at the plants and try to remember their Latin names and think “wowzers, I should do some weeding.”

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

