



Kathryn Atkinson RCC-ACS

Phone Number:

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Business City:

Nanaimo

Website:

www.islandclinicalcounselling.ca

I have been working in the field since 2010 and have had experience providing clinical supervision to clinical counsellors and interns since 2013. I have work experience as a team leader for Indigenous Child and Youth Mental Health with the Ministry of Children and Family Development. Here I facilitated both individual and group supervision for five years. As a team leader, I also took on interns who were completing their masters. I am qualified to provide clinical supervision for a wide variety of presenting concerns for adult and child populations. I also have significant experience providing group therapy services. My clinical expertise is in Cognitive Behaviour Therapy, in particular with a focus on Obsessive Compulsive Disorder, Tics and Tourette's, Autism, Body-Focused Repetitive Behaviours, Impulse Control Disorders, Anxiety, Depression, and Trauma. I have clinical training in Interpersonal Therapy for Adolescents, Dialectical Behaviour Therapy, working with individuals with diverse abilities, Indigenous-focused treatments, and play therapy, to name a few.

I also work as a university instructor for the Child and Youth Care programs in Nanaimo and Victoria. I am also an instructor for the Counselling Psychology Master's Program at City University in Victoria.

I am able to provide clinical supervision for students and other counsellors virtually or in-person depending on your preference. I also take student interns into my practice on a regular basis.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

