



Kelly Adler RCC-ACS (Provisional)

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Hello fellow counsellors! I have been a counsellor for 15 years and have several different areas of interest. I have specific expertise in eating disorders, and I have worked both in in-patient and out-patient settings with adults and children. I enjoy helping counsellors navigate the complicated world of eating disorders and to shore up people's skills in this area. Through my work in eating disorders, I eventually began to specialize in trauma, specifically using Lifespan Integration (LI). I am an LI Consultant and have been honoured to help counsellors from around the world learn Lifespan Integration. Most recently, I have been working in reproductive mental health, and have been focussing my learning on the perinatal period, birth trauma and helping parents navigate the early years of parenting. I own multi-disciplinary private practice in New Westminster with seven wonderful associates, I teach Lifespan Integration and I stay connected to the public sector through my work at RCH. I bring my sense of humour to my supervision/consultation sessions and hope that my love of all things counselling is infectious.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

