



# Linda Saucy RCC-ACS

Phone Number:

604-356-4911

Business City:

South Delta,  
South Surrey

Website:

[lindasaucycounselling.com](http://lindasaucycounselling.com)

Linda Saucy's supervision style is collaborative and insightful. Linda actively creates a safe alliance with her supervisees, supporting them as they develop their therapeutic skills. She assists them in conceptualizing well while also encouraging them to deepen their self-awareness.

In congruence with her therapeutic framework, she values helping others gain insight into their own strengths, resources, and patterns of functioning. Linda believes that the more aware you become of your own processes, the more you respond to your clients from a place of health.

As a trauma-informed therapist, Linda conceptualizes through the lenses of Internal Family Systems and EMDR. Whether it's a "T" trauma or "t" trauma, she's found both of these therapies to be effective.

When working with couples, Linda draws on her training in Emotional Focused Therapy and Gottman's Couples Therapy.

Linda works primarily with adults and couples.

Linda has an MA in Marriage and Family Therapy and has been supervising since 2015.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

## Type of Services

- Online/Remote
- In-Person

