



# Paula Jurczak RCC-ACS

Phone Number:

604-836-7714

Business City:

British Columbia

Paula Jurczak is a Registered Clinical Counselor, Registered Social Worker, DIR Clinician and Expert Training Leader and Self-Regulation Consultant in BC specializing in assessment and treatment of infants, children and adolescents with complex mental health issues, specialized medical conditions and special needs. Paula holds a Masters Degree in Counseling Psychology and a Bachelors Degree in Social Work. Paula uses a strength based, family centered multidisciplinary approach and her work is informed by current research and evidence-based intervention. Paula maintains a private practice using DIR and Self-Regulation models to support individuals experiencing attachment and regulatory challenges, behavioral and emotional difficulties, neurodivergent challenges and complex mental health issues. Additionally, Paula provides clinical supervision to organizations and counselors seeking to enrich their practice. She is the Dean of eLearning for The Mehrit Centre (TMC) and works collaboratively to support Self-Regulation in schools, organizations, health and social service agencies across Canada. Paula Jurczak also presents internationally and provides psychoeducational workshops, reflective parent coaching, online support services and support groups and consultation to hospitals, mental health clinics, preschools and schools.

Supervision is tailored to meet the needs of each counselor's experience and skill level.

Areas:

- Strengthening clinical skills
- Case consultation including assessment and planning
- Seeking support, empathy and a non-judgmental space
- Developing fresh perspectives
- Integrating theory and practice
- Reducing professional isolation and increasing professional support
- Exploring clinical dilemmas

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote

