



Sabine Silberberg RCC-ACS

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Presence, resilience, and curiosity in connection are the qualities and states that inform my clinical practice. My supervisory approach draws on fifteen years of clinical experience in inner city health and mental health care, with a focus on HIV/AIDS, related systemic barriers and the complexities of working with layers of marginalization. Several years as fulltime faculty in Art Therapy/ Counselling Psychology at Adler University in Vancouver and teaching in other graduate programs offered opportunities to weave clinical work, teaching/learning, and arts-based practices into what is now my fulltime private practice approach, largely with adults and C-PTSD.

As a somatic experience practitioner, embodiment in our work is an essential lens and frame, accompanied by elements of Buddhist psychotherapy, existential analysis, and resilience theory – all in the service of supporting our work beyond trauma healing into thriving.

My supervision practice is collaborative and lateral, and rests on these combined influences, and the interests, curiosities and practices you bring with you.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Telephone
- Online/Remote

