



Kristina Dixon RCC-ACS

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I am a Registered Clinical Counsellor with a passion for working with Children, Youth, and Families. I work with people to discover their inner strengths and capacities, supporting development of individual and family skills that can create lasting, positive change. I have worked for over 20 years in Mental Health. My focus has been on children, youth and families specifically family parental mental health.

My philosophy centres around emotion and expression. In working with clients I may use play and creative expression, attachment, and family systems approaches.

My areas of supervision children, families and individuals. I am certified in Synergetic Play Therapy.

My approach to clinical supervision is collaborative and strengths based.

I have a undergrad in Child and Youth Care (UVIC) and Masters of Counselling (City University).

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

