



Mina Ishioka RCC-ACS

Phone Number:

250-240-1396

Business City:

Vancouver Island,

Remote

Website:

www.ishiokacounselling.com

I have over 14 years of clinical experience in supporting children, youth and families as well as mentoring bachelor's and master's degree students. I have held clinical leadership positions at the Child and Youth Mental Health team over the years. It is my passion to share my clinical expertise with individuals, colleagues and communities so that we can cultivate more empathy and compassion together for people who struggle with mental health issues. I also have a great interest in raising the capacity of qualified clinical practitioners in our profession, so that we feel supported and competent to serve the best interests of each individual we work with.

My clinical expertise is in Infant mental health, children, youth and families, and community-based program development and delivery. My theoretical approach is guided by attachment, developmental, cognitive-behavioural and multicultural perspectives. My supervision style is relational and developmental. I'm aware of my skills, biases, strengths and needs, and am willing to continue listening to and learning from others.

I have trained in Adult Attachment Interview, Circle of Security, Cognitive-Behavioral Therapy, Dialectical Behavioral Therapy, DC: 0-5, Early Psychosis Intervention, Emotional-Focused Therapy, Emotional-Focused Family Therapy, Motivational Interviewing, Neurosequential Model of Therapeutics, Satir Model, Expressive Play Therapy, and other modalities.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

