



# Nancy Alexander RCC-ACS (Provisional)

Phone Number:

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Business City:

Prince George

Website:

[www.bitsbc.com](http://www.bitsbc.com)

Much of my lifework has focused on counselling children, youth, individuals and families for over 30 years in a multitude of settings across BC including North Vancouver Island, Alert Bay, Prince George, and Greater Victoria. My experiences include working in school settings, home settings, healthcare, nonprofit agencies, for-profit businesses, employee assistance programs, community centres, and government agencies as a counsellor, social worker, therapist, teacher and mediator. I have taught and counselled in public schools and universities and enjoyed implementing groups and workshops for parents, students, and staff groups on a multitude of topics. My practice in counselling, mediation, and consulting has included work in the areas of addictions, anxiety, anger, depression, critical incidents, child and adolescent development, growth mindset, grief and loss, gender issues, harassment, mood disorders, marriage and family difficulties, parenting, trauma, relationships, and workplace issues. I bring this to my practice of supervision, staying curious and partnering with my colleagues and students to encourage, explore, and question individual practice to promote positive growth and inspiration. My approach is trauma informed/sensitive, neuroscience/evidence based with a focus on counselling strategies paired with client's needs and circumstances which might include EMDR, solution focused, cognitive behavioural therapy, mindfulness, Play and art therapy, Sandtray therapy, OEI, and strength based strategies. I believe individuals can grow and change with connection and support in this complicated world, and that we can learn to play, love, and live our best life. I hold a masters degree in counselling and a teacher certificate. Work life balance important to me. I enjoy spending time kayaking, sailing, and paddle boarding at the family cabin, as well as gardening, painting, skiing, traveling, dog walking, and hanging out with my wonderful husband, family, and friends. I am a lifelong learner and networker, always curious and open to new ideas and practices. Specialization with all ages including children; with anxiety and traumatic history.

## Area of Supervision:

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

## Type of Services

- Telephone
- In-Person

