



Sandy Kirkwood RCC-ACS

Phone Number:

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I offer clinical supervision to individuals and small groups of beginning, intermediate or seasoned counselling professionals. I work from a combination of trauma-informed, attachment and somatic approaches, that combine experiential therapies, Motivational Interviewing, Solutions-focused, CBT, and Family Systems, among others. My philosophy is that we are stronger therapists when we keep doing our own reflection and personal work. We can do that within a supportive safe space, where we feel comfortable to share, brainstorm and come away with new perspectives and practical ideas to use with clients. I offer online groups, as well as workshops specifically to help students and new therapists build confidence and counter feelings of overwhelm, self-doubt and impostor syndrome that can be very common when starting out. Group supervision promotes accelerated personal and professional growth through shared learning, peer support and mutual feedback.

After each session, I send out a log of the topics covered, as well as a multitude of resources. I am happy to provide references to accrediting agencies, such as BCACC or CCPA, if requirements are met.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

