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(Provisional)

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As a doctoral supervisor at City University in the Masters in Counselling Program, I support and supervise instructors and sometimes offer lectures in their classes. I have also been an instructor, supervisor and practicum supervisor at the Vancouver Art Therapy Institute for over 12 years.

Coming from a psychoanalytic and expressive arts and arts-based research background, I have been offering supervision to practitioners in private practice and agencies for the past 8 years often supporting counsellors in their applications for registration as registered clinical counsellors.

In addition, part of my practice includes counselling services for first responders through BC Emergency Health Services.

Through providing counselling, art therapy, supervision, including working with practicum students at the Vancouver Island

Counselling Centre for Immigrants and Refugees my engagement with multicultural perspectives has greatly expanded and deepened.

The experience of seeing through the lens of different cultures and languages, including working with interpreters, has reshaped my

notions of offering a collective, may I say more deeply human connection to what trauma, and in turn, addictions are a response

to, and how they might be engaged from an in-depth perspective. My doctoral research which culminated in my first published book:

Ruebsaat, S. (2019). Mourning the dream/amor fati. An illustrated mythopoetic inquiry. Eugene: Wipf and Stock Publishers.

presents a methodology for practitioners to conduct an in-depth inquiry into working with trauma in an embodied and

contemplative manner offering both theory and guided activities.

I am presently working on my second book. I Myself am a Dream.

Growing Down into our Mythological Roots. A Guide for Embodied Practices.

On a final note: I believe creativity, that symbolic function of the psyche, is evolutionary and plays a key role in our individual and collective survival.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Telephone
- Online/Remote

