



# Tanya Bedford RCC-ACS

Phone Number:

250-564-3034

Business City:

Prince George

Website:

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

My clinical experience (since 2004) is private practice with youth/adults - specialization of PTSD, dissociative disorders, phobias, anxiety and depression. Techniques include EMDR, OEI, & CBT, with influences from existentialism, somatic therapies, mindfulness, and Satir. Currently I am increasing competency in ACT and using Safe & Sound Protocol. I have provided short/long-term therapies for private or third-party payers.

I have provided general clinical supervision to private practice clinicians and various Masters level internship students since 2008. Currently, I am clinical supervisor to multidisciplinary employees at my clinic and am a Master trainer in OEI techniques.

My supervision approach is theoretically integrative, with belief in transformational change possible through relationship. I look for opportunities to facilitate unique outcomes for clients/supervisees.

Techniques may be demonstrated with the supervisee, limited to person-of-the-therapist process or without affect. I provide whatever format of case consultation or person-of-the-therapist supervision most helpful for the supervisee(s): group, pairs, individual.

## Area of Supervision:

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

## Type of Services

- Online/Remote
- In-Person

