



Sylvie Hamel RCC-ACS

Phone Number:

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Business City:

Summerland

I am a registered clinical counsellor and approved clinical supervisor (RCC-ACS #7181) and a member in good standing with the British Columbia Association of Clinical Counsellors (BCACC). I completed a Master of Counselling from Gonzaga University in Spokane Washington in 2010. I specialize in the treatment of trauma including Posttraumatic Stress Disorder (PTSD). I have been in private practice since 2011.

I am trained in different therapeutic models. I choose to work, as a clinical counsellor, using Self Regulation Therapy. Even when doing CBT interventions, I bring a somatic component to it in order to help anchor the results. I am very cognizant of the Polyvagal Theory. I have many lenses such as attachment, social justice and feminism. This also informs my work as a supervisor.

My supervision model is inspired by the 7-Eyed Model offered by Hawkins and Shohet (2012) as it has many focus, such as the supervisee, the client, the intervention, the relationship between client and supervisee, the relationship between the supervisee and supervisor and the wider context. The focus on the supervisee includes personal and professional well-being. In certain cases, it may include therapeutic interventions in order to support the supervisee processing situations that could impair their professional performances. One of my roles is also to support the supervisee in having a clear career path which includes personal and professional development.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

