



Nicole Allen RCC-ACS

Phone Number:

604-217-1513

Business City:

Abbotsford

Website:

www.nicoleallencounselling.com

I provide supervision according to an eclectic range of psycho-dynamic, humanistic approaches which are largely influenced by narrative and integrated somatic approaches. In my own work I emphasize an anti-oppressive, feminist lens and this is consistent with my style of supervision. Although the development of solid clinical skills is important, there is more to your growth as a therapist than the nuts and bolts of the application of theory and methodology to your practice. What will allow you to return again and again to your work with a fresh perspective and a grounded approach is your ability to integrate how your work is creating opportunities for challenge and growth professionally AND personally. In order to ensure that our 'stuff' isn't encroaching into the client's therapeutic space we need to ensure that we are processing how we ourselves are impacted by the work of holding space for others; accessing supervision is an essential component of ethical practice. My approach to supervision is to view it as part of an ongoing process in which we are constantly building a reflective practice into our work with clients.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

