



Kelsey Grimm RCC-ACS

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I have been supervising counsellors new and seasoned for over 5 years. I am an RCC-ACS and I adore this role! It is so wonderful to explore counsellors' learning, growth and challenges. I believe in a trauma informed and eclectic approach to counselling with the client at the forefront of their own healing journey. I believe in a Rogerian foundation of 'unconditional positive regard' for all our clients.

In addition to case consultation in supervision, I use a theory called Person of the Therapist, or POTT, developed by Aponte & Carlsen (2009). POTT is a framework that acknowledges we, the counsellors, are people too. We have wounds we have healed and we have wounds that are open and need healing. We have values, beliefs and stressors - just like anyone else. All of this comes into the room with us when we are supporting our clients.

When supervising counsellors, it's important to hold space for all the hard work and heavy lifting they do. We don't want to take credit for our client's hard work, however, we too are working hard and are a piece in their healing story. Some stories can be heavy and some stories can trigger us. My focus is to support counsellors, to continue to do this work and feel healthy, whole and complete.

For more information about me and my approach, education or completed trainings, feel free to check out my website: www.healingspaces.center. Follow the links to my bio.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

