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Figuring out who you are as a therapist and journeying with your clients is powerful work. I've often felt there are two sides to this learning:

There is so much to learn - exciting!

There is so much to learn - sometimes overwhelming!

I think we are most able to connect with the exciting, alive part of counselling work when we are feeling well-supported. I offer support and supervision to psychotherapists and counsellors in exploring their therapeutic work with clients. I also provide support in exploring one's own journey as a counsellor. I've been a counsellor since 2010 and work with individuals 19+ and couples. My counselling and supervision style is informed by various modalities including Integrative Body Psychotherapy, Focusing-Oriented Therapy, Coherence Therapy, EMDR, Non-Violent Communication and Polyvagal Theory. My couple's work is also informed by the Bader-Pearson Development Model, Gottman and the work of Esther Perel.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

