



# Leah Stewart RCC-ACS

Phone Number:

778-200-3201

Business City:

Vancouver

Website:

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

Leah Stewart, M Ed, RCC, received her Master's degree in Counselling Psychology from the University of Victoria in 2012 and provides clinical supervision, community education around self-injury and suicide risk assessment and intervention, as well as individual, couples and family counselling and family mediation. In her work Leah practices from a cognitive perspective informing her work around principles of human and brain development. Leah specializes in working with youth and adults experiencing mental health concerns including ADHD, anxiety and depression and supporting them through trauma, grief and loss, and traumatic bereavement. Leah also supports couples and families to help better their communication and address relationship concerns. Leah provides the following modalities: Client Centred Therapy, Cognitive Behavioral Therapy (CBT), Trauma focussed CBT, CBT for psychosis, Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Rational Emotive Behavioral Therapy (REBT), and Solution-Focused Brief Therapy.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

