



Shalene Takara RCC-ACS

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Shalene Takara, MA, RCC, is a Registered Clinical Counsellor (13254), clinical supervisor, and owner of Safe Space Counselling Services, a group practice in Vancouver, BC. She holds an MA in Counselling Psychology and has been working in the field of mental health since 2009. She completed her clinical practicum through Fraser Health and Atira Women's Services Society providing counselling to adults and members of the indigenous community impacted by intergenerational trauma, drug/alcohol addiction, socioeconomic conditions, and co-occurring and reproductive mental health issues. Since 2012, she has been working for non-profit/community agencies, and in private practice since 2016, providing counselling to individuals, couples and families. She has 10+ years of experience training/mentoring new therapists and has been providing clinical supervision in formal settings since 2021. Her primary modalities are Emotionally Focused Therapy (EFIT/EFCT/EFFT), Sensorimotor Psychotherapy, Compassion-Focused Therapy, Narrative Therapy, and Feminist Therapy, and Competency-Based Clinical Supervision.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

