



Laurie Truant RCC-ACS

Phone Number:

1-778-700-1613

Business City:

Anywhere in BC

For the past 25 years, I have provided clinical counselling to adults and couples experiencing a broad range of mental health concerns including depression, anxiety and stress, trauma, grief and loss, and spiritual concerns. I have delivered counselling services in a residential alcohol and drug treatment centre, an outpatient eating disorders service and various community mental health agencies.

Person-centered Therapy, CBT, DBT and Gottman Method Couples Therapy are my primary theoretical approaches.

I have been supervising student interns since I completed the Clinical Supervision Fundamentals Course in 2021. From a systemic, cultural and trauma-informed lens, I work collaboratively with supervisees to assist in delivering therapeutic counselling as well as developing professionally and personally. Student rate is \$60 per hour.

For practicing clinicians, I offer clinical consultation (individually or group) for debriefing and exploration of additional techniques and approaches.

Email: laurietruant.counselling@outlook.com

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Telephone
- Online/Remote

