



Johnny Lo RCC-ACS

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Website:

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Johnny is the founder and clinic director of Youthwise Counselling & Mental Health Services. He is passionate and specializes in providing clinical supervision and therapy for children, youths, and families.

Johnny uses an evidence-based integrative approach for the treatment of mental health disorders. His areas of clinical expertise include Cognitive Behaviour Therapy and Dialectical Behaviour Therapy. He is also trained in other areas including Emotion Focused Family Therapy (EFFT), attachment-based interventions, suicide risk assessments, and early psychosis intervention. He has vast experience in providing clinical supervision and treatment for children and teens with complex anxiety disorders, OCD, depressive disorders, suicide risk, self-harm, psychosis, family relational conflicts, and more.

He has invaluable work experience as a Child and Youth Mental Health team leader and provides clinical supervision and training for therapists, and doctoral and master's level students as well. He obtained both his bachelor's and master's degree from UBC, and now enjoys mentoring, teaching, and training other therapists and students.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

