



Karen Mason RCC-ACS

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Grounded in existential humanism, my counselling supervision provides participants with person centered, professional, and respectful support. For those seeking supervision in group or individual contexts, I will support you to engage in authentic ways with your clients. We will cultivate a therapeutic alliance where you will be encouraged to develop your skills and practice in ways that align with your unique way of being. I graduated with my Doctorate in Counselling and Psychotherapy in 2023 and I am delighted to share the clinical, theoretical, ethical, and scholarly learning that I have gained through my doctoral education. In addition, I bring over 30 years as a Registered Nurse, 15 of those years as a post secondary educator. This has been an asset in group supervision, knowledge translation, and practice-based andragogy; understanding adult education from a practice based, self-regulated professional perspective provides supervisees with a unique opportunity to gain skills in self-reflection, engage in praxis, and foster individual and collective professional identity. I have worked in private practice and in the post secondary setting with a particular interest in eating disorders, substance use and recovery, trauma, and transition.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

