



Stephen Douglas RCC-ACS

Phone Number:

1-905-467-6295

Business City:

Vancouver

Website:

www.psychotherapy-virtual.com

My career in mental health began in 1993 as a Child and Family Art and Play Therapist with the BC/Yukon Society of Transition Houses Children Who Witness Abuse program. Since that time, I have broadened my scope in Psychotherapy to include individuals and couples. Currently, I offer Clinical Supervision for Members (and Qualifying Members) of both the College of Registered Psychotherapists of Ontario and Registered Clinical Counsellors in B.C.. My areas of specialization include art and play therapy, anger, anxiety, depression, intimate partner and family counselling (including intimate partner violence), stress management, substance use dependency, as well as Indigenous cultural safety. My approach is trauma-informed and strength-based, drawing upon Gestalt Therapy, Satir Family Systems, Cognitive Behavioral Therapy, and Narrative Therapy, utilizing Mindful Self-Compassion.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation

Type of Services

- Telephone
- Online/Remote

