



Barbara Egan RCC-ACS

Phone Number:

778-214-9582

Business City:

Kelowna

Website:

alivecounselling.com

Barb is an RCC, ACS and the owner of Alive Counselling, an award-winning mental health clinic with a team of 10 therapists that serves children, teens, young adults, adults, couples, and families. Stemming from her professional athletic and coaching background, she loves the mentoring aspect of supervision to help you become the clinician you are created to be. Her approach to therapy and clinical supervision is characterized by a blend of compassion, adaptability, and a commitment to empowering therapists to find their authentic style while supporting their growth.

Therapeutic Approach and Expertise

- **Diverse Modalities:** Barb integrates a wide range of evidence-based approaches including CBT, IFS, Narrative Therapy, EFT, Gottman, and Attachment work, among others. This eclectic approach allows her to tailor therapy to the unique needs of

each client and helps you hone your own process as a therapist. She also encompasses a bio-psycho-social-spiritual approach.

- **Specializations:** Her practice includes working with various client demographics such as children, teens, young adults, adults, couples, and families. She has been a clinical supervisor since 2019 of graduate students and licensed therapists. She specializes in anxiety, stress, confidence, negative self-talk, depression, relational issues, boundaries, self-compassion, self-image, grief and loss, and trauma.

- **Unique Niche:** Barb has a particular interest in working with university-aged students having worked with The Ohio State and the University of British Columbia, high performers/athletes, and working in perinatal/ postpartum mental health, and parenting (as a wife and mom of 4). Her background as a former athlete and coach informs her somatic approach to therapy.



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Clinical Supervision Style

- **Safe & Supportive Environment:** Barb creates a safe and supportive space for clinical supervision where therapists can explore challenges and strengths without judgment. She also integrates practical teaching and exploration, including reflective

and Socratic exercises to debrief case consultations and provide structure to supervision.

- **Encouragement and Empowerment:** She aims to empower therapists by helping them hone their skills, integrate new therapeutic approaches, and deepen their identity as a therapist in a supportive environment.

- **Mosaic Approach to Therapy and Supervision:** Barb is not a purist in one modality as a clinician or supervisor, but takes more of a "mosaic" approach. Barb encourages therapists to find what is authentic for them and best serves their clients, rather than

adhering strictly to one modality. As a former sole proprietor to a large clinic owner, she loves providing private practice mentoring as navigating that part of the field can be overwhelming and at times lonely.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

