



Heather May- Conrad RCC-ACS

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As a supervisor, I am a curious and compassionate observer and work to support supervisees in connecting with their own wisdom to identify a path forward with their clients. My approach is personable and client-focused and I aim to provide a safe space for you to explore your own needs and limits within this work. I believe that a supportive supervisory relationship is one of the most important resources that counsellors have in work that can, at times, feel lonely or isolating.

My counselling philosophy is grounded in values of collaborative, compassionate and ethically sound care. I believe in integrating trauma-informed and neuro-affirmative approaches and language in my counselling work and aim to stay informed and up-to-date on latest practices in inclusive care. I am currently a clinical supervisor within a large non-profit organization, in addition to running a private practice. I offer free 15 minute consultations for those looking to connect with a supervisor and wanting to know more about my approach and training.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

