



# Laura Farres RCC-ACS

Phone Number:

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Vancouver

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I am pleased to offer clinical supervision for new and developing counsellors. I bring over 20+ years of experience in sport, high performance, and mental health settings as mentor, supervisor, coach, and educator. I have been trained in a range of counselling approaches including but not limited to, CBT, compassion-based, solution focused, feminist, somatic, IFS, and narrative.

I approach supervision from a competency-based and developmental perspective. I view the relationship in supervision as collaborative and I work to create a safer and supportive environment where individuals can be open about their experiences, embrace a growth mindset, and where we can learn from each other. My approach incorporates scaffolding, questioning, and encouraging individuals to use prior knowledge and skills, and current experiences and challenges to produce new learning. New knowledge and skills should emerge through the interaction along with improved clinical competencies, critical thinking, and ethical decision-making capacity.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

