



Robbyn Bennett RCC-ACS

Phone Number:

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Business City:

Abbotsford, Kamloops,
Langley

Website:

www.rbpinterior.com

Robbyn received her Master of Counselling degree from City University of Seattle in 2016 and is currently working toward a Doctor of Counselling and Psychotherapy degree from Yorkville University. She is an Approved Clinical Supervisor (ACS) and Registered Clinical Counsellor (RCC) (14030) with the BC Association of Clinical Counsellors (BCACC). Robbyn has been a Psychotherapist for over 8 years and has been working in the field of mental health for over 15 years. She has worked in various clinical settings where she has provided supervision to individuals supporting complex, critical, and high risk clients who are seeking support for challenges with emotion regulation, anxiety, history of trauma, intimate partner violence, eating disorders, intergenerational trauma, intense self-criticism, and suicidality. Robbyn has been a clinical supervisor for over 3 years, during which time she supervised a wide variety of professionals with diverse backgrounds, experiences, and client populations.

Robbyn's supervision style includes a blend of models, including person-centred and humanistic, integrated development, and use of process models to help frame my perspective depending on what is required in the nature of the supervision. She believes that supervision needs to meet the needs of the supervisee at their developmental level and comfort, and Robbyn works from the perspective that individuals have the existing skills, abilities, and capabilities to effectively adapt and develop. Through blending these models, it provides for effective supervision at the level of need of the supervisee, builds trust in the judgment and expertise of the supervisee, and allows for flexibility to explore the many dynamics and perspectives of the relationships between client, supervisee, and supervisor.

Robbyn's approach to clinical supervision reflects the way she approaches her clinical practice. In clinical practice Robbyn's views clients as the experts of their lived experience. She works with clients through a process of exploration that assists them in achieving greater awareness of how their thoughts and beliefs affect their emotional and behavioural responses, which in turn impacts their life. Robbyn believes that people are master strategists who find incredibly creative ways to survive and navigate adverse situations. She works with clients through a process of exploration that assists in achieving greater awareness of how thoughts, beliefs, and behaviours are responses to pressures, adversity, barriers, and challenges in one's environment.



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With supervisees, she takes the same approach. The supervisee's observations, assessments, intuition, and experience of their therapeutic relationships are fundamental to working together. She sees herself not as an expert advisor, but as a sounding board through which another perspective can be explored. Working together as supervisor and supervisee provides the opportunity to learn from one another and each enhance our own therapeutic knowledge. One of the values she holds as a supervisor is to help support not only your clinical skill enhancement, but also your personal and professional development towards a sustainable career in a complex vocation.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

