



Sharlene O'Reilly RCC-ACS

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Hello! I've been a clinical counsellor for 10 years and truly love developing people. Walking with people as they make incredible changes in their lives as clients, and empowering future/current clinicians to become stronger in their way of being, skill set, and growth experience is truly an honor. I've held leadership roles in coffeeshops, venues, counselling centers, and with HR/people development in tech services. I prefer relational leadership as a style, understanding everyone comes from a different and personal cultural experience that influences how they perceive life, people, and challenges. I'm quite eclectic myself in terms of theoretical orientations, using existential as my foundation, and then using ACT, SFT, CBT, IFS, Family Systems, Narrative, Feminist theory, attachment styles, and more, I'm sure to cater to both the clinician when supervising, and the client in session. I truly believe that the best outcome arises from a therapist well matched to and confident in their choice of modalities -- a well integrated way of being. In supervision, I build discussion around trending themes in counselling, unpacking new perspectives, exploring biases, and creative approaches to client work.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

