



Tracy Myers RCC-ACS

Phone Number:

250-327-1444

Business City:

Nanaimo

Website:

tracymyerscounselling.com

I am a settler of Scotch and Irish ancestry living on the unceded territory of the Snuneymuxw First Nation. The settler name of these lands is Nanaimo. I am passionate about justice and equity in our troubled world and believe context is vital to understanding a person's perspective. I work relationally and know that building a safe enough, connected relationship is key to repair and healing. This means, you can expect accountability and transparency from me. My hope and intention is to offer counsellors a safe enough place to land so your learning and growth can be authentic and meaningful.

I work with a somatic orientation and look to the body (yours and mine) for information. I am trained in EMDR and have extensive experience with children, youth and families who have faced violence and trauma- both relational and situational- in their lives.

Please reach out for a free consultation to see if I might be a fit for you.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Online/Remote
- In-Person

