



# Jude Woodland RCC-ACS

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About me: I earned my degrees from the Institute of Transpersonal Psychology in Palo Alto, California and from the University of Victoria, BC. I have more than 30 years counselling experience in private practice, within community college/schools, and non-profit agencies.

In private practice my therapeutic orientation to counselling is a holistic and humanistic approach to wellness. I integrate a selection of therapeutic models based on the clients' needs and goals. These may include: dialectic cognitive behavioral, mindfulness, family systems, transpersonal(mind/body/spiritual traditions), positive and motivational therapy, and expressive arts. I acknowledge that each person is unique in their perspective and response to personal and professional growth.

The models I use in Clinical Supervision are an integration of the Seven Eyed Model and the Integrative Developmental Model -IDM. My primary approach is the Seven Eyed Model which is a developmental process that examines the relational aspects and influences that exist between the client, supervisee, and supervisor, within the here and now, and within the realm of context in introspection. I also integrate IDM to address and consider the developmental stage of the supervisee in terms of their professional growth and knowledge that is fluid in nature. I believe these models to be complementary in supporting a humanistic approach to supervision.

Clinical supervision is about professional growth and competency development. Experiential work and explorations in self awareness is all a part of the professional development process. I believe that building a trusting, safe, and open relationship is essential to collaboratively work together to establish your specific goals for professional learning, and the best methods of support with mutual agreement.

Area of Supervision:

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

Type of Services:

- Telephone
- Online/Remote
- In-Person

