



Lisa Cavey RCC-ACS

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As the founder and Clinical Director of Women's Mental Health, I lead a group practice dedicated to empowering women through compassionate, evidence-based care. My approach is rooted in feminist and anti-oppressive principles, using person-centered counselling and attachment-based therapy. My work focuses on stress and burnout, trauma, relationship dynamics, perinatal mental health, compassion fatigue, and grief and loss. Living with later-diagnosed ADHD has enriched my practice, allowing me to bring genuine empathy and innovative strategies to my clients' journeys.

I'm committed to nurturing the next generation of mental health professionals, offering supervision to both practicing clinicians and graduate students completing their practicums. In my supervisory work, I use the Seven-Eyed Model of Supervision. This model's emphasis on real-time learning and collaboration aligns perfectly with my passion for creating a safe, nurturing and trauma informed environment where both professionals and clients can thrive.

Beyond clinical work, I teach as an adjunct professor at Adler University and serve on the Board of Directors for the BC Chapter of the CCPA. As a mother of two, I strive to bring the same warmth and dedication to my children as I do to my work in mental health.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

