



# Cerasela Toba RCC-ACS

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Educational background: Master's in Counselling, Spirituality & Psychotherapy; Somatic Experiencing Practitioner

Hello! I have worked in a private treatment center, as well as in community-based services for addiction and trauma healing providing counseling for adults since 2015. While still working casually/part time in community settings, I've started a private practice in 2022 where I work with adults, with a focus in in trauma and attachment work using SE, IFS and psychodynamic principles.

Presence, kindness, curiosity, and connection are the focus of my clinical practice. My supervisory approach draws on ten years of clinical experience in mental health care mostly in community settings, with a focus on recovery from addictions, escaping domestic abuse and trauma healing, with a deep understanding of systemic barriers and the complexities of working with layers of marginalization and intersectionality. My private practice is focused largely on supporting adults with C-PTSD or/and other concurrent disorders. As a somatic experience practitioner, nervous system knowledge & embodiment are essential and inform my approach. In addition to NS knowledge, I use attachment, IFS, and psychodynamic principles to support clients moving beyond trauma into living life well. My supervision practice is collaborative and in addition to my knowledge and interests, I bring curiosity and a desire to identify your strengths and support your capabilities and skills. I see supervision/consultation as a chance to celebrate your successes as well as to navigate the normal challenges that come to all of us working as counselors.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

