



# Marketa Nykl RCC-ACS

Phone Number:

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Website:

honeycombcounselling.  
com/about-marketa

My approach to supervision is collaborative - assuming that the supervisors are already bringing a lot of skills and wisdom to the consultation. It is essential to establish a relationship and mutual trust, create a safe space where people can bring difficult questions, their own vulnerability, personal insecurities and ask for help without worrying about being judged or evaluated. I like to pay attention and focus not only on the clinical issues of the clients, but also on the process of the counsellor, their own experience, assets and emotion blocks that might come up in their work. I find the person centered approach - building on individual strengths as well as using EFFT (especially for processing and overcoming the emotion blocks) very helpful in supervision. My intention is also to ask for feedback and respect the goals or questions that the supervisees are bringing. I am happy to provide, share and point to further available resources to continue learning beyond the supervision hours.

My areas of expertise: disordered eating, emotion regulation, attachment, trauma, relationships, couples counselling, planning psycho-educational and skill groups and their facilitation.

Modalities: EFT, EFFT, FBT, DBT, RO-DBT

Firmly rooted in attachment, anti-oppression, feminist approaches.

15 years professional experience as a therapist

8 years experience supervising Master Level Counselling students, providing peer supervision

I am especially passionate about supervising and mentoring future and beginning therapists and I can offer a sliding scale for students.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

