



Cynthia Farnsworth RCC-ACS

Phone Number:

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Business City:

East Vancouver

Website:

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I'm interested in working collaboratively to mentor and promote your practice from a growth mindset perspective. My own clinical work integrates my various trainings from my 30+ year career into a biopsychosocial perspective, including Polyvagal, Narrative, EMDR/Brainspotting, CBT, ACT, Attachment and more. As a supervisor, I am interested in exploring the personhood of the counsellor and how this informs the clinical work, the context where the work is being done, and supporting clinicians to explore and attend to their own values, biases and blind spots, address their learning goals, and enhance best practice. As a long-term clinician, I value exploring sustainability factors for longevity in practice. With extensive experience in private practice and also non-profits, I have awareness of the impact of our work environment, the business side of the profession, as well as the impact of working in isolation as a clinician and addressing burnout in the profession.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

