

Krista Blatchford RCC-ACS

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Carmanahcounselling.com

Welcome! I've worked in mental health for more than 20 years, beginning as swim instructor for kids with diverse needs and then a respite caregiver for developmental disabilities association. I moved onto pharmacy technician and then youth worker at a residential care facility for teens with mental health concerns. For the last 11 years I have worked as a mental health therapist with Child and Youth Mental Health and privately for Carmanah Counselling & Integrated Health, a group practice I founded where we have a dietitian and therapists. Our focus areas are children, teens and adults, eating disorders, neurodiversity, and most other mental health concerns.

I have many years of supervisory and mentoring experience, beginning from my time at the Maples, 15+ years ago. I'm happy to supervise folks in any of the areas above, including trauma, phobias, ADHD, ASD, parenting support.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

