



Dr. Saira Sabzaali RCC-ACS

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I have been in practice as a Transpersonal Therapist since 2007 and am a co-founder at The Expansion Project, an online personal and spiritual growth community exploring the cutting edge of consciousness through meditation, altered states, and group process. I have taught Master's level counselling students and have delivered two TedX talks.

I have a Ph.D. in Transpersonal Psychology and work with therapists who want to incorporate Transpersonal, Narrative, and Humanistic interventions and perspectives into their practice. I enjoy supporting BIPOC therapists who are new to the field and have a special interest in Psychedelic-Assisted Therapy. I provide on-going group supervision for those interested in maintaining an integrated practice where techniques from a variety of theoretical orientations are utilized in an environment of collaborative, hand-on learning.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Online/Remote

