



Kristina Sohal RCC-ACS

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I am passionate about my work as a Registered Clinical Counsellor (RCC), with over 12 years of experience in mental health, including 10 years as an RCC. I specialize in Cognitive Behavioral Therapy (CBT) and Eye Movement Desensitization and Reprocessing (EMDR), working with individuals to address trauma, anxiety, depression, and life transitions.

As a clinical supervisor, I integrate developmental, reflective, and competency-based supervision models to support counsellors in building confidence, ethical awareness, and clinical effectiveness. My approach fosters self-reflection, skill development, and the application of evidence-based techniques in practice.

Additionally, I provide therapy and supervision in Punjabi, Hindi, ensuring culturally responsive and accessible services. My goal is to empower clinicians with the tools and insight needed to provide high-quality care, and I look forward to supporting your professional growth. I am committed to making therapy and supervision accessible by offering affordable rates to accommodate your financial situation. Reach out, and let's explore how I can support you on your journey.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person