



Henry Sawatzky RCC-ACS

Phone Number:

250-878-6943

Business City:

Kelowna

Website:

relationshipwellnesscentre.com

Henry has been providing individual, couples and group therapy within the context of private practice for over 30 years. He is certified in The Gottman Method of Couples Therapy as well as Emotionally Focused Therapy for couples and individuals.

Henry's approach to supervision seeks to help you as the therapist connect to and regulate your own inner experiences that come up in therapy in a way that both deepens understanding of your client's experience, and empowers you, as the therapist, to engage in a way that brings your best version of yourself to each session, and is meaningfully therapeutic for your clients. This is what we often call self-of-therapist work.

Using therapist's report of sessions, as well as video or audio only recording, when consent is provided by the clients, we work to enhance therapist skills making them a fluid part of who you are as a therapist.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

