



Sara-Lynn Kang RCC-ACS

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Sara-Lynn is a seasoned leader with a background in clinical counselling, and extensive experience working in non-profit and community organizations. Sara-Lynn holds a belief that people have intrinsic value and are capable of change, growth and greater freedom in their lives. Her therapeutic approach promotes holistic well-being by assisting others as they explore their thoughts, behaviors, and emotions. As a counsellor Sara-Lynn draws from a variety of approaches such as strengths-based, systemic and person-centered therapy as well as CBT and solutions-focused therapy, and collaborates with her clients to find an approach that best suits their need. Sara-Lynn approaches coaching and supervision with an emphasis on connection, self-reflection, and growth-mindset. She feels privileged to support new counsellors in their journey to becoming confident clinicians.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

