



# Carmela Sutcliffe RCC-ACS

Phone Number:

778-928-3875

Business City:

Coquitlam, Port

Coquitlam, Maple Ridge

Website:

[bcacc.ca/counsellors/carmela-sutcliffe/](http://bcacc.ca/counsellors/carmela-sutcliffe/)

I am grateful to work on the unceded traditional territories of Katzie First Nation and Kwantlen First Nation. I am a Registered Clinical Social Worker and a Registered Clinical Counsellor. I have over 23 years of Anti-Oppressive Practice experience in a variety of community roles and over 15 years in Clinical Mental Health as a Clinical Counsellor working with children, youth, adults, and families in a variety of settings including Corrections, Community Mental Health, and Private Practice. I have specialized in working with children, youth, and families, and Indigenous Peoples.

I have experience providing clinical supervision and therapy that values and prioritizes people, families, and kinship systems. I have specialized training in trauma, complex trauma, family and community trauma, children and youth mental health, attachment, suicide risk assessment (children, youth, and adults), Early Psychosis Intervention (EPI), addictions, BIPOC, neurodivergent-affirming practice, and group facilitation. Some of her areas of training include Cognitive Behaviour Therapy (CBT), Trauma Focused CBT, Dialectical Behaviour Therapy (DBT), Trauma Focused DBT, DBT with Adolescents, Eye Movement Desensitization Processing Therapy (EMDR), Acceptance and Commitment Therapy (ACT), Emotion Focused Family Therapy (EFFT), and Zones of Regulation.

Supervision is a therapeutic process where we have an opportunity to connect and explore your needs as a new or established counsellor. My initial goal is to build a trusting relationship where you feel safe to share your learning needs and receive respectful, constructive feedback. In supervision I aim to balance your learning goals, processing needs, client needs, and encourage appropriate risk taking. Together we will find the appropriate balance between providing direction and supporting your growth and independence.

## Area of Supervision:

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

## Type of Services:

- Telephone
- Online/Remote

