



Dawn Taylor RCC-ACS

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Meadows

Website:

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With over 21 years as a therapist, I specialize in Complex Trauma, Addiction, Personality Disorders, Dissociation, suicidality, family dynamics, blended families, LGBTQ2S+, Trans and Gender Nonconforming populations, Indigenous issues, and Men's concerns. My background also includes six years as a Correctional Officer in a maximum-security facility for women, where I gained deep insights into trauma and recovery. For 16 years, I worked in the nonprofit sector, supervising Clinical Counsellors and supporting professionals at all stages with mentorship grounded in real-world experience and ethical guidance.

Trauma work lies at the heart of my clinical practice. I believe in meeting each individual with patience, safety, and a non-judgmental presence, recognizing the courage it takes to confront one's story. Over the years, I've supported clients through the complex layers of traumatic experience—whether stemming from childhood adversity, relational harm, intergenerational trauma, or acute incidents. Using evidence-based modalities like EMDR and DBT, I help clients process distressing memories, manage triggers, and rebuild a foundation of trust and resilience. I am deeply committed to trauma-informed care, ensuring that all interactions are empowering, collaborative, and attuned to the unique needs and strengths of each person.

My practice integrates approaches such as DBT, EMDR, CBT, Gottman Method, Solution Focused Therapy, Schema Therapy, Family Systems, and IFS. I have extensive experience working with teens and families, and my supervision supports both treatment planning and clinician growth. I am committed to lifelong learning and helping fellow counsellors navigate complex therapeutic challenges with compassion and clarity.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

