



Deborah Seabrook RCC-ACS

Phone Number:

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My style of supervision offers a supportive place to creatively process emotional, psychological, and embodied elements of your work that might not be easily described in words. I support clinicians using a blend of theoretical orientations with an emphasis on person-centered, CBT/ACT, music psychotherapy, and mindful self-compassion work. My approach is further contextualized by social justice perspectives, including climate-aware therapy, intersectional feminist therapy, and queer therapy.

I offer professional supervision through my private practice, Seabrook Music Therapy. I am currently full-time faculty in the Master of Arts in Counselling Psychotherapy program at Yorkville university and have supervised over 100 undergraduate and graduate students across music therapy programs at Wilfrid Laurier and Concordia Universities. I hold space for the most challenging cases and am here to help you get to the heart of the issue and address your needs safely and effectively.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation

Type of Services

- Online/Remote

