



Merryn Singer RCC-ACS

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I am a Registered Clinical Counsellor who has been practicing psychotherapy for over 15 years in a variety of private and public multicultural clinical settings in long and short-term therapies with individuals of all ages and with a wide range of presenting problems from mild to severe. I also have extensive experience with both structured, skills based groups and process groups. Originally trained and registered as a Clinical Psychologist in south Africa, I have experience as a joint clinical and academic appointee of the Department of Psychiatry at the University of the Witwatersrand and spent two years working at a Psychiatric training hospital in Johannesburg where I also trained and supervised community service and intern psychologists, psychiatry registrars and psychiatric nurses. In Canada, I participated in weekly DBT peer consultation groups whilst working within a comprehensive DBT programme for over 3 years. I am originally Psychodynamically trained, although I integrate a number of different approaches and skills into my practice (including DBT, Trauma and Somatic-based approaches), believing that the success of therapy lies primarily in the relationship and therapeutic alliance between therapist and client. I believe supervision and consultation involve a similar meta process of exploration and curiosity around thoughts and motivations of what happens in the therapy space and how that impacts the client, the therapy and the therapist. As such, in supervision or consultation I invite exploration of the therapist's preferred theory and modality, case conceptualisations, clinical skills, ethical dilemmas and considerations and best practices, as well as a non-judgmental space to explore transference and countertransference and the impact of the process on the therapist.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

