



Shelby O'Callaghan RCC-ACS

Phone Number:

(604) 868-0832

Business City:

Port Coquitlam

Website:

www.riversidecounselling.ca

I have been working as a Registered Clinical Counsellor for over 10 years and have experience working with children, youth and families in a public setting; as well as a focus on adult mental health in a private setting. I am grateful to live, work, learn and play on the unceded traditional territories of the k^wik^wəłəm (Kwkwetlem First Nation).

I specialize in postpartum depression and anxiety, as well as grief and loss of a child. I am also highly experienced in alleviating symptoms of depression, anxiety, self-harm and suicidal ideation; managing life stressors and transitions; parenting support; improving interpersonal relationships; and enhancing self-worth and self-esteem. I am dedicated to creating a respectful, accepting and authentic experience for all my clients and supervisees and utilize a holistic and culturally sensitive approach to achieve this.

In my counselling practice, I am trained in, and utilize, evidence-based approaches such as Cognitive Behaviour Therapy, Dialectical Behavior Therapy, Solution-Focused Brief Therapy, and Interpersonal Psychotherapy to help clients pursue personal growth and emotional wellbeing. I especially enjoy using Eye Movement Desensitization and Reprocessing to help clients heal from past traumas that continue to impact their lives.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

Continued next page



Shelby
O'Callaghan
RCC-ACS
(Provisional)

Phone Number:

(604) 868-0832

Business City:

Port Coquitlam

Website:

www.riversidecounselling.ca

My approach to clinical supervision is to provide an open and supportive working relationship where clinicians feel safe to discuss concerns that arise in their practice and feel open to discuss their learning goals. My goal is to always provide constructive, respectful, and efficient feedback.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

