



# Lily Shayegi- Nick RCC-ACS

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Website:

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With over a decade of formal education and more than ten years of clinical experience, I have worked extensively across public, community, and private mental health settings. My clinical expertise includes conducting assessments, performing psychiatric interviews, and delivering evidence-based therapeutic interventions, notably Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, and Mindfulness. I have extensive familiarity with the diagnosis and symptoms of psychiatric disorders, as well as a strong understanding of the distinctions between mental disorders and broader mental health difficulties.

I take an integrative, client-centred approach, adapting treatment to each individual's unique needs while grounding my work in established psychotherapeutic models and evidence-informed practices. In my supervisory role, I support both emerging counsellors and seasoned clinicians in developing the competencies necessary to effectively support and care for their clients, with the goal of empowering practitioners to refine their assessment skills, build therapeutic rapport, and achieve better outcomes.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote

