



Ben Bjorgaard RCC-ACS

Phone Number:

778-400-6888

Business City:

Victoria, Vancouver,
Surrey

Email: ben@seshio.org

As a life-long psychotherapy nerd, I provide holistic supervision supporting emerging providers through the field's full complexity: clinical artistry, business strategy, and industry navigation. Going beyond case management and checking boxes, we utilize big-picture frameworks—psychotherapy integration, common factors, pantheoretical, and transdiagnostic—to deconstruct standard practices.

My goal is to help you look "under the hood" of therapy, understanding its fundamental processes, principles, and mechanisms, so that you're empowered to develop your individualized approach and identity. This allows us to cut through noise, customize care, and better serve the public. Passionate about expanding access, I specifically seek to work with folks as obsessed with the craft as I am—providers driven to be leaders and supervisors in their local contexts and focus areas. If you are ready to engage with the science, philosophy, and structural realities of our profession to become a more effective healer, I would love to support your development.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

