



Sonia Plewa RCC-ACS

Phone Number:

778-927-1219

Business City:

Victoria

Website:

newhorizoncounselling.ca

My specializations in psychotherapy and counselling services range from one time crisis intervention to a long-term trauma psychotherapy. I support individuals facing a broad scope of concerns. These include anxiety and depression, loss and grief, PTSD and trauma related issues such as addictions and suicidal ideation. Beyond the traditional talk therapy, I utilize somatic/body-oriented healing practices, EMDR, mindfulness, and narrative therapy.

As a clinical supervisor I will be there to assist you with your case load and help you develop your clinical skills related to all aspects of the clinical work. I will help you to understand and address different ethical issues that may arise in your work with counselling clients. I will offer you specific and detailed feedback regarding your knowledge, skills and attitudes as a clinician. I will also inquire about countertransference issues as they arise so we can get curious about them together.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation

Type of Services

- Telephone
- Online/Remote
- In-Person

