



# Kiya Giesbrecht RCC-ACS

Phone Number:

250-280-2779

Business City:

Merritt, Kamloops

Website:

[currentscounselling.ca](http://currentscounselling.ca)

Kiya has a passion for working with children, youth and young adults in conjunction with their families. With a background in health & fitness through Kinesiology, Kiya has coached high school athletes in the past, personal trained, and assisted in injury recovery. Thus, does her best to view each individuals journey from their position in their story.

Kiya is welcoming to all and supports LGBTQIA2S+ with a person-centred approach & curiosity. Using a lens of curiosity and life story, Kiya seeks to understand based upon context, environment, and family systems. Utilizing this as a framework for professional practice and clinical supervision.

Kiya specializes in trauma and crisis intervention for high-risk youth & families, including suicide intervention and rebuilding hope. Working with parents and their children/adolescents, Kiya facilitates a safe environment for scary conversations, often utilizing an emotion-focused model. Kiya practices from a trauma-informed lens to create a safe space that holds room for insecurities, empathy & compassion. She often utilizes Acceptance and Commitment Therapy (ACT) to support those struggling with anxiety, depression, suicidal ideation and trauma. She is also skilled in using Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), and Solution-Focused Therapy. Kiya values a transparent dynamic in the therapeutic relationship to foster positivity, trust, and hope.

When not engaged in her work, Kiya enjoys fitness and the outdoors. You can find her most mornings walking her two therapy dogs, in the gym, or drinking coffee. Kiya grew up on a variety of farms in her youth and currently has a hobby farm with her husband. So far, they have raised chickens, sheep, pot belly pigs, and beef.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

