



Sandy Kirkwood RCC-ACS

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<https://integratecounselling.com>

Hello and welcome!

I provide clinical supervision and case consultation to beginning, intermediate and seasoned counselling professionals. My goal is always to support you to feel confident, effective and empowered.

I work from a combination of trauma-informed, attachment and somatic approaches, that combine EMDR, experiential therapies, Motivational Interviewing, Solutions-focused, CBT, and Family Systems, among others. You can choose from a variety of online or in-person sessions: individual supervision, dyads, groups, low-cost options and workshops. I am a BCACC Approved Clinical Supervisor and a Yorkville approved practicum site.

My philosophy is that we are stronger therapists when we keep doing our own reflection, learning and personal work. We can do that within a supportive safe space, where we feel comfortable to share, brainstorm and come away with new perspectives and practical ideas to use with clients. After each session, I send out a multitude of resources for you! I am happy to provide references to accrediting agencies, such as BCACC or CCPA, if requirements are met.

I offer online groups, as well as workshops specifically to help you to build confidence and counter feelings of overwhelm, self-doubt and impostor syndrome that can be very common in our profession. My current workshop is called Build Your Experiential Toolkit, available online or in-person. Please see my website www.integratecounselling.com for more details. Group supervision promotes accelerated personal and professional growth through shared learning, peer support and mutual feedback.

Talking through our client concerns with other professionals can give us the strength to persevere in our own growth and learning, and light the path forward. I would love to be of service to you – please contact me for free consultation today!

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

