



Laurie Truant RCC-ACS

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My supervision draws on more than 25+ years of direct clinical experience with adults and couples experiencing a broad range of mental health concerns including depression, anxiety and stress, trauma, relational concerns, grief and loss, and spiritual concerns. I have delivered counselling services in a residential alcohol and drug treatment centre, an outpatient eating disorders service and various community mental health agencies. Person-Centered Therapy, Cognitive Behavioral therapy, Dialectical Behavior Therapy, Solution-Focused Brief Therapy, and Gottman Method Couples Therapy are my primary theoretical approaches.

Good supervision is one of the most important investments a counsellor can make in their professional development and in the quality of care they provide to client. For the past 5 years, I have been offering individual and group clinical supervision for Registered Clinical Counsellors and those working toward registration with the BCACC. Supervision provides a reflective space to explore clinical challenges, ethical dilemmas, and your growth as a practitioner. From a systemic, cultural and trauma-informed lens, I work collaboratively with supervisees to assist them in delivering therapeutic counselling as well as developing professionally and personally. One-on-one supervision is tailored to your caseload, developmental stage, and professional goals.

For Registered Clinical Counsellors seeking a second perspective on complex cases, ethical questions, or professional challenges, individual or group clinical consultation is available. Counsellors navigating professional transitions may also benefit from consultation.

Email: laurie.truant@outlook.com

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

