



Alexia Spencer RCC-ACS

Phone Number:

604-842-4025

Business City:

Vancouver,

North Vancouver

Website:

www.alexiaspencercounselling.ca

I am a Registered Clinical Counsellor who has been working in the helping field for over 15 years, with a range of ages and populations in my capacity as a behaviour interventionist, student support worker, teacher, school counsellor, private practitioner, and supervisor of intern counselling students.

I hold a Bachelor of Arts degree with a major in Psychology from the University of British Columbia, a Bachelor of Education degree from Simon Fraser University, and a Master of Counselling Psychology degree from Adler University. I am a current member the BC Association of Clinical Counsellors and have gained accreditation in Clinical Supervision. In the past, I was a member of Vancouver School of Narrative Therapy Live, a member of Collaborative Divorce Vancouver, an Executive Board Member of the BC School Counsellors' Association (BCSCA), and their Professional Development Chair for several years.

As an experienced therapist, I offer individual therapy to provide personalized support in a collaborative fashion. I create a safe and confidential space for individuals to explore their thoughts and emotions, and work towards meaningful movement. Through my therapeutic work, I observed the consequences of society placing such a strong emphasis on perfectionism, a hyper-vigilance on "fixing" oneself, and external merit. Seeing people struggling to understand their identity, self-worth, and values motivated me to gain expertise in various therapeutic modalities. In my work as a clinical supervisor I've noticed that therapists and intern counsellors often find themselves struggling with the same feelings of doubt, overwhelm, or stuckness that clients face. I offer supervision rooted in both support and challenge, helping to deepen your understanding of your personal therapeutic style and preference, develop strategies for working with a variety of problems and populations, and find balance and authenticity in your professional practice. My therapeutic orientation and counselling approach is client-centered and incorporates Narrative, Acceptance and Commitment, Adlerian, Rogerian, Cognitive-Behavioural, Solution-Focused, and Mindfulness approaches.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person