Mary Graydon RCC-ACS

Phone Number:
250-938-7721
Business City:
Kelowna, Vernon, Remote
Website:
www.touchstonecounselling.net

I am a Registered Clinical Counsellor and BCACC Approved Clinical Supervisor with over 12 years of experience in private practice, specializing in trauma and attachment-based therapy. My clinical work draws primarily on Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS), and somatic approaches. I have worked extensively with adults experiencing complex trauma, including military veterans and individuals struggling with substance use disorders. I also have extensive training and experience in psychedelic-assisted therapy, particularly cannabis-assisted psychotherapy, and provide consultation, preparation, and integration support in this field.

I have been providing clinical supervision for over four years, and have worked with Master's-level practicum students and practising therapists seeking to deepen their clinical skills, confidence, and professional development. I believe the supervisory relationship itself is central to meaningful professional growth, and strive to create a collaborative, trusting environment where curiosity, honest reflection, and exploration of the therapist's own internal processes are welcomed. My approach is relational, trauma-informed, and grounded in the belief that our development as therapists is inseparable from our growth as human beings. I have been married for over 36 years and am the mother of four adult children and a grandmother, bringing a rich breadth of personal and professional life experience to my work.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person