



# Adina Muresan RCC-ACS

Phone Number:

604-819-5571

Business City:

Surrey, White Rock,  
Burnaby

I am RCC with an MA in Clinical Psychology from Illinois School of Professional Psychology in Chicago/USA and a BSc. H. in Psychology from Tibiscus University Timisoara/Romania. With over 16 years of experience in providing individual and group therapy, formal staff supervision, clinical supervision and mentoring, program developing and evaluating, both public and private practice sectors.

Background in clinical psychology and experience working in the public and private sectors are shaping my understanding of program delivery and working collaboratively with stakeholders and partners. Currently working in the mental health service sector overseeing a portfolio of multidisciplinary teams that deliver programs in the areas of mental health and substance use treatments, family supports and increase communication and partnership with community partners.

As therapy modalities, I specialize in evidence-based treatments: CBT, DBT and ACT. Mindfulness, acceptance, compassion, self-compassion, gratitude and forgiveness are interventions that highly imbedded in my practice. Cultural awareness and humility and trauma-informed practice is guiding my clinical interventions.

In supervision I am striving to provide a safe, supportive, compassionate space for curiosity, self-reflection, developing competencies, challenge self and the level of comfort to foster professional growth. Strong Ethical, professional competency and values-based principles are at the core of our work with care, compassion, respect and integrity for the trust the clients invest in us and are my expectations of our work foundation.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote

