



Alana Cotterall RCC-ACS

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As you embark on your path as a counselor, you are stepping into a world of excitement and possibility. However, it's important to acknowledge that this journey can also be accompanied by moments of overwhelm and self-doubt. Those instances when you find yourself pushing the boundaries of growth or experiencing a twinge of imposter syndrome can dampen the initial excitement. But fear not, for I am here to provide unwavering support and guidance as you navigate these ups and downs. Together, we will embrace the exhilarating and challenging aspects of your counseling journey, ensuring you never feel alone in your pursuit of professional growth and fulfillment.

As a Certified EMDR therapist and EMDR Consultant-in-training, I bring a wealth of knowledge and expertise in trauma sensitive care to my supervision practice. Guided by my passion for supporting new and developing counsellors, I love helping professionals like you grow and thrive in your careers.

My training spans across various areas, including trauma and dissociation, the Adult Attachment Interview, shock and developmental trauma, attachment theory and perinatal and infant mental health. I have experience working in child and youth mental health with individuals and families navigating moderate to severe mental health concerns. This experience has allowed me to develop experience in understanding how the developmental component impacts treatment and how to navigate the complexities of different systems. These insights enable me to provide valuable guidance and support as you navigate the unique challenges of working with children and adolescents.



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Over the course of several years, my experience in private practice has revolved around working closely with adults who have encountered profound challenges. From childhood trauma and traumatic grief and loss to navigating significant life transitions and relationship issues, I have been privileged to support individuals on their healing journeys.

When it comes to supervision, my approach is all about fostering a collaborative and growth-oriented relationship. I believe in the power of self-reflection, self-awareness, and continuous professional development. Together, we'll work on honing your clinical skills and deepening your understanding of therapeutic practices.

I thoroughly enjoy supporting others in their growth and success. I find immense joy in being a part of the developmental and professional journey of others and I'm committed to providing a safe, shame-free space for exploration and reflection.

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Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

