



Amanda Hamm RCC-ACS

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Website:

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I support counsellors to deepen their practice and be curious about the places they get stuck. Sometimes you're just unsure how to approach a particular situation, or you notice you're having a reaction in session. These tricky places are where we can do some of our best learning and grow the most. Together, we can work through the challenges and self-doubt (which inevitably come up for us all sometimes), and further develop the skills you already have.

My approach to supervision is about offering you the safety and compassion you need to feel supported, along with gentle accountability and tangible skills to help you grow. I don't take on an expert stance or believe that I have all the answers - my approach is not about making you into a clinical carbon-copy of me and how I practice, but rather helping you find and develop your unique way of being in therapy. I have post-grad training in clinical supervision and use the Seven-Eyed Seeing Model to support supervisees.

My therapy practice has focused on supporting individuals who have experienced trauma or challenges in their families and relationships. My post-grad training has been primarily in experiential therapies that focus on the here and now - I have training in Sensorimotor Psychotherapy, Trauma-Informed Stabilization Treatment, and Mindful Self-Compassion. My work is also influenced by intersectional feminist and attachment theory.

Just like counselling depends so much on finding the right fit, it's important to find a supervisor who aligns with your values and approach to therapy. Take a look at my website to book a consult call and see if we're a good fit.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

