



Amie Anderson RCC-ACS

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Vancouver, Gabriola
Island

Website:

www.amieandersoncounseling.com

I am a therapist and clinical supervisor specializing in the areas of complex trauma, PTSD, personality disorders, dissociation and suicidality. I also work with family conflict and relationship strain. I work within the frameworks of attachment, polyvegal, neuroscience and behaviour theory. I like to use an integrated approach, practicing full-fidelity DBT, EMDR, CBT, EFT and EFFT while continuing to learn through trainings, clinical supervision, consultation groups and client feedback.

I have 10 years experience in a youth public mental health clinic and tend to see many doctors, residents, medical students via word of mouth referrals. I also tend to see many indigenous youth. I started out working in street outreach in the downtown eastside and have held positions with MCFD, BCCH and Foundry. I currently run a private practice with 5 associates, continue to work within the public health authority and provide clinical supervision in a youth residential treatment program. On a personal level, I am also a solo parent to two teen boys, an avid cyclist, swimmer and trail runner. I am mostly located in Vancouver but travel to my family home on Gabriola Island about once a month where I am set up to see clients.

I love supporting therapists support their clients, sharing knowledge while taking a collaborative approach. I supervise masters level students, registered counsellors and registered social workers. I hold a Masters Degree from UBC in Social Work (2014) and am both a registered social worker and registered clinical counsellor.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Telephone
- Online/Remote
- In-Person

