



Angela Cara RCC-ACS

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Angela Cara, MA, RCC, is a Registered Clinical Counsellor (6724), clinical supervisor, and owner of Wise Body Counselling Services. She holds an MA in Counselling Psychology and has been registered with BCACC since 2012. Her clinical practicum was in Reproductive Mental Health, offering therapy to people suffering with perinatal depression and anxiety at St. Paul's Hospital. She has since worked at an eating disorders center, an addictions treatment center and in a chronic pain program. She then began a private practice providing counselling to groups, individuals 17+ and couples specializing in The Conscious Feminine, mindful sexuality, and psilocybin therapy. She enjoys a collaborative and experiential approach. She uses an eclectic approach in therapy primarily rooted in Focusing-oriented therapy and Jungian psychology, focusing on the unconscious through dreamwork and active imagination. In the consulting room, we'll work through relational dynamics and issues surrounding transference and counter-transference.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

