



# Arno Lowi RCC-ACS (Provisional)

Phone Number:

1-416-532-4769

Business City:

Vancouver, Toronto

Hi, I've been a clinical counsellor for almost thirty years. I have facilitated therapy groups for over twenty years, and have a bustling, very satisfying practice, with groups, lots of couples, and individual and family therapy. I've worked as a lead therapist on an inner-city medical team, a bereavement counsellor with hospice, and an HIV counsellor in Spanish Harlem New York at the height of the AIDS crisis, and have had a significant component of my practice including people of colour, First Nations, and unhoused people.

I trained in New York City in radical and feminist group psychotherapy that included a strong intersectional social-critical component. The methodology is phenomenological and short-term solution-focused, however, in recent years, I have been incorporating the many important skills that comprise Dialectical Behaviour Therapy (DBT), and trauma-informed therapy. I use DBT skills in most of my clinical sessions.

I've been supervising counselling interns and recent graduates (people who have been in practice for anywhere from a few months to a few years) since 2007. I have a very well-stocked supply of methods, techniques, insights, and ethical guidelines to help clinicians deal with uncertainties, lack of confidence, judgments and personal triggers. I am very engaged, funny, and focused and have well-honed group facilitation skills.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

## Type of Services

- Telephone
- Online/Remote

