



# Cheryl Austin-Brooks RCC-ACS

I have been a Registered Clinical Counsellor for over 13 years. I practice from a client centered and trauma informed perspective. I believe the client is the best expert of themselves and my goal is to treat the client with the utmost respect and regard while providing support and guidance. I am a Level 1 EMDR therapist, a Level 3 Gattman Marital Therapist and have Level 2 OEI certification. I am a Level 2 EFIT therapist (Emotional Focused Individual Therapy). I have had extensive training in trauma with Dr. Eric Gentry of the International Association of Trauma Professionals, Shame and Self-Loathing in the Treatment of Trauma with Janine Fisher, Attachment and Trauma Training through ITTI. Other training includes grief and loss courses, pain management using EMDR and Couples Therapy dealing with Addictions with the Gattman Institute. My clinical supervision areas include trauma, addictions, grief and loss, attachment and couples.

Phone Number:

604-374-1737

Business City:

Cloverdale, Chilliwack

## Area of Supervision:

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

## Type of Services

- Online/Remote
- In-Person

