



Christy Arsenault RCC-ACS

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Over the last 15 years, I have held a variety of positions within an accredited non-profit agency, private practice, university support services and a youth clinic which have provided me with a wealth of knowledge about service provision in different settings. I am a seasoned therapist with training in EMDR, CBT, DBT and Adlerian psychology. The topics I encounter most often in my practice are trauma, anxiety, depression, GLBTQ2 issues and ADHD with an emphasis on diversity as a foundational component in all areas of my practice and supervision. For many years I worked extensively with adolescents, teens and young adults while more recent years have included adult individual counselling. I really enjoy the educational component of supervision where I am able to share what I've learned in addition to watching my peers grow and become more confident in their own practice.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

