



Desiree Blume RCC-ACS

Phone Number:

778-988-3374

Business City:

North Vancouver

Website:

desireeblume.com

As a supervisor, I draw on the many theoretical concepts I use in my work as a therapist. My foundation is client-centered practice with a deep respect for my clients. Through a lens of care, I take time to really listen to their stories and connect with them and understand what has brought them to therapy and what their hope is from doing therapeutic work. When we have established an understanding and have goals to work on, I then choose which theory will work best. I use elements from psychodynamic, narrative, feminist, solution-focused, attachment, Bowen, Experiential, Expressive Play and Art, Internal Family Systems theories and use CBT, DBT and mindfulness strategies. These theoretical concepts influence the work I do as a supervisor.

I hope to create an environment of growth, change and excitement in our work as therapists. I am excited about truly helping people live better lives and find greater joy in their life experiences. With supervisees, I also hope to experience their energy and joy in the work of therapy, encourage them to be reflective and to find a multitude of ways that they can share with their clients in order for their clients to have a more fulfilling and enjoyable life.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

