



Dina Amouzgar RCC-ACS

Phone Number:

604-626-6495

Business City:

North Vancouver

I work with adolescents, adults, couples, and families. In addition to in-person counselling, I also provide secure video counselling. I provide online clinical supervision and consultation to the beginning, intermediate, and seasoned counselling professionals. I am an Approved Clinical Supervisor with the BCACC and offer both individual and group supervision.

I specialize in counselling individuals who seek support for anxiety and stress; depression; self-esteem issues; Post Trauma Stress Disorder (PTSD); family issues; grief and bereavement; relationships issues; parenting; anger management; navigating life changes (divorce, grief/loss, immigration), communication skill, panic disorder, burnout, assessment of self-limiting behaviours, and stabilization/safety planning for domestic violence survivors, and couple counselling

I value empathy, learning from mistakes, openness, vulnerability, laughter, self-compassion, and the healing power of human connection. I believe we can learn to use past or present hurts and traumas as opportunities to become wiser, stronger, and gentler versions of ourselves.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

