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As clinicians, we have this idea - or perhaps dream - that we can put our stuff away and always be fully present for the client. But the news is that we are all humans! Sometimes, we do a better job than at other times. I am passionate about supporting clinicians to bring their best selves to their work. I adhere to self-compassion and follow Kristen Neff's work. I am also certified in Brené Brown's work and actively use her material in supervision. Supervision is an important aspect of our clinical practice. Sometimes it offers a lens and sometimes a mirror! A deeper self-awareness will benefit you and your clients. I have been supervising both students and colleagues for 8 years now and I love it. It is such a privilege to be allowed to speak into another counsellor's work and life. I am happy to support you through regular sessions or when needed.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

