



Esta Porter RCC-ACS

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Nelson, Castlegar, Trail

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Esta Porter, PhD, Consultant and Trainer, is a clinical Counsellor, Licensed Mental Health Counsellor, and Graduate of the Authentic Happiness Coaching program, Certified EMDR Therapist, EMDR Approved Consultant, and Certified Master Practitioner in Neuro-Linguistic Programming. Throughout her 40 years of clinical practice, she has worked in various public and private counselling agencies with adults, adolescents, children and families. Esta's background includes teaching at the high school and university levels.

Currently, Esta maintains a private practice providing counselling psychology, life and executive coaching and consulting to businesses, schools and organizations. She facilitates trainings locally and internationally. Esta's holistic approach integrates wellness into a system in a way that brings about lasting, pervasive, and generative changes in people's lives congruent with their individual and systemic outcomes.

She is the recipient of the 2007 Canadian Counselling and Psychotherapy Association Counsellor Practitioner Award. Esta's office is located in Nelson, British Columbia, Canada.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

