



# Estera Boldut RCC-ACS

Phone Number:

778-772-0671

Business City:

Langley

My name is Estera Boldut, and I worked in the mental health field since 1998. I became an RCC in 2010 and I started to help as a supervisor assistant in 2012.

Currently I am co-teaching the Fundamentals in Clinical Supervision course alongside dr. Vange Thiessen.

I approach supervision from a systemic perspective, paying attention to both intra and inter- personal systems involved (seven eye model of supervision), with intentional focus on the development of the person of the therapist. I also pay attention to the developmental model, where supervision methods are adjusted to fit the confidence and skill level of supervisees as they develop and grow professionally. I also focus on common elements in supervision - those dimensions of clinical practice that are not specific to any particular theory. These common elements are present and contribute to our ideas of change and efficacy in our therapeutic work.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

## Type of Services

- Online/Remote
- In-Person

