



# Heather Dawson RCC-ACS

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Heather Dawson ( she,her) MA, RCC, RCAT, CAGS

My formal training in the arts and in psychology led me to study counselling, art therapy, expressive arts therapy and the mindfulness based somatic practice of the Hakomi Method. The integration and threads of connection between these ways of working is an enduring place of discovery and inquiry in my work.

I have applied my interest in personal and social transformation to therapy practice, teaching and supervision. My academic training includes a Masters degree in Expressive Arts Therapy and Psychology, a Post Masters Certification in Expressive Arts Education and Social Change and a Diploma in Art Therapy. I have taught at the Vancouver Art Therapy Institute, St Stephens College at the University of Alberta and am the Founder/Director of the Vancouver Expressive Arts training program. Currently I am Senior Faculty in the Arts Health and Society division at the European Graduate School where I have taught and supervised students since 2008.

My experience working with children, women and youth experiencing difficulties associated with trauma and traumatic circumstances informs the work that I do as a supervisor. I have supported agencies, counsellors in the Canadian Arctic , students in practicum placements and those working in private practice.

I work with the basic principles of presence, connection, a resource oriented perspective and the primacy of self care. I believe that creative exploration is a powerful means toward strengthening and replenishing our resources and can be included in the supervision process. I offer supervision groups , retreats and individual supervision and welcome the opportunity to work alongside as a mentor.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Supervision of Supervision
- Group Supervision

## Type of Services

- Telephone
- Online/Remote
- In-Person

