



Heather Rennie RCC-ACS

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Website:

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Welcome! I have close to 30 years of experience working in health care and community settings. Currently, I am a sole practitioner in private practice. I am registered as a Clinical Counsellor and as a Marriage and Family Therapist.

My areas of speciality include: trauma, grief and loss, anxiety, couple and family therapy. I have many years of experience working online and in person with groups. I work mostly with adults. I use a variety of different therapeutic modalities including: Systems, Self-Regulation Therapy/ Somatic Experiencing, Internal Family Systems, Emotionally Focused Therapy, Solution Focused, and CBT (particularly to address insomnia).

Please reach out if you would like to find out more. I offer a free 20 minute consultation.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation

Type of Services

- Telephone
- Online/Remote
- In-Person

