



Jen Vishloff RCC-ACS

Phone Number:

778-801-1299

Business City:

Metro Vancouver

Website:

www.headwaterstherapy.ca

Receiving my own clinical supervision and consultation has dramatically improved my skills as a counsellor and supervisor. Just like counselling isn't a one-size fits all, having a supervisor that aligns with your values, theoretical orientation, and style as a counsellor is very important. My style as a clinical supervisor involves being open, transparent, and curious. I see myself as both a teacher and fellow learner who supports your growth and gives guidance when necessary, but I don't pretend to have all the answers. As a clinical supervisor, I like to balance providing support while also offering constructive feedback you can integrate with your clients right away.

In my own practice, I primarily work with adults struggling with the impacts of trauma, and couples who want to better manage conflict and strengthen their bond. My theoretical orientation is highly influenced by experiential therapies: Emotion-Focused Therapy, Sensorimotor Psychotherapy, Trauma-Informed Stabilization Treatment, and Internal Family Systems. My work is also informed by attachment theory and mindful self-compassion, and I have training in EMDR.

I've worked with Master's-level practicum students and Registered Clinical Counsellors who have been practicing for years. I use the Integrative Developmental Model of supervision to meet each supervisee where they're at in their development as a counsellor - from novice to highly experienced. I've completed post-graduate training in clinical supervision, and also receive my own supervision to get feedback on the supervision I offer others. Check out my website to book a free consultation and see if I'm the right fit for you.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

