



Joelle (Yael  
Fruma)  
Lazar  
RCC-ACS

Phone Number:

604-788-2804

Business City:

Vancouver

Website:

[www.centrepoinpsychotherapy.com](http://www.centrepoinpsychotherapy.com)

My approach to psychotherapy is informed by attachment theory, psychodynamic and relational psychoanalytic principles, the physiology of trauma, mindfulness and compassion.

In my supervision work I aim to listen well so I can get an in depth understanding of my Supervisee's level of experience, needs, and goals in order to provide a structure that facilitates growth and skill development.

My focus is to provide the optimal level of support, training, and encouragement to help my Supervisees develop essential psychotherapy skills, as well as confidence to be their authentic self.

In my view effective Supervision requires flexibility and adaptation. Toward this end I draw from a post-modern approach in which my Supervisee and I develop case conceptualization and clinical interventions through a process which includes connection, collaboration, and co-construction.

Throughout this dynamic process I move fluidly between the role of Teacher, Supporter, Colleague, Advocate, and Consultant based on my Supervisee's needs.

I work to foster my Supervisee's clinical knowledge and abilities so they can feel more confident, can better serve their clients, and feel more fulfilled in their therapeutic work.

#### Area of Supervision:

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

#### Type of Services

- Telephone
- Online/Remote
- In-Person

