



# Joshua Cytrynbaum RCC-ACS

Phone Number:

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Website:

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I consider myself a generalist in terms of a therapist. My current practice mainly focuses on relationship issues with a large portion of my clients being male-identified and having a history of relational traumas. My theoretical orientation draws from experiential and somatic therapies and I am heavily influenced by attachment theory and current understandings of trauma. In supervision sessions, I try my best to create space for emotional processing in addition to theory, education, feedback, micro-skill assessment, shared experiences, and direct answers to direct questions.

If you've ever felt a strong affinity to somatic-based therapies due to their biological underpinnings, but have had difficulty in session actually doing this work and putting these theories into practice, you are not alone! I have found supervision one of the best sources for bridging these theories into practice. Have a look at my website for more information - and take care.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

