



# Julie Flowerdew RCC-ACS

Phone Number:

250-554-2794

Business City:

Kamloops, Salmon Arm,

Vernon

I have been a counsellor for over 40 years - as a school counsellor at the high school and elementary levels, a hospice counsellor, and in private practice. I have studied CBT, EMDR, co-dependence, art and play therapy and body psychotherapy (Biodynamics, Moaiku and Relational Trauma Therapy) for the past 30 years with Danish trainers. I have been involved with Provincial Mental Health and taught teachers a resiliency, anti-anxiety program called FRIENDS. I begin with the belief that everyone has an inner knowing of themselves and I want to build more resources with clients.

I work with all ages of clients dealing with loss, grief, anxiety and trauma.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

## Type of Services

- Telephone
- Online/Remote
- In-Person

