



Karen Coulombe RCC-ACS

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I enjoy being a coach, consultant, teacher and supervisor for peers and cohorts of therapists and master's degree students who are working toward certification in Focusing-Oriented Therapy and Art Therapy. In my Private Practice with children, adolescents and adults, and as a Counsellor with youth in School District #42 Alternate, I primarily use Focusing-Oriented Therapy and Art Therapy, then integrate elements from psychotherapy, polyvagal theory, neuropsychology, narrative therapy, motivational interviewing, and occasionally cognitive behavioural therapy to meet the needs of my clients.

My theoretical, conceptual frameworks and supervision processes are person-centred, experiential, creative, body-oriented, and trauma-informed. I believe in working with you according to your strengths, learning and developmental needs-- whether you are a beginner, intermediate, or advanced practitioner— providing sounding space, reflective feedback, teaching and coaching as needed. I work at creating a healthy, safe, mutually respectful, empowering therapeutic relationship with my supervisees and I appreciate both positive and constructive feedback from you.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

