



Karen Mitchinson RCC-ACS

Phone Number:

604-315-6697

Business City:

Port Moody, Surrey,

Burnaby

I have worked as a counsellor for over 30 years. I am passionate about the role the counsellor has in creating opportunities for people to heal, discover, learn and grow through some of the most difficult times in their lives. I have worked in mental health, both child and youth as well as with adults. I provided clinical supervision for clinicians and counsellors working with children, youth and adults for the past 20 years. I have a special interest in building sustainable careers, building in skills to protect from the impact of witnessing stories of trauma and high distress. Intentional strategies to maintain compassion satisfaction, reducing the impact of vicarious trauma can lead to maintaining passion in the role of counsellor while having happy fulfilling lives and relationships outside this role.

I bring strong knowledge of accessing resources, creativity, curiosity, acceptance and passion to this role. I use art therapy, sandtray and play therapy, CBT, DBT, narrative, solutions focused, somatic, metaphor and nature, attachment and brain based interventions in my practice. I use EMDR but am not providing supervision for EMDR. The clinical supervision process will be collaborative, competency based, and a process that fits for you. The clinical supervision process and relationship will be based on acceptance, support, trust and safety to provide the opportunity for vulnerability, reflection, challenge, growth and learning.

I look forward to working with you in this very important role. I am open to doing supervision with groups of clinicians if you want to get together for a session.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Telephone
- Online/Remote
- In-Person

