



# Kate Pinsonneault RCC-ACS

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Courtenay

Website:

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I am the owner and Clinical Director of Seahorse Counselling and Consulting located in the beautiful Comox Valley on the unceded territory of the K'ómoks First Nations.

As well as being a Registered Clinical Counsellor, I am also a Certified Clinical Trauma Professional and am certified in Infant Mental Health. My areas of interest are in attachment through the life span, neurodevelopment, and treating complex trauma, including developmental trauma and relational trauma.

I have been offering supervision to master level students and counselling therapists since 2016. I completed the BCACC approved master's level course in Clinical Supervision in 2021 and have continued to receive ongoing training in Clinical Supervision and participate in a professional monthly Supervision of Supervisors group.

Most therapist who seek me out are looking for mentorship and support for their work with clients struggling with complex trauma, issues related to childhood and families of origin, or clients who are neurodiverse and may need adapted approaches to therapy. I also enjoy working with supervisees wanting to further develop their skills using Internal Family Systems (IFS).

I provide a variety of options for supervision. Individual supervision (\$150/hour) and supervision in dyads or small groups of 3-4 (\$75/hour) are available online or at our office. Monthly online supervision group with 6-8 participants and a biweekly IFS supervision group are also available (\$60/1.5 hours). I also contract with societies and other organizations offering counselling services for regular supervision and clinical consultations with their staff. Please feel free to contact me to discuss the best option for you.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

