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I have been a practicing clinician for 20 years. I am trained as a marriage and family therapist and approach my work and supervision using a systemic perspective. I have worked in the school system, non-profits; and now in private practice and as the ED of Living Systems, a training and counselling center using Bowen Family Systems Theory.

I believe the purpose of supervision is ultimately to assist a therapist in learning how to function in their role as a therapist. I hope it assists a therapist in developing how they define themselves as therapists, what their blind spots are, and how to manage themselves clinically and administratively in their role. I see supervision where a new therapist can work to learn to better manage their emotional reactivity in their role of therapist. I also see the role of supervisor is working on their own functioning, thus modeling this work.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Group Supervision

Type of Services

- Online/Remote
- In-Person

