



Kristen Hamilton RCC-ACS

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I have 10+ years of extensive clinical experience in a variety of settings including hospitals, non-profits and private practice. I have been in private practice for 5 years, providing counselling services to youth, adults and families presenting with concerns such as depression, anxiety, trauma, family conflict, relationship issues and more. In my practice, I draw from my knowledge of person-centred therapy, EMDR, AEDP, CBT, DBT and internal family systems. Prior to opening my private practice, I spent 5 years working at a mental health crisis program for youth, where my work was primarily focused on assessing suicidal risk, formulating a plan for treatment and providing short-term crisis stabilization.

My supervision style is relational, developmental and experiential. Building rapport with my supervisee, just as with my clients, is of utmost importance. My approach is informed by the theories I most closely use in my own practice, which are person-centred therapy, AEDP, EMDR and EFT.

In supervision, the clinical concerns I primarily work with are depression, anxiety, childhood trauma and relationship issues.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

