



# Laura Worrall RCC-ACS

## Phone Number:

604-816-6366

## Business City:

New Westminster,  
Burnaby, Vancouver

## Website:

[www.artandcounselling.com](http://www.artandcounselling.com)

## My Background:

I am a Registered Clinical Counsellor and a Registered Art Therapist. I hold a Master of Counselling Psychology with a Specialization in Art Therapy degree from the University of Calgary, as well as an Art Therapy Diploma from the Vancouver Art Therapy Institute. I have been an art therapist since 1995 and since 2007 have been providing individual and small group art therapy supervision to art therapy students and professionals alike. I follow the ethical guidelines of both the Canadian Art Therapy Association and the BC Association of Clinical Counsellors.

## My Theoretical Approach:

As a supervisor, my aim is to work within an ethical framework toward supporting the professional growth and development of each art therapist while safeguarding the well-being of clients. I believe that the most important aspect of successful supervision is the development of a safe and trusting relationship. For me, supervision is a place to be curious, grow skills, learn new techniques, be self-reflective, all while deepening our connections to our clients and practice. I use an integrative and reflective model of supervision and incorporate arts-based approaches within supervision sessions.

## Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Supervision of Supervision

## Type of Services

- Telephone
- Online/Remote
- In-Person

