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Hello fellow counselors! I am BIPOC, born and raised in London, England and I have over 6 years of experience as a counselor. My journey as a counselor began in Australia and New Zealand thereafter. Whilst in Canada I worked as a school counselor, a stopping the violence counselor and counseling supervisor, and a sexual assault support services counselor. Over the years, I supported women on a range of issues including anxiety, depression, self-esteem issues but more specifically domestic violence and childhood abuse. I also worked with children and youth on a range of issues including self-harm, anxiety, identity issues, and more specifically childhood abuse and trauma. More recently, I started supporting couples and apply EFT. I also support men on a range of issues including childhood abuse, stress, and anger. I provided clinical supervision to Master's degree students both in person and online. More recently, I started my own private practice in Vancouver. I am keen to support students and newly graduated counselors with ethical dilemmas and help identify areas of growth. The Person of the Therapist training model can help us become aware of who we are both personally and professionally and how this impacts our therapeutic relationship with clients.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

