



Lyndsay Cotterall RCC-ACS

Phone Number:

778-840-6018

Business City:

Burnaby, New

Westminster

Lyndsay is a registered clinical counselor and clinical supervisor - she completed her Counselling Masters in 2010 from Simon Fraser University. She has worked at Health and Counselling (HCS), Simon Fraser University (SFU) since 2010 and has extensive experience counselling in the post-secondary environment with young adults experiencing a wide range of clinical issues (depression, anxiety, relationship concerns, trauma, suicide and suicide risk assessment, crisis, and more). She maintains an integrative approach to therapy that is heavily influenced by Relational and Emotion Focused Theory. Lyndsay also integrates brief and time-limited modalities into her clinical work.

She has been providing clinical supervision individually and in group since 2015 and adopts a collaborative approach informed by The Six Focused Supervision Model (Hawkins and Shohet, 2000). Lyndsay has directly supervised and overseen the individual clinical work of over 20 counsellor practicum trainees. Lyndsay is also a senior staff and a senior clinical supervisor at HCS and the Practicum Coordinator for the SFU Health & Counselling Practicum.

Lyndsay has enjoyed the opportunity to coordinate and develop various clinical programming at SFU such as: The SFU Counselling Practicum Program (creating, on-boarding and delivering comprehensive training on topics such as ethics in practice, practitioner wellbeing, the clinical population at universities, suicide risk assessment, etc.), SFU Nightline, coordinating and overseeing the the SFU HiFIVE Stigma Reduction Program, the Peer 2 Peer Counselling and Learning Skills Program, the Back on Track Student Retention Program, and the HCS Risk Assessment and Crisis Management Protocols (along with training programs for the broader university community).

Lyndsay has provided individual and group supervision, peer consultation, and worked with and supervised fellow RCCs on staff. SFU HCS is an interdisciplinary clinic. Lyndsay understands working within medical systems and navigating clinical work in interdisciplinary teams. Lyndsay is also a member in good standing with the BCACC (#3835).

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

