



# Maria Watson RCC-ACS

Phone Number:

604-724-4749

Business City:

North Vancouver

I have worked as a counsellor for 30+ years, both in private practice, treatment outcome research, hospital settings, and non-profit community mental health. I also worked for 5+ years training therapists throughout BC and Alberta (through a business called CBT Connections). I have supervised many practicum students and other clinical counsellors in groups and one-on-one. Although I specialize in CBT and DBT treatment approaches, I have an eclectic approach to therapy, having learned some wonderful skills from my co-workers and through ongoing coursework and peer support. These include elements of ACT, IFS, Narrative, Somatic, Motivational Interviewing and Walking Therapy. I work mostly with adults and youth, but have worked with children.

Personally, I have experience with being an immigrant, raising three children, caretaking older folks, and sitting with uncertainty! I love sharing my learning and counselling experience, and the ripple effect this can have on the people we help.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

