



# Mary M. Lang RCC-ACS

Phone Number:

250-897-0254

Business City:

Courtenay, Comox

Counselling is a profound collaboration, between speaker and listener, to create a safe relational space in which you can engage in radical acts of both change and self-acceptance.

With extensive experience assisting individuals understand and overcome dissociative coping strategies and defensive attachment behaviours, I offer counselling and consultation for issues ranging from single, life-changing events to chronic social pressures (poverty, Othering oppression) and childhood neglect and sexualized child abuse.

My consultation engages trauma-informed and social justice practices in an effort to respect the inherent dignity of all persons.

This consultation approach is inspired by Collaborative and Narrative, somatic, emotionally focused, and attachment-oriented therapies; with additional focus on psychodynamic processes and disorders of the personality. My professional development has been focused on attachment, interpersonal neurobiology, and polyvagal theories, and innovations in working with PTSD and dissociative disorders. My work is significantly coloured by a 30+ year practice of Buddhist Insight meditation.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

