



Meg Kapil RCC-ACS

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My approach to supervision and consultation includes a variety of roles that I might take on during our meetings, depending on your needs. These may include the role of teacher, coach, consultant, evaluator and/or facilitator of growth. I believe that supervision should provide a combination of support and challenge in order to help you in improving your counselling skills, case conceptualization skills, and personal and professional growth. This means that at the foundation of our work, there needs to be a trusting and respectful relationship between us, so that we may address areas of strength as well as areas in need of growth and refinement. I welcome and encourage your feedback to me about our work together and any 'blind-spots' you feel might be impacting our work, this is truly a collaborative process.

My supervision perspective is informed by three main lenses: (1) trauma/nervous system/development, (2) interpersonal/relational/attachment, and (3) diverse intersections. Regarding supervision theory, I draw from an amalgam approach that integrates developmental competency (e.g., Integrated Development Model), process (e.g., Discrimination Model, 7-eyed model), and orientation (e.g., interpersonal neurobiology, attachment, adaptive information processing). In my counselling practice, I provide individual and group support for children, youth and their families. As a perpetually curious person, I have post-degree training in EMDR, Flash, ego state (DNMS, IFS), mindfulness, ADHD, executive function, gender diversity, somatic interventions for trauma, interpersonal neurobiology, anxiety, indigenous cultural safety, attachment, EFT, positive psychology, EMDR and children, sand tray, play therapy, MBCT and more.

I have held CCC-S (supervisor designation) with CCPA since 2018 in addition to my RCC designation, have provided clinical supervision for graduate students and post-degree clinicians, completed courses and workshops in clinical supervision, and facilitated supervision workshops. I hold a Master of Arts in Counselling Psychology from the University of Victoria and am currently a Ph.D. candidate in Educational Psychology at the University of Victoria.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

