



Paul (PJ) Lewis RCC-ACS

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Having experience providing services both in private practice and a community outpatient mental health setting, I have particular expertise in providing individual, group, and family treatment to high-risk youth, adults, and families experiencing concerns such as suicidality, self-harm, emotional dysregulation, impulsivity, depression, anxiety, trauma, psychosis, and addictions. My theoretical foundation is an interpersonal process approach with thoughtful integration of family systems theory, as well as cognitive and behavioural, skill-based strategies. As a part of my continuing professional development I have also completed extensive specialized training in Early Psychosis Intervention (EPI), Dialectical Behaviour Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Emotion-Focused Family Therapy (EFFT). In supervision, I draw primarily from developmental models acknowledging that we, therapist and supervisor, are each are continuously growing, learning, and developing on a lifelong trajectory. Through both our lived experiences, hereditary predispositions, and through the context of our interpersonal interactions we develop areas of both strength and growth. In supervision, we are afforded a unique opportunity to collaborate to maximize our potential and identify areas of growth needed for the future. As such, I work with supervisees to anchor and celebrate areas of strength, while we also identify areas for growth and development.

I am able to provide supervision to individuals, triads, and groups. Supervision may include a review of the supervisee's taped sessions with clients, case reviews, role plays and other experiential exercises, and/or other methods that will be discussed and outlined further in a supervision contract prior to commencing supervision. I am also able to provide modality-specific consultation and supervision in DBT.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

