



Paula Coutinho RCC-ACS

Phone Number:

(778) 822-1213

Business City:

Greater Vancouver

Website:

www.psychotherapyroom.ca

Paula Coutinho, RCC, Ph.D., is a mental health clinician and educator registered with the British Columbia Association of Clinical Counsellors (#5819). She has over 14 years of front-line experience supporting individuals across the lower mainland and providing graduate-level supervision. She uses compassionate therapeutic approaches focusing on culturally sensitive, trauma-informed, relational, and developmental lenses. Her professional roles include long-term public and private sectors and university settings. She specializes in complex trauma and provides services at Canada-wide anti-human trafficking programs. She has humbly supported numerous survivors of transgenerational trauma and abuse. She works closely with black, indigenous, and other people of color (BIOP). She empowers people to thrive and broaden their awareness of systematic barriers to growth and recovery. Paula comes from multicultural and bilingual backgrounds in Portuguese and Spanish. She brings warmth, humbleness, and expertise to her clinical practice in various evidenced-based therapeutic approaches.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

