



Penny Fenske RCC-ACS (Provisional)

Phone Number:

250-884-8306

Business City:

Victoria, Salt Spring
Island, Duncan

Website:

www.nurturecounselling.org

Working in private practice since 2009, in Victoria and recently on Salt Spring Island and Duncan, I offer counselling to individuals, couples, families, and groups from an attachment perspective that is emotion focused and body-based. My education, research, and practice have focused on understanding deeply and responding compassionately while supporting resilience in those who have experienced trauma and relationship ruptures. When I offer supervision in these areas, I lean on my advanced AEDP training, in-depth group facilitation training, somatic resonance, attunement, curiosity, and intuition to offer questions, prompts, or reflection to deepen your connection to yourself and those you work with.

When I am not engaged with my work, you will find me in my sanctuary, the forest. I love to hike the forests, mountains, and ocean trails with Atlas, my adopted miniature poodle/co-therapist; tend my permaculture food forest; restore the forest on the land where I live; split wood; do yin yoga; listen to music that moves my soul; dance; and share time with friends and family.

As I sit with you, I will receive every aspect of you and your work with authenticity, warmth, tenderness, and dignity.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

