



Rachel Friederichsen RCC-ACS

Phone Number:

604-206-3660

Business City:

Vancouver

Website:

www.betterconnections.ca

I am a queer, non-binary (afab) therapist based in Vancouver (online/phone). I work in non-profit and private pay sectors with a wide variety of clients. I enjoy supporting therapists at various levels of training and expertise as they navigate their client work and careers.

How I focus my support:

- Developing your unique sensibilities and ways of working
- Positioning oneself effectively in the therapeutic relationship
- Case conceptualization and treatment planning
- Navigating clinical impasses, therapeutic ruptures, fatigue, and burnout
- Identifying appropriate expectations of clients, therapists, and therapy
- Exploring biases, blind spots, and developing anti-oppressive practices
- Developing sensitivity and a non-expert stance
- Developing viable business practices
- Navigating systems (workplace systems, funding systems, government systems)

I can support many different client presentations and concerns.

I have also developed these niche areas of therapeutic knowledge:

- Trauma recovery, including work with complex relational presentations (triphasic, somatic approaches, "parts" based approaches, EMDR)
- Couples/relationship therapy, especially for non-monogamy.

I offer brief, no-cost inquiries to determine good fit.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

