



Rachel Madu RCC-ACS

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Similar to a therapeutic relationship, the importance of personal connection is vitally important to a good supervisory relationship. Here are a few things about me.

I am a cis-gendered woman of British and Slovakian decent and go by she/her pronouns. I have a bi-racial family, have been married for 25 years, and am a mother through birth and adoption to three children. I have a strong Christian faith and am a leader in my spiritual community. I love being outdoors and enjoy biking, hiking and camping.

As a family therapist I have worked for over 20 years with individuals of all ages, couples and families (adoptive, foster and birth), experiencing relationship challenges. My education, research and experience are strong in the areas of attachment and trauma. I have worked with many families impacted by mental health, relationship ruptures, and varying types of trauma (including event specific, developmental, and intergenerational trauma, and perpetual stress). I am a person-centered therapist, valuing and trusting the potential of each client and therapist that I get to meet. I facilitate the counselling process with unconditional positive regard, authenticity and empathy. I work from an Emotion-Focused framework, this means that while striving to be trauma-sensitive in my work and aiming to avoid re-traumatization, I partner with clients in finding greater understanding of their emotions, and work with clients to adapt unhealthy emotions and increase healthy coping. As a supervisor I value the use of inquiry, self-reflection and self-compassion. I seek feedback on my therapeutic and supervisory practices from clients and practitioner routinely to ensure we are working collaboratively and with the greatest amount of effectiveness.

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I completed my Masters of Arts in Counselling Psychology from Simon Fraser University in 2012, and my thesis and research focused on relationships of adults who grew up in foster care in British Columbia. In my work I have learned the most from the relationships I have been granted with individuals and families through Ray-Cam Community Centre, Society of Special Needs Adoptive Parents, Westcoast Family Resources Society, The Children's Foundation, BC's SOS Children's Village, and the Surrey School Board.

Learning will be a lifelong journey for me. I studied with the Child Trauma Academy, from 2012-2017, and was certified in the Neurosequential Model of Therapeutics in 2017. I have continued to take workshops and courses routinely each year highlighting the topics of Reconciliation, the History of Indigenous Peoples in Canada, Trauma, Stress, Attachment, EMDR and specific disorders. I am certified to facilitate a number of parenting groups, including Connect and Triple P. I have completed supervision coursework supervised over twenty therapists.

Services offered: Supervision for individuals and groups.

Area of Supervision:

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

Type of Services

- Online/Remote
- In-Person

