



# Raneeta Gopal RCC-ACS

Phone Number:

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Business City:

New Westminster

Website:

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I believe in the practice of both receiving and providing clinical supervision because anything that helps improve our work with clients is worth the time and energy. I view individuals as holistic beings and seek to explore the emotional, mental, physical, social and spiritual aspects of their struggles. I strive to be inclusive and I have a deep appreciation for diversity. The value of compassion is an integral part of my interaction both within and outside of my work.

When working with clients I often incorporate interventions from Adlerian Psychology, Cognitive-Behavioural, Emotion-focused therapy and mindfulness-based approaches. As a clinical supervisor, I operate from a relationally based, process-oriented, collaborative clinical supervision style. This approach is inspired by parallel processing which means that multiple relationships are being cared for (i.e. Supervisor, Supervisee, Client).

I have over twelve years of experience working in the mental health field ranging from social work to individual counselling and group therapy. Over the last eight years, I have also dedicated time to adult education through my teaching roles at a Naturopathic College, Crisis Line and most recently at the Adler University as Adjunct Faculty. I have provided supervision on matters specifically related to the South Asian community, thereby bringing forth a culturally responsive form of treatment. I also offer guidance and support to counsellors addressing religious and spiritual topics with their clients.

If my approach appeals to you, please feel free to reach out for a no-fee phone consultation to decide if we might work well together.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

