



Robyn McElveen RCC-ACS

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Website:

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I work with children 10+, adolescents, adults, and families. My areas of practice include: anxiety, OCD, depression, trauma, relationship concerns, sexual health and difficulties with self-esteem and anger management. I also specialize in working with neurodiverse individuals including autism, ADHD, developmental disabilities and learning disabilities.

I have been working in mental health for over 20 years and have spent the last 12 years working for the health authority on a multidisciplinary team.

My background includes training in behavioural therapy and I provide behavioural consultation to individuals in my private practice.

Therapeutic modalities I am trained in include: CBT, DBT, EFT and EMDR (levels 1 and 2). I use a collaborative strength-based approach. Modalities used are tailored to the individual client and their needs.

I have a small private practice and can provide clinical supervision to individuals wanting more support working with any of the areas mentioned above.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Peer Consultation

Type of Services

- Telephone
- Online/Remote
- In-Person

