



# Ruth Unaegbu RCC-ACS

Phone Number:

604-265-9280

Business City:

Port Coquitlam,

Vancouver

Website:

[www.ruthunaegbu.com](http://www.ruthunaegbu.com)

As a Registered Clinical Counsellor and Supervisor, my goal is to support people by undoing aloneness and creating a safe space for them to heal and transform. It's my goal to walk alongside them as they enhance and expand into the lives they were meant to live.

I work with a variety of individuals and provide culturally affirming counselling to people of the global majority, with a big focus on Black women who are first-generation and immigrant Canadians. I also specialize in working with creative professionals (actors/actresses, musicians, artists, etc.) and high-performing athletes, focusing on performance blocks, focal dystonia and expansion. Additionally, I work with parents/caregivers and those who are a part of the adoption triad, specifically transracial adoption.

#### Areas of Supervision Competency

Individual Counselling, Parenting/Caregiving, Couples Therapy, Performance, Perfectionism, Anxiety, Depression, Post-Traumatic Stress, Grief, Pre-Marital Counseling, Adoption, Caregiver Blocks, Clinician Blocks, culturally affirming counselling with BIPOC, first-generation, immigrants and refugees.

#### Area of Supervision:

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

#### Type of Services

- Online/Remote

