



# Sandeep Nagra RCC-ACS

Phone Number:

672-339-3700

Business City:

Lower Mainland, Fraser  
Valley

In the past 25 years I have worked in the field of psychology and mental wellness working with children, youth and adults in the forms of individual, couples, family and group counselling. I work with issues such as depression, anxiety, ADHD, parenting support, career exploration, relationship exploration, family planning, autism support, conflict, anger management and domestic violence, self-harm and suicidality, stress, childhood abuse, trauma and PTSD. In particular, I have considerable years of experience providing support to the South Asian community in Punjabi and English. I have been a Clinical Supervisor since 2018. I come from a client centred, cultural and trauma informed perspective. I use a variety of integrative approaches in my counselling and supervisory practice. I draw from emotion focused therapy, narrative therapy, CBT, family systems, motivational interviewing, EMDR, and somatic therapies in my practice. I approach the supervisory relationship from a strength- based, culturally informed lens and meeting supervisees (clinical counsellors, social workers and practicum students) where they are at to help support them to excel further in their professional development.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

