



Sandra Martinson RCC-ACS

Phone Number:

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Business City:

Kelowna, Lake Country,

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I have been providing counselling for 18 years, in varied employment situations. I have worked in residential substance misuse recovery programs, developed therapeutic children's programs with Aboriginal and Metis families, and recently worked with the Interior Health Eating Disorder Program. Between these employment opportunities, I have kept a small private practice. Most recently I have been providing both clinical supervision and clinical consultation to a Family based practice.

I have been challenged in my practice to be aware of myself, learning to listen to another's learning processes and learning goals. I enjoy encouraging students to integrate their life lessons and formal learning to feel comfortable in a process of discovery with a client or co-worker. My goal for supervision as well as therapy is to provide a comfortable environment/relationship that is both grounding and strength-based.

My favorite therapeutic modality is founded on Attachment Theory and is emotionally focused. I lean into the EFFT modality, and practice relationship growth and repair using this model. As well, with children I love the creativity of the Theraplay model.

It is always rewarding to meet colleagues and students who are life-long learners, and put an emphasis on life's lessons. My goal as a therapist is to provide a comfortable environment to express and process challenges and welcome personal growth.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

