



Sarah Buydens RCC-ACS

Phone Number:

250-884-6439

Business City:

Victoria, Anywhere in
BC

Website:

<https://www.empoweringhealthclinic.com/dr-sarah-buydens.html>

Throughout my extensive career, I have accrued a wealth of experience in counselling, supervision, and teaching. For over a decade, I worked as a senior therapist at a Trauma Centre before transitioning to private practice, which I have maintained for almost 20 years. Along with my practice, I served as a professor for 10 years at the University of Victoria, where I taught counselling courses in undergraduate and master's programs. I also had the privilege of teaching medical students, residents, and physicians at the UBC School of Medicine for 15 years, and I held the position of Vancouver Island Regional Director of Faculty Development for UBC School of Medicine for 3 years.

During my practice, I have had the opportunity to work as a consultant and supervisor for counselling students, various organizations, including large corporate companies, government institutions, small non-profits, indigenous schools, and counselling programs. My diverse background has given me a unique perspective and approach to helping individuals and organizations achieve their goals.

I hold a diploma in Leadership Development, a BA in Child and Youth Care, an MA in Counselling, and a PhD in Educational Psychology, specializing in Counselling Psychology. My thesis focused on "The Lived Experience of Women in the Canadian Forces," and my dissertation explored "What Helps and Hinders Mentorship." Further, I completed seven years of intensive, in vivo, one-on-one PhD supervision and consultation training.

In my role as supervisor, I focus on creating a growth-oriented environment that fosters secure attachment. Individuals work with me in a safe, supportive space where they can feel confident in their abilities to achieve their goals and support their clients.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

