



Shelley Brierley RCC-ACS

Phone Number:

604-532-0680

Business City:

White Rock, Langley, all
of BC

Website:

thecircleofstrength.com

Starting young, I've had a long and diverse career: treatment centers, Crisis Unit, Social Worker, Life Skills Coaching facilitating groups; of ex-psychiatric patients, later with single parents, then adult-education students, a therapist with an inter-faith, multi-disciplinary counselling agency and for 40 years have been an international speaker, educator, facilitator, and supervisor with my private practice. I have had opportunities to assist and develop educational programs for; businesses, agencies, First Nations, educational institutes, and provincial and state departments in Canada and USA, often involving an intensive workshop series I developed called, The Circle of Strength.

As a client-centered, therapist, I utilize a psycho-educational model, endeavoring to create a trusting, safe environment building on the strengths: inviting self-evaluation, supporting weaker skillsets, and fleshing-out and considering various perspectives. Models incorporated: Family Systems Theory, Cognitive Behavioral Therapy, Gestalt Therapy, Hypnotherapy, Perceptual Control Theory, Method of Levels, Reality Therapy, and Life Skills concepts. I am comfortable working with a broad range of client issues: self-esteem, depression, emotional regulation, abuse, grief and loss, anger management, divorce, mid-life crisis, life transitions, intra and interpersonal conflict, anxiety, suicide ideation, and trauma.

As therapists, we are most successful when balanced and present, focusing compassion and attention on the client, providing them the opportunity to explore and define the terrain of their life; past, present, and future. My role is to tap potential: broaden perspectives, increase resources, utilize creativity, and build confidence.

I currently work over zoom, so engage therapists from across B.C. For more information regarding my supervisory consultations call or visit my website.

Area of Supervision:

- Clinical Supervision

Type of Services

- Online/Remote

