



Sinéad Nugent RCC-ACS

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My name is Sinéad (shin-aid) and I am an RCC and ACS based in Vancouver, BC. I grew up in Dublin, Ireland, attended graduate school in the UK and relocated to beautiful BC in 2015. My clinical background is varied; I've worked in settings including special educational schools, pediatric psychiatry, private practice and community embedded mental health. I've worn many different hats throughout my career including as a support worker, counsellor, assessor and clinical supervisor.

My passion area is neurodiversity, in particular Autism and ADHD, and I have been fortunate enough to work with neurodivergent folks and their families for the more than 15 years. I've observed the co-occurring trauma and isolation that can be experienced by neurodivergent individuals and thus my aim therapeutically is one rooted in self-compassion and acceptance.

I have been working as a clinical supervisor in an academic setting for the past three years. My supervisory style is based on creating a relationship with each supervisee, one that is based on curiosity and safety. I believe that supervision is not a dialogue between an expert and a novice but a place where a supervisee can feel supported to explore their strengths as well as their blind spots. In supervision, I encourage examination of the client-counsellor relationship and interaction patterns and how they can be used to provide a corrective emotional experience for the client.

I have supervised counsellors working with: neurodiversity, complex trauma, anxiety, depression, burnout, stress, disordered eating, body image issues, relationship struggles, life transitions, domestic violence, child abuse, and family estrangement, communities such as the LGBTQI2AS+ and BIPOC communities, as well as mental health diagnoses such as PTSD, Schizophrenia, Bipolar Disorder, and Borderline Personality Disorder.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote

