



# Sunita Ashok RCC-ACS

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As a committed learner, educator, and mentor, Sunita operates a flourishing private practice in Vancouver and North Vancouver, specializing in individual, couples, and family therapy. Her wealth of experience at leading public mental health organizations, such as BC Children's Hospital Inpatient and Outpatient Psychiatry Programs and Vancouver Coastal Health, in roles as a direct care provider, social worker, and clinical supervisor, enables her to bring a holistic understanding of mental health services to the community.

With Master's degrees in both Social Work and Counselling Psychology, Sunita is a Registered Clinical Social Worker (RCSW) and Registered Clinical Counsellor (RCC). Her multifaceted background in social work has taught her to view clients through a wider psychosocial lens, recognizing the complex interplay between individual and systemic factors. As a clinical counsellor, she has sharpened her expertise in assessment, case formulation, and treatment planning. Sunita's therapeutic repertoire includes CBT, DBT, EFFT, EMDR, IPT, Solution Focused Therapy, and Psychodynamic Psychotherapy. In addressing couples' relational issues, she relies on the Gottman method of relationship therapy, while utilizing Adlerian and Family Systems approaches for family therapy and parent consultations.

Sunita is a staunch advocate for the necessity of support for clinicians as they navigate complex client situations and personal barriers to growth. For over twenty years, she has provided supervision to graduate students in Social Work, Counselling Psychology Programs, doctoral candidates and psychiatry residents. Furthermore, Sunita has held the position of Clinical Instructor in the Faculty of Medicine, Department of Psychiatry at the University of British Columbia, where she has trained, supervised, and mentored psychiatry residents in both family therapy clinics and inpatient/outpatient psychiatric departments at tertiary-level institutions. Driven by her passion for mentoring therapists, new clinicians, and students in either individual or small group contexts, Sunita has completed specialized training in clinical supervision, offering case consultation and unwavering support. Her supervisory approach emphasizes the refinement of assessment and treatment techniques, management of transference and countertransference, and the development of reflective practice. Sunita's style is characterized by its directness, collaboration, and empowering nature.

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote
- In-Person

