



# Tamara Knott RCC-ACS

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I use an eclectic model of supervision since I supervise counsellors with a variety of approaches and very diverse client populations (similar to an EAP setting). However, the general frameworks that I tend to rely on most include Solution Focused, CBT, ACT, and Family Systems. The client concerns that I am most well versed in include relationship (intimate, pre-marital, separation/divorce, co-parenting, work, or friendship), and family concerns, with side specialties in narcissistic abuse or a partner with a neurodiversity, anxiety, depression, self-esteem, stress, and life or work transitions.

I prefer a collaborative and experiential method of supervision to guide reflections and alternate intervention considerations. I consider it important to include pieces of self-reflection around how the counsellor is personally/emotionally responding to the current work/client, and how that manifests in the counselling setting. I place priority on the safety of the supervision space and respect for potential vulnerability. I look forward to meeting you!

## Area of Supervision:

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

## Type of Services

- Telephone
- Online/Remote

