



(Althea)
"Thea"
Megas
RCC-ACS

Phone Number:

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Coquitlam

Website:

kaydahealth.ca

TLDR; For case consultation, supervision, or insight into running a private or group practice, with an RCC-ACS who says what is needed and true in a kind way, you are invited to contact me.

WHY I AM AN ACS: The good and important work we do as counsellors is hard and sometimes lonely work; it is hard to see, to feel, to plan, to explain, to explore, and it can feel, especially in private practice, isolating or unsupported. This is true, even when it is good and we feel called to it, or love it, or can see how it changes lives. This is why I deeply value clinical supervision and consultation: Our work significantly benefits from, and can be better sustained, through connection and care for ourselves and by utilizing constructs such as clinical supervision/ consultation to explore where we are stuck, where we can find space, and where we are thriving. (Don't leave home without it, as they say.)

HOW I WORK: I value empathy, integrity, directness, laughter, compassion, growth, and connection. I use questions and curiosity to help explore and expand. I share resources and research to enhance expertise and skills. I bring people back to ethical decision making and explore biases, assumptions, and values that are transferring into the work. I reorient clinicians back to treatment goals and what matters to the client. If you can imagine having kind, compassionate, and grounding supervision or consultation to help you grow and develop, I am here for you, tears and laughter are welcome here, and I am excited for you.

WHO I AM: I am an RCC in private practice (2017) and small clinic owner (2022). I focus largely on women's burnout, ADHD & ND, and workplace mental health in my practice, and historically I focused on high-trauma (highly oppressed & marginalized) children, youth, and family services. I have a 20 year history of therapeutic work with non profit social services and the corporate world on the front line, leadership, educational, and consulting roles. I am trained in EMDR, Flash, CBT, CPT, DBT, ACT, Polyvagal, Gottman Level 2, Leadership, Clinical Supervision, Management, and more.

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

