



Theresa Thomas RCC-ACS

Phone Number:

604-493-2044

Business City:

Vancouver, North
Vancouver, Burnaby

Website:

www.inpowercounselling.com

I am committed to helping people achieve freedom from systemic and societal oppression in every capacity. Since moving to Vancouver in 2012 I have been focused on learning the origins and impacts of trauma. My therapeutic focus is on trauma intervention, freedom from abuse, substance misuse, and achieving empowerment using largely narrative therapeutic techniques. As a student I experienced the gamut of supervision experiences from difficult and traumatizing to healing, restorative, and inspiring. It is my joy to create safe spaces for new and developing therapists to master their craft and expand their ability and skills. I would love to support you on your journey to growing as a clinical counsellor.

We may be a good fit as supervisor and supervisee if you ...

- Are clear with your needs and what you are seeking from supervision
- Respond well to clear and direct feedback
- See feedback as an opportunity to grow instead of an assessment of judgement or criticism
- Don't want to be told "the right way" to do something, but are seeking support discovering your own way forward
- Are seeking to build your skill set with...
- Trauma therapy and clients with complex trauma histories
- Clients with addiction histories and relationships with substances
- Clients with various normalities and diverge neurologically
- De-Colonization and Anti-Opressive practices
- Racism and Ableism in all its forms
- Understanding power & control dynamics within relationships
- Sexuality and sexual trauma work with clients
- Facilitation of group therapy and creating safety in group spaces

Area of Supervision:

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

Type of Services

- Telephone
- Online/Remote
- In-Person

