



Tracey Dickie RCC-ACS

Phone Number:

604-308-8796

Business City:

White Rock, Surrey,
Langley

I have practiced as a Registered Clinical Counsellor for over 20 years in the White Rock/South Surrey area and for the past 5 years I have focused the majority of my time working in Mental Health Services at WorkSafeBC. I am passionate about the psychological health and wellbeing of all people and believe the starting point is having a safe place where you feel seen and understood, whether you are a client or a supervisee. The foundation of my work as a therapist and supervisor is rooted in trauma-informed practice and an attachment framework. Theoretically, I draw from Attachment Theory, Internal Family Systems, Emotionally Focused Therapy for Couples and Individuals, with room always for a little Cognitive Behavioral Therapy.

I believe in the value of supervision and see it as essential for the well-being of both the client and the therapist. As such, I have always participated in various combinations of individual, group and peer supervision. As a supervisor, I work from a collaborative approach, exploring both the person of the therapist and the person of the client.

Over the years I have specialized in working with mood disorder, personality disorders, eating disorders, marriage and infidelity and identity development.

I bring my whole self to my work, regardless of the role I am fulfilling and as such you are likely to experience authenticity, compassion, insight, humour and an honest 'I don't have the answer' at times.

Area of Supervision:

- Clinical Supervision
- Clinical Consultation
- Peer Consultation

Type of Services

- Online/Remote
- In-Person

