



Monthly Clinical Consultation Group

Seasons Within | Fall/Winter Series

A small virtual space for thoughtful clinical conversation, reflection, and connection.

I'm offering a small virtual clinical consultation group for counsellors who want a supportive, thoughtful place to slow down, think alongside other clinicians, and explore the parts of clinical work that don't always have straightforward answers.

I'll facilitate a group of 6-8 counsellors for case consultation, professional reflection, shared learning, and connection. My hope is to create a space where you can bring both what you know and what you're still figuring out.

MONDAYS 9:30-11:00 am PST		VIRTUAL 90-minute sessions		\$70 / SESSION 6-8 participants	
October 5		November 2		December 7	
				January 4*	

*An alternate January date may be offered around the holiday period.

Each session stands on its own, although I encourage regular attendance. Familiarity and trust can create more room for honest conversation, vulnerability, and meaningful consultation over time.

What might our time together look like?

Check-in & agenda setting	We'll begin by checking in and identifying the cases, questions, dilemmas, or themes people would like to bring forward.
Case consultation & reflection	Most of our time will be spent thinking together about case conceptualization, clinical decision-making, ethics, boundaries, countertransference, therapist reactions, attachment and relational dynamics, professional identity, or simply feeling stuck.
Open discussion & shared learning	I'll leave room for broader clinical conversations, resources, emerging themes, and questions that may not fit neatly into a case presentation.
Check-out	We'll finish with a brief reflection on what you're taking from the conversation or what you might want to continue exploring.

You don't need to arrive with a perfectly formulated case presentation. The unfinished, uncertain, and "I'm not quite sure what to do with this" parts of the work are welcome here.



Who is this group for?

I welcome counsellors at different stages of practice - from newer clinicians developing their clinical voice to experienced practitioners wanting an ongoing space for consultation and connection. You do not need to work from the same theoretical orientation I do; I value the different perspectives that clinicians bring to the room.

I am based in British Columbia and practise as a Registered Clinical Counsellor (RCC) and Certified Clinical Supervisor (CCS). Counsellors from other Canadian provinces are welcome to inquire about joining the group. Because professional titles, scopes of practice, consultation requirements, and ethical standards can differ across jurisdictions, participants are responsible for confirming that participation in this consultation group is consistent with the requirements of their own regulatory body or professional association.

What might we explore?

• Case conceptualization & treatment direction	• Ethical questions & clinical decision-making
• Countertransference & therapist reactions	• Boundaries & therapeutic relationships
• Attachment & relational dynamics	• Trauma- and nervous-system-informed practice
• Somatic & experiential perspectives	• Professional identity & development
• Burnout, capacity & sustainability	• The moments where you simply feel stuck

A little about me

Alexandra Collins, MA, RCC, CCS

I'm a clinical counsellor and founder of [Seasons Within](#). My work is trauma-informed, relational, attachment-focused, and integrative, drawing from somatic, experiential, solution-focused, and nature-based approaches. I work with adults, youth, families, first responders, and people navigating trauma and high-stress experiences.

In consultation, I tend to emphasize curiosity, ethical decision-making, case conceptualization, countertransference, and person-of-the-therapist reflection. I believe some of the richest conversations happen when we can bring the uncertain and less-polished parts of our work without shame or judgment.

A Note About Clinical Consultation

This group is clinical consultation rather than formal clinical supervision. Participation does not include evaluation or sign-off of clinical hours. Each participant remains responsible for their own clinical and ethical decision-making, including determining whether this group meets any professional, regulatory, or jurisdictional requirements that apply to their practice. Confidentiality and protection of client privacy are expected in all case discussions.

Alexandra Collins, MA, RCC, CCS
British Columbia | Virtual | Mondays, 9:30-11:00 am PST
\$70/session | 6-8 participants

Interested? connect@seasonswithin.ca
seasonswithin.ca