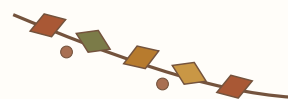


Clinical Consultation Group

Fall/Winter Trial Series



A collaborative space for the parts of clinical work that don't always have easy answers.

We're offering a small virtual clinical consultation group for counsellors who want a supportive, thoughtful space to explore cases, clinical decision-making, ethical questions, countertransference, boundaries, and the moments in this work that leave us feeling a little stuck.

Facilitated by Alexandra Collins & Stephanie Thiessen, two clinical counsellors bringing different clinical experiences, perspectives, and approaches to the conversation.

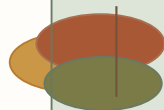
MONDAYS 10:00 am-12:00 pm PST	VIRTUAL Fall/Winter 2026-27	\$95 / SESSION 8-10 participants
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October 19	November 16	December 21	January 18
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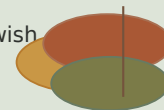
Participants are asked to commit to at least 3 of the 4 sessions to support continuity, trust, and connection. A minimum of 6 registered participants is required for the group to proceed. This four-session series is a trial; with enough ongoing interest, we hope to continue monthly.

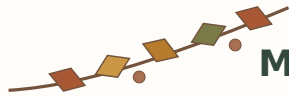
What might a morning look like?

Check-in & settling in	A brief opening round and space to arrive.
Collaborative agenda-setting	Together, we'll identify cases, questions, themes, or clinical dilemmas and decide where to focus our time.
Case consultation & discussion	Case conceptualization, clinical decision-making, ethics, boundaries, countertransference, therapist reactions, therapeutic relationships, professional identity, stuck points, and the question: What am I missing here?
Open discussion & shared learning	Space for broader clinical topics, shared resources, different theoretical perspectives, and themes that emerge.
Check-out	A brief closing reflection on what you're taking away or may want to return to next time.

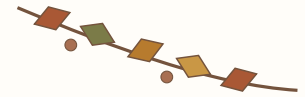


You don't need a perfectly formulated case presentation.
Come as you are - with the polished cases, the messy ones, the moments you wish you'd handled differently, the reactions you're trying to understand, and the questions you're still figuring out.



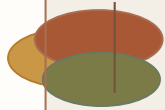


Meet Your Facilitators

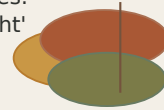


Alexandra Collins, MA, RCC, CCS	Stephanie Thiessen, MA, LMHC, CCC
Alexandra is a clinical counsellor and founder of <u>Seasons Within</u>. Her work is trauma-informed, relational, attachment-focused, and integrative, drawing from somatic, experiential, solution-focused, and nature-based approaches. She works with adults, youth, families, first responders, and people navigating trauma and high-stress experiences. Her consultation approach emphasizes curiosity, ethical decision-making, case conceptualization, countertransference, and person-of-the-therapist reflection, with room for the uncertain and less-polished parts of clinical work.	Stephanie is a clinical counsellor and founder of <u>Live Authentically Counseling</u>. Her work is trauma-informed, emotionally focused, compassion-centred, and neurodivergent-affirming, with an emphasis on attachment and relationship. She brings experience from Emotionally Focused Individual Therapy, Emotion Focused Family Therapy, OEI, shame resilience, self-compassion, and neurodivergent-affirming practice. Her consultation style is warm, collaborative, and curious.

Two facilitators, different lenses



Together, Alexandra and Stephanie bring complementary clinical perspectives. Rather than approaching cases from a single modality or looking for one 'right' intervention, the group makes room for multiple perspectives, thoughtful questions, clinical curiosity, and honest conversation.



A space to bring both what you know and what you're still figuring out.

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, and each clinician remains responsible for their own clinical and ethical decision-making. Confidentiality and protection of client privacy are expected in all case discussions.

Alexandra Collins & Stephanie Thiessen
Virtual | Mondays, 10:00 am-12:00 pm PST
\$95/session | Commitment to at least 3 of 4 sessions
8-10 participants | Minimum 6 required to proceed

Interested? connect@seasonswithin.ca