



Winter 2024 Supervision Containers

2-part Virtual Supervision Containers
Hosted by Cassandra Millen MSW, RSW
Certified EFFT Therapist
Trauma Trained

Approved Supervisor with CRPO

Working with Shame and Self-Blame

January 26 and February 23 2023 * 9:30am - 11am (ET) * \$100CAD

Focused on supporting clients to work through difficult shame and self-blame including feelings of not being "good enough", this container includes a blend of skills and strategies as well as case consultation.

Working with Intense Emotions in Session

February 14 and February 26 2024 * 2pm-3:30pm (ET) * \$100CAD

Drawing from somatic work and emotion theory, this container aims to support you in building skill and confidence in emotion differentiation and working with clients through intense emotional experiences (anger, fear, sadness, hopelessness) and manifestations. Case consultation available within container.

To register or for more information:
Contact Cassandra@firstlighttherapy.ca

