



Nicole Crouch

Clinical Counsellor



Services I can offer to your Family & Community include:

One To One

- Therapeutic counselling support for Children and Youth
- Counselling for Adults, including Art Therapy and Parent Coaching
- Arts-based Experiential Therapies, including Sensorimotor Art Therapy, Mindfulness-based Art Therapy, Clay Field Therapy and Nature-based art therapy
- Indigenous-focused Cognitive Behavioural Therapy and Dialectical Behavioural therapy (arts-based options available)
- EMDR and Attachment-focused EMDR

Groups

- Mindfulness-based art groups
- Creative process family strengthening/team building
- Mental wellness-themed art therapy
- Arts-based dyads (2 people, usually parent-child)
- Arts-based solutions-focused family and/or group work

Communities Served

Huu-ay-aht, Ditidaht, Uchucklesaht, Tseshaht, Hupačasath

Contact Information

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Training Experience

- Clay field therapy (2025)
- Attachment Focused EMDR (2023)
- Sensorimotor Art Therapy (2022)
- Sensorimotor Psychotherapy (2021)
- Psychedelic Art Psychotherapy (2017)
- Mindfulness-based Art Therapy (2016)
- Master of Arts in Creative Arts Therapies (2014)