



Tehani Burnett, Registered Clinical Social Worker

www.clarity3.weebly.com/

Phone: (250) 667-5617

Location: Port Alberni

Area of Specialty: anxiety, depression, grief & loss, relationship challenges, child and youth mental health

Treatment Modalities: CBT, solution-focused; Gottman method couples counsellor; Art Therapy

Client Age Ranges: teens to elders

Telehealth Only

Waitlist: 2-4 weeks



Arianna Clarke-Watts, Registered Clinical Counsellor

www.acwcounselling.com

Phone: (250) 334-6841

Location: Port Alberni, Courtenay

Area of Specialty: trauma, grief, transitions, spiritual discovery

Treatment Modalities: Internal Family Systems therapy, EMDR, mindfulness-based approaches and client centered.

Client Age Ranges: 17+

Telehealth: yes

Availability: Available in-person on Wednesdays and via phone/video Tuesday through to Friday.



Heather Hurst Counselling, Heather Hurst, MA, RCC

Email: heatherhurstcounselling@gmail.com

Phone: (250) 668-9945 **Website:** heatherhurstcounselling.com

Location: Nanaimo

Heather Hurst is an Indigenous Registered Clinical Counsellor (RCC) who offers culturally safe, trauma-informed support grounded in traditional healing practices. She works with individuals, couples, and families on issues such as trauma, grief and loss, anxiety, depression, cultural identity, and wellness. Heather brings compassionate care to residential school and Sixties Scoop survivors, MMIWG families, and those seeking reconnection with culture and community. Her approach blends Indigenous knowledge, land-based practices, and holistic counselling to support healing of the mind, body, spirit, and heart.

Treatment Modalities: Somatic therapy, Narrative therapy (Storytelling), Solution-focused therapy, Strength-based therapy, Mindfulness therapy, Land-based therapy, Hands-on energy healing, EFTapping/EMDR in training

Client Age Ranges: Ages 5 and up.

Telehealth: Adults telehealth. Children & youth in person only.

Availability: No waitlist



James Cowan, Registered Clinical Counsellor

info@talltreecounselling.com

Phone: (250) 735-8822

Location: Port Alberni

Area of Specialty: Children and Adolescence Development and Cognition. People with Disabilities. Substance use, misuse, and abuse. Violence and Abuse. Intergenerational Trauma. Grief and loss

Treatment Modalities: Brief Therapy Models; Cognitive Behavioral Therapy; Solution Focused Therapy; Psycho-education. Play Therapy for children.

Client Age Ranges: I am a child focused practice and I will begin to assess working with children as young as 4 and I typically work with adolescents and young adults. However, I am still a generalist practice and I will work with adults of any age.

Availability: Upon receiving a request for service it can take between 2 - 6 months before I am able to intake that person.

I currently operate my clinic Monday to Wednesday with 3pm, 4pm, and 5pm appointments and Thursday and Friday with 1pm, 2pm, 4pm, and 5pm appointments

Treatment delivery: Able to provide face to face, digital (zoom), and telephone sessions to clients. I also have access to a group room for family or group sessions.



Shay Bordeleau, Registered Clinical Counsellor

shay@seasidecounselling.ca

Phone: (587) 210-2439

Location: Port Alberni

Area of Specialty: Grief and loss, perinatal mental health, trauma, relationship struggles, anxiety, depression, first responders

Treatment Modalities: Emotion-Focused Therapy, Somatic Therapy, Narrative Therapy, Gottman Method for Couples, Internal Family Systems/Parts Work

Client Age Ranges: Individual adults 18+ and couples

Telehealth: Yes, and in-person

Availability: Currently accepting new clients



Lindy Devine, Registered Clinical Counsellor

www.lindydevinecounselling.com

Phone: (250) 668-4315

Location: Nanaimo

Area of Specialty: trauma and addictions

Treatment Modalities: Somatic therapy, CBT

Client Age Ranges: adult

Telehealth: yes

Availability: taking on new clients



Daniel Ducheck, Registered Clinical Counsellor

www.bcacc.ca/counsellors/daniel-ducheck

Phone: (778) 716-7040

Location: Port Alberni

Area of Specialty: Anxiety, Depression, Trauma

Treatment Modalities: Creative Art Therapy, Drama Therapy, Play Therapy, Somatic

Client Age Ranges: Children, Adolescent, Adult

Telehealth: Online 'zoom' sessions available

Availability: some openings available (please contact)



Hweqwunaat (Sandra Karlsen), Registered Social Worker

Phone: (250) 735-8140

Location: Port Alberni

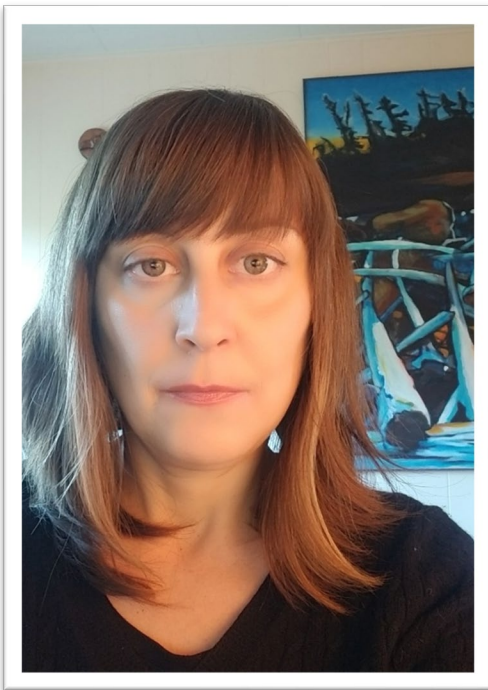
Area of Specialty:

Treatment Modalities: trauma informed counselling, utilizing CBT, Narrative Therapy & Solution Focused Therapy

Client Age Ranges: young adults & adults

Telehealth: able to provide in person and virtual services. I also able to provide walking and talking sessions.

Availability: one month wait list at this time



Johanne Saraceno, Registered Clinical Counsellor

www.jsaracenorcc.ca

Phone: (250) 816-0924

Location: Port Alberni, Nanaimo, and West Coast

Area of Specialty: Interpersonal trauma, sexual abuse, healthy relationships, gender identity and expression, sexuality

Anxiety, depression and healthy coping.

Treatment Modalities: Somatic-focused mindfulness, EMDR, DBT, CBT, relational, polyvagal and attachment informed trauma therapy

Client Age Ranges: 10 years and older

Telehealth: yes, video and phone offered

Availability: Approx. 3 weeks waitlist



Amber Severinson, Registered Social Worker
Huu-Miis & Tuhmapt Counselling Services

www.htcounselling.janeapp.com Email: htcounselling@pm.me

Phone: (236) 544-0464

Location: Port Alberni

Area of Specialty: Trauma

Treatment Modalities: Offering trauma therapy using somatic based methods as well as EMDR and ego-state therapy. Whether this is your first time in counselling or you are re-entering counselling and are ready to take a deep dive, I can help you meet your healing journey goals. In person & virtual appointments are Mon, Thurs, Fri. Book directly online at htcounselling.janeapp.com

FB@indigenousRsw or Instagram@huumiistuhmapt

Client Age Ranges: 18 to Elders

Telehealth: yes

Availability: No waitlist currently **Hours:** Thurs-Tues

Deborah Weis, Registered Clinical Counsellor

Phone: (250) 731-8144

Location: Port Alberni

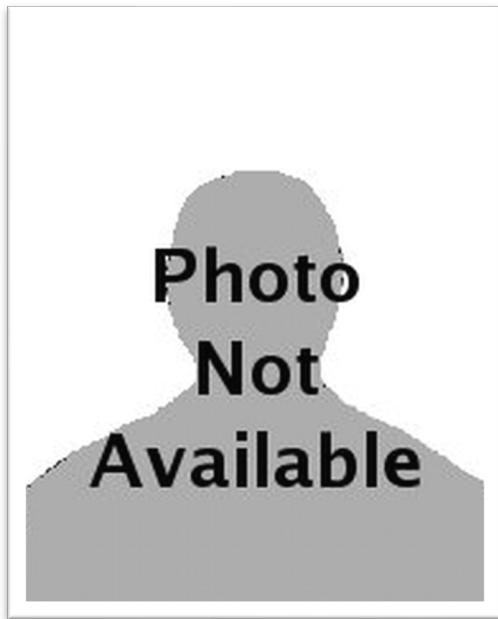
Area of Specialty: Grief/loss/bereavement, Perinatal Mood Disorders, Perinatal Grief and Loss, Parental Mental Health, Infant Mental Health, Child Sexual Abuse and Child Trauma, Highly Sensitive People (HSP's)

Treatment Modalities: Talk Therapies (humanistic), Sand Tray, SandStory, Expressive Thearpies, Outdoor Play Therapy, Theraplay, Echotherapy, TFCBT, CBT, IFS (Informed), Circle of Security

Client Age Ranges: Children (3-10 years), Adults (19-100 years)

Telehealth: Not available

Availability: Not accepting clients at this time.





Rod Chant, Registered Clinical Counsellor

www.rodchantcounselling.com

Phone: 250-202-0891

Location: 626 11th Ave. Suite B, Campbell River

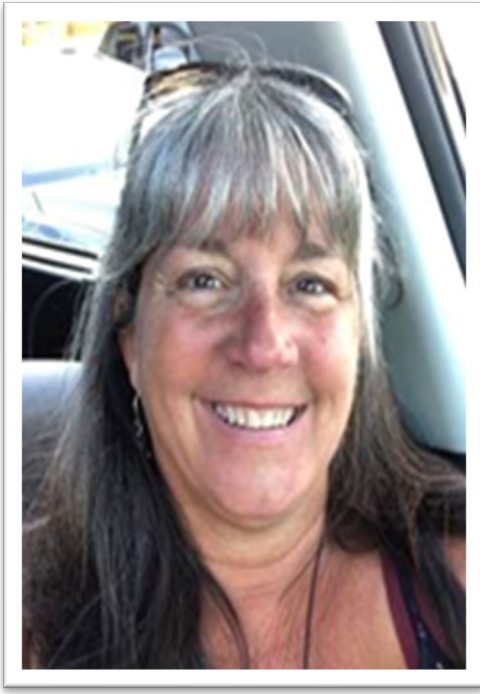
Area of Specialty: General Family Practice: domestic violence, victims of violence, residential school survivors, anxiety, depression, couples, grief and loss, family conflict, stress related, chronic and critical health, addictions (all kinds), anger management

Treatment Modalities: Family Systems, cognitive Behavioural, Dialectic, Acceptance and Commitment

Client Age Ranges: 12 years and up

Telehealth: yes

Availability: No waitlist



Tammy Collard, Registered Social Worker

www.introspeconsulting.com

Phone: (250) 202-8264

Location: Campbell River

Area of Specialty: Indigenous inter-generational trauma, childhood emotional trauma, re-aligning distorted cognitive and perceptual patterns, conflict resolution/relationship re-building, effective/safe communication skill building.

Treatment Modalities: Clinical Hypnotherapy, IFS-(Internal Family Systems), Trauma resolution, CBT, DBT, narrative (NET), neuroscience (PE), conflict resolution – committed to working with clients in a way that best fits their needs and emotional comfort level. Strong focus on trauma informed practice

Client Age Ranges: 16+ years and older

Telehealth: YES – video and telephone

Availability: Always changing – I generally try to remain open to speaking with clients to determine the 'fit' as well as explore my availability for their needs in the moment



Gary Hartford, Registered Clinical Counsellor

www.garyhartford.com

Phone: (250) 203-7898

Location: Campbell River

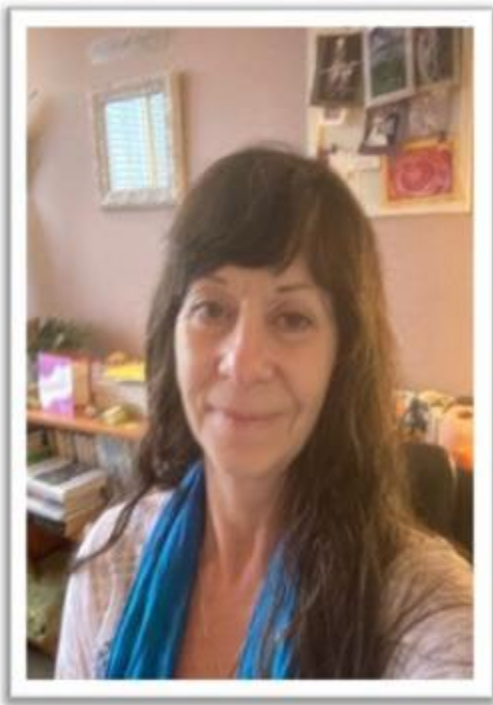
Area of Specialty: generalist with a background in youth and family addiction

Treatment Modalities: Narrative Therapy, CBT

Client Age Ranges: 12+

Telehealth: yes

Availability: accepting new clients



Cheryl Adams Counselling and Psychotherapy, RCC

Website: www.cheryladams.ca

Email: chera@shaw.ca AND cheryl@cheryladams.ca.

Phone: (250) 818-3763.

Location: 550-2950 Douglas St. Victoria, BC V8T 4N4.

Area of Specialty: Anxiety, Depression, Mental Health challenges, Anger Management, Relational Violence (perpetrator and/or victimized individual), Adult Children of Alcoholics/Addicts, Addictions Recovery personal work (not active addictions), Self-Esteem/worth, Spirituality/Thriving.

Treatment Modalities: Individual therapy, Somatic Therapy, Cognitive Behaviour Therapy, Anger Management, Relationship Challenges, Anxiety, Depression, Trauma, Grief, Mindfulness, Recovery from Addiction (not active addiction).

Client Age Ranges: Mature teens (17+) to adults. NOTE: the office is not accessible for people with mobility challenges. There is a very long staircase at the entrance.

Telehealth: telehealth and video sessions available.



Amanda Sawatzky, Canadian Certified Counsellor

www.amandasawatzky.wordpress.com

Phone: (250) 732-2227

Location: Lake Cowichan

Area of Specialty: anxiety, depression, and trauma including sexual trauma

Treatment Modalities: Somatic experiencing, narrative, CBT

Client Age Ranges: 10-99

Telehealth: yes

Availability: Generally within 2 weeks



Ron Jorgenson, Registered Clinical Counsellor

Phone: (250) 737-5143 OR message 250-731-8290

Location: 5230 Koksilah Rd., Duncan

Area of Specialty: Trauma; Depression; Grief; Communication and Conflict; Anxiety; Individual; Couples

Treatment Modalities: CBT; SFBT; Neurofeedback; Psycho-Educational; Rogerian

Client Age Ranges: 18-90. Takes on teens case-by-case

Telehealth: Available

Availability: Usually within one week



Bronwen Rutter, Registered Clinical Counsellor

www.liferestorationcounselling.com

Phone: (250) 210-8936 (text or voice)

Location: Duncan & Parksville

Area of Specialty: Trauma, addictions, Couples counselling, Grief and Loss, Relationship counselling, Family of Origin work, Residential School trauma and generational effects

Treatment Modalities: Somatic psychotherapy, Family Systems Therapy, Developmental Model for Couples, Solution-Focused

Client Age Ranges: Adults

Telehealth: Online via zoom, and in-person counselling available

Availability: Usually within 2 weeks



Martine Charles, Registered Clinical Counsellor

Phone: (250) 740-0244

Location: Nanaimo

Area of Specialty: I work extensively with childhood trauma, PTSD/C-PTSD, depression and anxiety, and grief.

Treatment Modalities: I take an integrative approach using modalities that are suited for each individual client. This includes a holistic perspective honouring the emotions, thoughts/beliefs, body and spirit. Cognitive work is sometimes useful as is emotion focused work, and EMDR.

Client Age Ranges: 18 to elders

Telehealth: Currently only doing secure video or telephone sessions

Availability: usually within two weeks



Michelle Gilligan, Registered Clinical Counsellor

www.bridgescounselling.com

Phone: (250) 797-5358

Location: Nanaimo

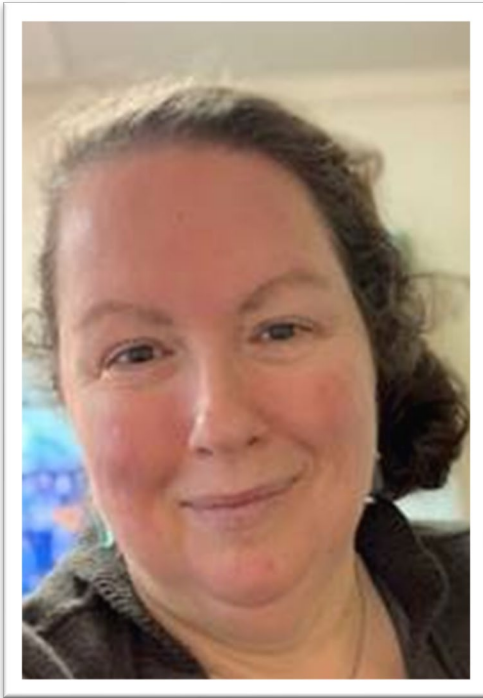
Area of Specialty: anxiety and trauma

Treatment Modalities: individual therapy - attachment-based, self-compassion, somatic, trauma-informed

Client Age Ranges: 17 and up

Telehealth: yes

Availability: currently about 2 weeks



Shelley Iberg, Registered Clinical Counsellor (PhD)

Phone: (250) 739-0953

Location: Nanaimo

Area of Specialty: substance, transition, depression, anxiety, couples, mental health, medical issues, diverse background of specialties

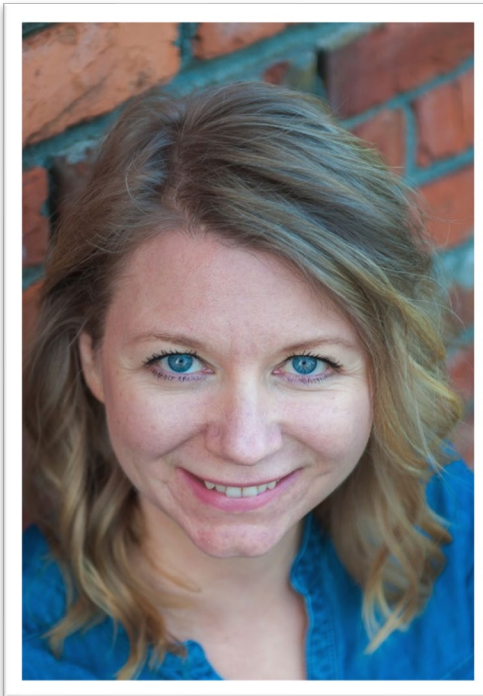
Treatment Modalities: She is certified in Brainspotting which is a trauma-informed practice, Therapist, Sand Tray Therapy, Satir Systemic Transformational Therapy, Solution Focussed

Client Age Ranges: 5 - 95

Telehealth: as well as zoom and in person

Availability: accepting clients 2-3 week wait. Only evening sessions a few days per week.

Dr. Shelley Iberg M.A., RCC, is a Registered Clinical Counsellor since 2004, with a 35-year career in mental health and wellness. She completed her Ph.D. in Spirituality in 2020. She has a lifelong passion in spirit and nature. She loves working with people and honouring their spirit. She lives on Vancouver Island with her husband and dog Brodie and cat Lexi. She grew up on a dairy farm on Langley. She has a private practice in her home and works with Island Health. She has a background in Recreation Therapy. She believes in people's strengths and passions. She understands how hard it is to do personal work and honours the courage it takes to move in a



Paula Johnson, Registered Clinical Counsellor

www.pauladjohnson.com

Phone: (250) 713-4708

Location: Nanaimo

Area of Specialty: trauma resolution, attachment trauma, grief, depression, anxiety, healing intergenerational trauma

Treatment Modalities: EMDR, EFT, CBT, solution focused, somatic, family of origin, breathe and meditation, supportive counselling

Client Age Ranges: teens - up

Telehealth: yes

Availability: within a week



John Taylor, Registered Clinical Counsellor

www.izumiththerapy.com

Phone: (250) 618-0216

Location: Nanaimo

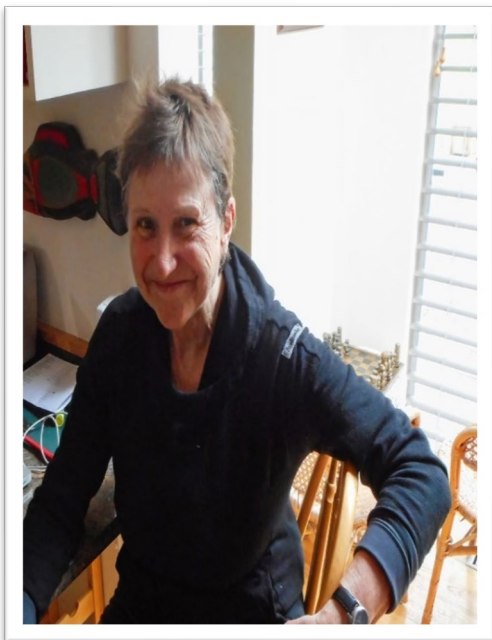
Area of Specialty: Sex therapy, anxiety, depression, grief

Treatment Modalities: Trauma therapy, Cognitive Behavioral Therapy, solution Focused therapy

Client Age Ranges: Ages 20 plus

Telehealth: yes, zoom and telehealth

Availability: Waitlist depends, usually about 2 weeks



Jenifer Wilson, Registered Clinical Social Worker

Phone: (778) 269-5945

Location: Nanaimo

Area of Specialty: Many areas of specialty (I have practiced for 35 years): Depression, Anxiety, Relationship Issues, Eating Disorders, Personal Growth, Communications challenges, etc.

Treatment Modalities: (depend on Client's presenting issues): Cognitive Behavioural Therapy and Narrative Therapy.

Client Age Ranges: all ages (children and seniors included)

Telehealth: yes

Availability: approximately one month's wait



Marie Jose Dhaese, Registered Clinical Counsellor (PhD)

www.centreforexpressivetherapy.com

Phone: (250) 248-1290

Location: Parksville

Area of Specialty: Loss, trauma, and working with children in foster care

Treatment Modalities: Holistic Expressive Therapy

Client Age Ranges: 3-90+

Telehealth: available

Availability: office hours Thurs-Sun. Wait time is approximately 3-4 months



Stephanie Peter, Registered Clinical Counsellor

www.spetercounselling.ca

Phone: (250) 937-1223

Location: Parksville

Area of Specialty: Trauma, Anxiety, Depression, Chronic Illness

Treatment Modalities: Somatic Experiencing for trauma

Client Age Ranges: 18+

Telehealth: Yes, as well as in-person sessions

Availability: within 3 weeks



Allison Reeves, Registered Clinical Counsellor

m.allisonreeves@gmail.com

Phone: (250) 927-6548

Location: Parksville

Area of Specialty: PTSD (EMDR), family caregiving, and living better with chronic physical illness.

Treatment Modalities: talk therapy and EMDR (since 1998)

Client Age Ranges: adult

Telehealth: All counselling is done via Telehealth and as a last resort, landline.

Availability: I strive to accept clients right away however I am very busy.



Shelley Behr, Registered Social Worker

www.shelleybehr.ca

Phone: (604) 866-5949

Location: Richmond

Area of Specialty: trauma, anxiety, depression, addiction, anger management, residential historical abuse issues, relationship issues

Treatment Modalities: family systems approach, cognitive behavioural, Emotion focused therapy

Client Age Ranges: 10-80 years

Telehealth: yes

Availability: no waitlist



Bill Arbuckle, Registered Clinical Counsellor

www.hardroadcounselling.com

Phone: (604) 218-9351

Location: Vancouver

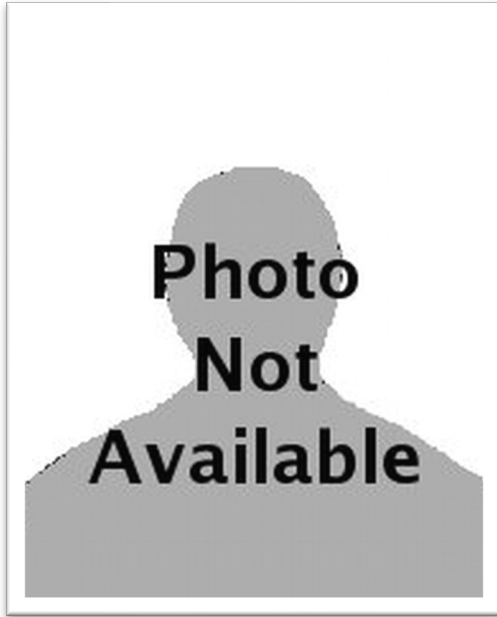
Area of Specialty: addictions (mainly substance addictions).

Treatment Modalities: Person-Centered Therapy (PCT), Accelerated Experiential Dynamic Psychotherapy (AEDP), trained in Eye-Movement Desensitisation and Reprocessing (EMDR) and Traumatic Incident Reduction (TIR). I also offer some tools/strategies from Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT).

Client Age Ranges: Adults - so 19+

Telehealth: Absolutely - 100% of everything I do is online

Availability: No formal waitlist as of right now.



Catherine Fallis, Registered Clinical Counsellor (PhD)

chockfall@shaw.ca

Phone: (604) 255-4843

Location: Vancouver

Area of Specialty: trauma, loss and grief, chronic illness, spiritual issues

Treatment Modalities:

Client Age Ranges:

Telehealth: yes

Availability:



Jill Davoren, Registered Clinical Social Worker & RCC

www.thecounsellingcollective.ca Best to book online through website

Phone: (250) 415-7575

Location: Victoria

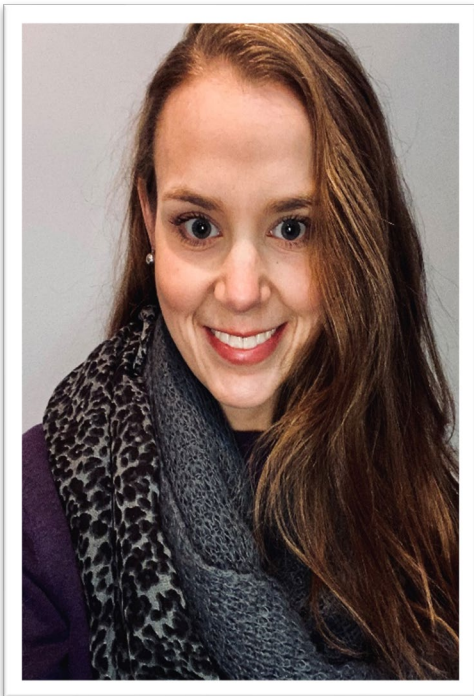
Area of Specialty: Perinatal loss, grief and loss, transition, compassion resilience

Treatment Modalities: Strengths based, trauma informed, culturally aware. I have psychodynamic training and meet people where they are to support them on a journey to increased health and wellness. I use techniques from Bowen Family Systems theory, CBT and Facing Forward Compassion Resilience. I have over 30 years of working with children, youth, families and couples.

Client Age Ranges: Youth 7 and up/mostly adults

Telehealth: Mainly in person(Victoria), but telehealth available also

Availability: 1-2 weeks – if flexible, same week



Dr. Katie Elmhurst, DSW, Registered Clinical Counsellor

www.thebuddingelm.com

Phone: (250) 208-6949

Location: Victoria

Area of Specialty: depression, anxiety, PTSD, complex trauma, eating disorders, borderline personality disorder, life transition

Treatment Modalities: Cognitive Behaviour therapy, Dialectical Behaviour therapy, Family Systems therapy, Narrative therapy, Trauma-informed Cognitive Behaviour therapy

Client Age Ranges: 14+

Telehealth: Yes

Availability: currently have availability



John Hayashi, Registered Clinical Counsellor

www.origincounselling.com

Phone: (250) 818-1228 (phone or text message)

Location: Victoria

Area of Specialty: Domestic violence, Addictions, Parenting, Trauma

Treatment Modalities: have included expressive therapies, client centered approach, solution focused & family systems

Client Age Ranges: 13 years to 90 years

Telehealth: Yes

Availability: waitlist varies but usually no more than 1-2 weeks. Currently work in office Wednesday, Thursday, and Friday. I conduct some phone sessions on Saturday mornings.



Charlotte King-Harris, Registered Clinical Counsellor

www.vicyfcs.com

Phone: (250) 812-7829

Location: Victoria

Area of Specialty:

Treatment Modalities: Mindfulness-based, trauma-informed, neuroaffirming practice

Client Age Ranges: ages 16 & up but specializing in parent support

Telehealth: online only

Availability: 2-3 months



Nancy Kinyewakan, Registered Clinical Counsellor

www.kccshome.wixsite.com/kinyewakanindigenous

Phone: (250) 661-5552

Location: Victoria

Area of Specialty: Trauma, Grief and Loss, PTSD, stress and anxiety, depression, addictions, racism and colonization, systemic racism, employment issues, relationship issues

Treatment Modalities: Individual therapy through Somatic Attachment Trauma Therapy, Solution-Focused Therapy, Narrative Therapy, CBT

Client Age Ranges: Ages 19+

Telehealth: Yes



Margaret Stephens, Registered Clinical Social Worker

www.cfct.ca/margaret-stephens

Phone: (250) 380-9924

Location: Victoria

Area of Specialty:

Treatment Modalities: talk therapy, Somatic Experiencing, EMDR

Client Age Ranges: Women and trauma

Telehealth: yes

Availability: not taking new clients at this time



Maureen French, Registered Clinical Counsellor

www.lifebalancecounselling.com

Phone: (604) 302-5487

Location: Abbotsford & Mission

Area of Specialty: Trauma, play therapy, couples, mental health

Treatment Modalities: Narrative, CBT, Emotional Focused for Couples, EMDR

Client Age Ranges: 0 to 90

Telehealth: telehealth is available.

Availability: waitlist in Mission

Additional Service Providers:

Courtenay, Comox, Cumberland – John Rushforth – (250) 650-6497 – RCC

Cowichan Valley – Dale McIntyre – (778) 767-2393 – RCC

Duncan, Nanaimo, Lake Cowichan, Parksville, Port Alberni – Donna Brown – (250) 210-6744 – RCC

Maple Ridge – Roseanne Timbrell – (604) 442-5550 - RCC

Nanaimo – Janice Bell – (250) 244-2929 – RCC

Nanaimo, Port Alberni – Tessa Brohart – (250) 816-6393 – MA Beh. Sc.

Nanaimo – Alan Caplan – (250) 753-3706 – CCC

Nanaimo - Rebecca Fairweather – (250) 616-2882 – RCC

Nanaimo – Kate Palmer – (250) 754-7703 – RCC

North Saanich – Dr. Bruce Tobin – (250) 652-6425 – RCC

North Vancouver – Angelica Djamtorki – (604) 809-1325 – RCAT

Parksville – Tammy-Lynn Smith – (250) 927-1225 – RSW

Current provider list can be found at: <https://nuuchahnulth.org/services/teechuktl-mental-health>

****Note, please let provider know you are accessing their services via NTC NIMH benefits**

Nuu-chah-nulth NIMH Service Providers August 2026

Port Alberni – June Graham – (250) 723-9777 – RCC

Port Alberni, Tofino, Ucluelet – Margaret Bird – (250) 726-8142 – RCC

Port Alberni – Dea Parsanishi – (250) 735-0942 – CCC

Port Alberni – Louise Tatoosh – (250) 723-1654 – RCC

Qualicum Beach – Dr. Ernest Rivait – (250) 752-8803 – RCC

Sidney – Dr. Bob Carey – (250) 589-0514 - R.PSYCH, PH.D

Sidney – Dr. Ulrike Koechling – (250) 744-0088 - R.PSYCH

Sidney – Sandra Wieland – (250) 589-0571 - R.PSYCH

Tofino – Christine Clarke – (250) 726-3742 – RCC

Tofino - Candice Hague – (250) 883-9669 – M.Ed., RCC

Tofino – Marcel Zobel – (250) 726-4089 – RCC

Tofino– Margaret Bird – (250) 726-8142 – RCC

Ucluelet- Margaret Bird – (250) 726-8142 – RCC

Vancouver – Mercedes Baines – (604) 721-5399 – RCC

Vancouver – Brigitte Clark – (604) 928-5913 – CCC

Vancouver – Barbara Harris – (604) 921-6924 – RSW

Vancouver – Catherine Mahoney – (604) 876-4794 - R.PSYCH, PH.D

Vancouver – Gina Vanderham – (604) 733-7428 - ICADC

Victoria – Sarah Adams – (250) 516-7690 – RCC

Victoria – Michelle Gay – (250) 412-5921 – CCC

Victoria – Ariel Graham – (778) 668-0051 - RCC

Victoria – Linda Jennings – (250) 889-0569 – CCC