



Pamela Ana, Certified Canadian Counsellor

www.wellnessmattersbc.ca

Phone: (778) 419-3300

Location: Port Alberni

Area of Specialty: the aftermath of trauma – self-care strategies

Treatment Modalities: client-centered psychotherapy

Client Age Ranges: all

Telehealth: most appointments by video, limited number of face-to-face appointments available

Availability: no waitlist



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:

Waitlist: 3-6 months

September 2023

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



Tooie Casavant, Canadian Certified Counsellor

Phone: (250) 730-0186

Location: Port Alberni

Area of Specialty: trauma and spiritual healing

Treatment Modalities: Somatic Experience practitioner, clinical hypnotherapy, EMDR, Narrative, hands on healing, Jin Shin Do, etc

Client Age Ranges: children to seniors

Telehealth: yes

Availability: Waitlist 2-3 months



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.

September 2023

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James Cowan, Registered Clinical Counsellor

www.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.



Lindy Devine, Registered Clinical Counsellor

www.lindydevinecounselling.com

Phone: (250) 668-4315

Location: Port Alberni & Nanaimo

Area of Specialty: trauma and addictions

Treatment Modalities: Somatic therapy, CBT

Client Age Ranges: adult

Telehealth: yes

Availability: taking on new clients after Easter

September 2023

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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) 723-8140

Location: Port Alberni

Area of Specialty:

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

Client Age Ranges: young adults & adults

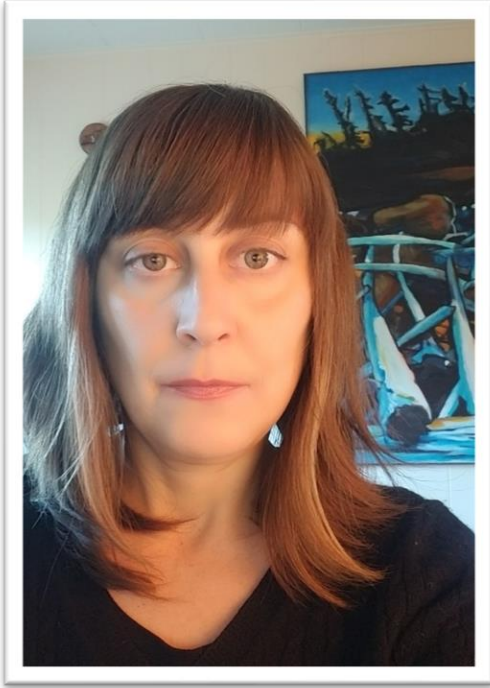
Telehealth: able to provide in person (if individuals provide confirmation of vaccination) and virtual services. I also able to provide walking and talking sessions.

Availability: one month wait list at this time

September 2023

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Johanne Saraceno, Registered Clinical Counsellor

www.healthyrelationshipsbc.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

www.huumiistuhmapt.wordpress.com

Phone: (236) 544-0464

Location: Port Alberni

Area of Specialty: Trauma

Treatment Modalities: Individual

Client Age Ranges: 6 years - adults

Telehealth: yes

Availability: No waitlist currently



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 Therapies, 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: Limited (part-time practice). No waitlist at present.



Rod Chant, Registered Clinical Counsellor

www.rodchantcounselling.com

Phone: 250-202-0891

Location: Campbell River & Courtenay

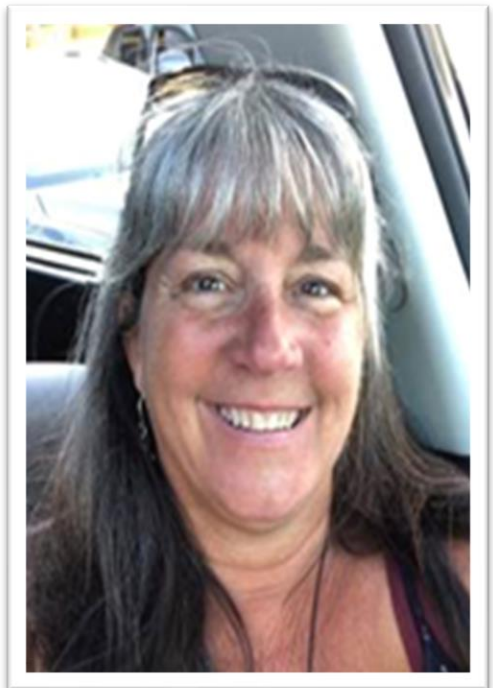
Area of Specialty: General Family Practice: domestic violence, victims of violence, residential school survivors, anxiety, depression, couples, grief and loss, family conflict, stress related, chronic and critical health, addictions (all kinds), anger management

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.introspecconsulting.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: 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: No current availability



Dave Owen, Registered Social Worker

www.strathconacounselling.ca

Phone: (250) 338-0311

Location: Campbell River & Courtenay

Area of Specialty: Addictions, family systems, marital, anxiety, treatment of sex offenders

Treatment Modalities: CBT, Gestalt and many other unnamed techniques including group work

Client Age Ranges: 9 years old and up

Telehealth: phone, video and in person counselling.

Availability: generally, 1 to 2 weeks, Wednesday to Friday



Wendy Tyrer, Registered Clinical Counselor

www.tyrerclinicalcounselling.ca

Phone: (250) 830-3285

Location: Campbell River

Area of Specialty: trauma

Treatment Modalities: Somatic Experiencing/trauma; CBT, Narrative Therapy

Client Age Ranges: 6 years and older

Telehealth: yes (zoom)

Availability: No waitlist



Amanda Sawatzky, Canadian Certified Counsellor

www.amandasawatzky.wordpress.com

Phone: (250) 749-4946

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: General within 2 weeks



Bronwen Rutter, Registered Clinical Counsellor

www.liferestorationcounselling.com

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

Location: Duncan & Parksville

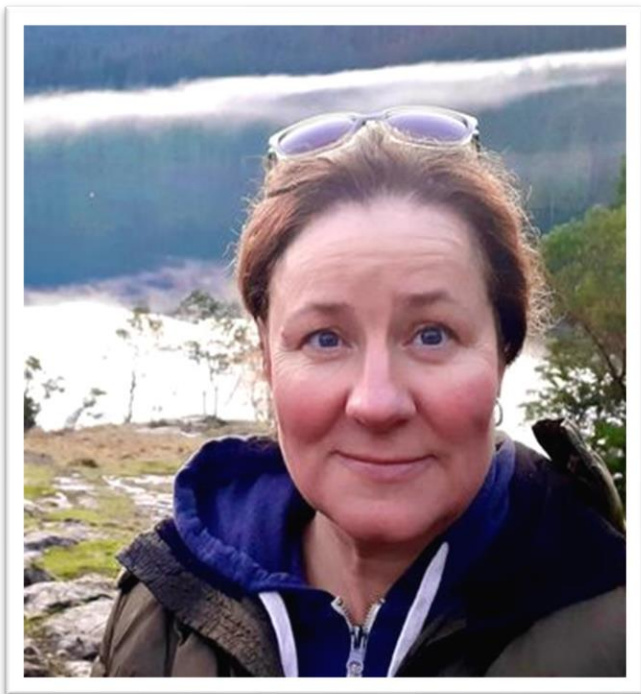
Area of Specialty: Trauma, addictions, Couples counselling, Grief and Loss, Relationship counselling, Family of Origin work, Residential School trauma and generational effects

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

Client Age Ranges: Youth (ages 12 and up), Adults

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

Availability: Usually within 2 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

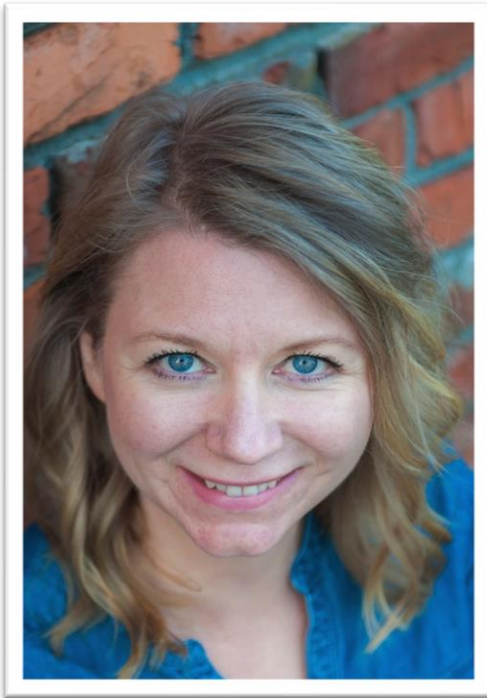
Treatment Modalities: Brainspotting (Trauma) Therapist, Sand Tray Therapy, Satir Systemic Transformational Therapy, Solution Focused

Client Age Ranges: 5 - 95

Telehealth: yes - zoom and telephone

Availability: emergency basis within a 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 Jake. 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 new direction. She will walk alongside people in their growth journey.



Paula Johnson, Registered Clinical Counsellor

www.pauladjohnson.com

Phone: (250) 585-5515

Location: Nanaimo

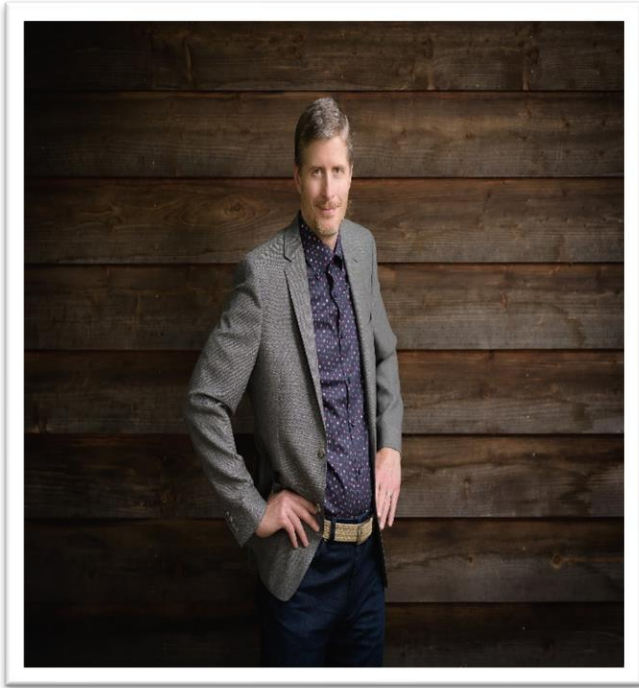
Area of Specialty: trauma resolution, attachment trauma, grief, depression, anxiety, healing intergenerational trauma

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

Client Age Ranges: teens - up

Telehealth: yes

Availability: about a month out right now



John Taylor, Registered Clinical Counsellor

www.izumitherapy.com

Phone: (250) 618-0216

Location: Nanaimo

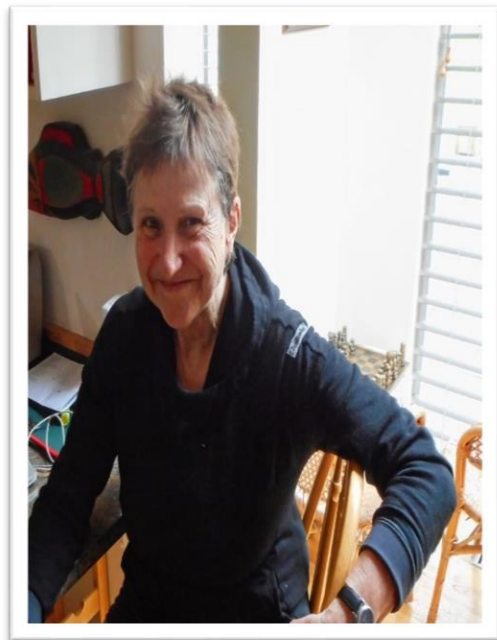
Area of Specialty:

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: (250) 824-5017

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: (Wait time is approximately 3-4 months)



Stephanie Peter, Registered Clinical Counsellor

www.spetercounselling.ca

Phone: (250) 937-1223

Location: Parksville

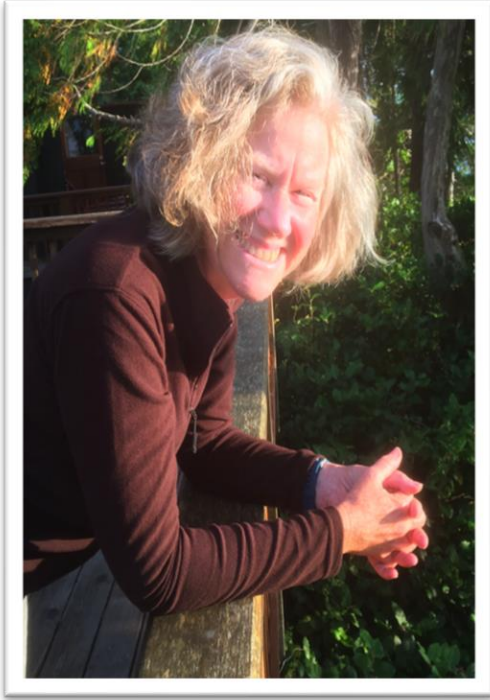
Area of Specialty:

Treatment Modalities: Somatic Experiencing for trauma

Client Age Ranges: 18+

Telehealth: Yes (I am only providing telehealth - no in-person sessions)

Availability: 6 months



Allison Reeves, Registered Clinical Counsellor

www.allisonreevescounseling.com

Phone: (778) 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



Sarah Hagar, Registered Clinical Counsellor

www.sarahhagar.ca

Phone: (250) 726-4074

Location: Ucluelet

Area of Specialty: Trauma, Grief, Parent Support

Treatment Modalities: Play, Nature, Mindfulness

Client Age Ranges: 6-106

Telehealth: Yes

Availability: 3 weeks



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 - 90% of everything I do is online

Availability: No formal waitlist as of right now.

September 2023

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



Syler Hayes, Registered Clinical Counsellor

www.hardroadcounselling.com

Phone: (604) 218-9351

Location: Vancouver

Area of Specialty: Addictions, young adults, emotional coping

Treatment Modalities: Person Centered Therapy, CBT, Emotion Focused Therapy, Somatic Therapy, and Solution Focused Therapy

Client Age Ranges: 16+

Telehealth: Yes, Zoom is preferred but I can do a session via phone if necessary

Availability: Currently not accepting new clients (My schedule should open up in May)



Catherine Fallis, Registered Clinical Counsellor (PhD)

www.catherinefallis.net (this has been down and is in the process of being updated)

Phone: (604) 255-4843

Location: Vancouver

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

Treatment Modalities:

Client Age Ranges: 18 and over

Telehealth: yes

Availability: currently not taking new clients and wait list closed until fall 2022



Cheryl Adams, Registered Clinical Counsellor

www.cheryladams.ca (website under construction)

Phone: (250) 818-3763

Location: Victoria

Area of Specialty: Anxiety, Depression, Mental Health challenges, Anger Management, High Conflict separation support, Emotions 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



Jill Davoren, Registered Clinical Social Worker & RCC

www.seasidecounselling.com

Phone: (250) 415-7575

Location: Victoria

Area of Specialty:

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 and Adult

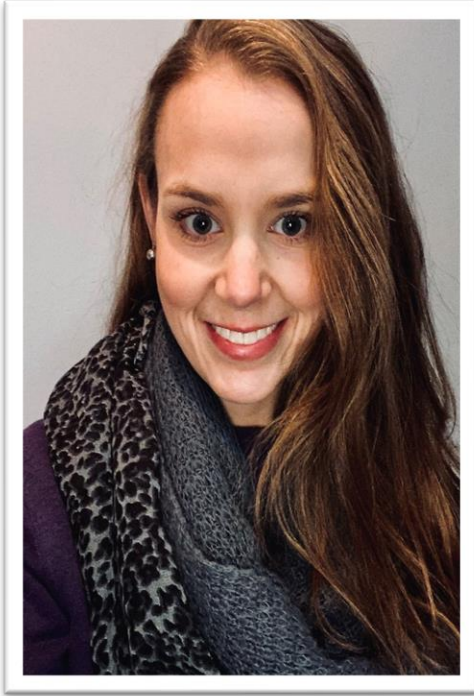
Telehealth: yes, Doxy virtual platform

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

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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: client dependent, 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: adult women only

Telehealth: yes

Availability: not taking new clients at the moment



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

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