



**Tehani Burnett, Registered Clinical Social Worker**

[www.clarity3.weebly.com/](http://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



**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

December 2024

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**



**Arianna Clarke-Watts, Registered Clinical Counsellor**

[www.acwcounselling.com](http://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.



### James Cowan, Registered Clinical Counsellor

[www.talltreecounselling.com](http://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.

**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.

**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



### Lindy Devine, Registered Clinical Counsellor

[www.lindydevinecounselling.com](http://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

December 2024

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**



**Daniel Ducheck, Registered Clinical Counsellor**

[www.bcacc.ca/counsellors/daniel-ducheck](http://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.

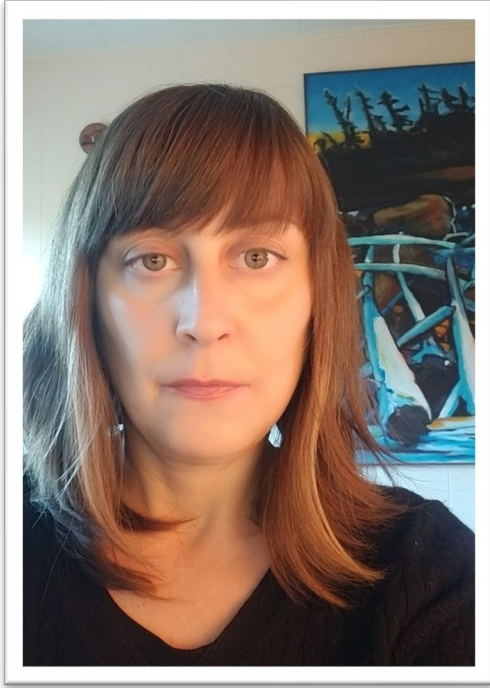
**Availability:** one month wait list at this time

December 2024

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**





**Johanne Saraceno, Registered Clinical Counsellor**

[www.healthyrelationshipsbc.ca](http://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  
Huu-Miis & Tuhmapt Counselling Services**

[www.huumiistuhmapt.wordpress.com](http://www.huumiistuhmapt.wordpress.com)

**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](http://htcounselling.janeapp.com)

FB@indigenousRsw or Instagram@huumiistuhmapt

**Client Age Ranges:** 6 years - adults

**Telehealth:** yes

**Availability:** No waitlist currently

December 2024

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**



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



### Rod Chant, Registered Clinical Counsellor

[www.rodchantcounselling.com](http://www.rodchantcounselling.com)

**Phone:** 250-202-0891

**Location:** Campbell River & Courtenay

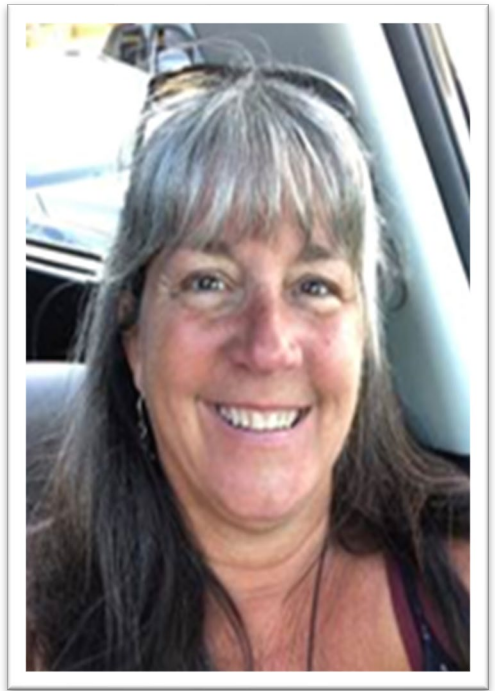
**Area of Specialty:** General Family Practice: domestic violence, victims of violence, residential school survivors, anxiety, depression, couples, grief and loss, family conflict, stress related, chronic and critical health, addictions (all kinds), anger management

**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](http://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

December 2024

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**



**Gary Hartford, Registered Clinical Counsellor**

[www.garyhartford.com](http://www.garyhartford.com)

**Phone:** (250) 203-7898

**Location:** Campbell River

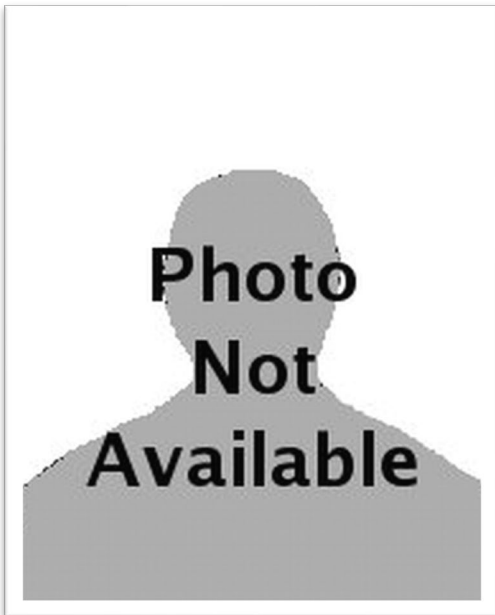
**Area of Specialty:** generalist with a background in youth and family addiction

**Treatment Modalities:** Narrative Therapy, CBT

**Client Age Ranges:** 12+

**Telehealth:** yes

**Availability:** No current availability



**Dave Owen, Registered Social Worker**

[www.strathconacounselling.ca](http://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





**Amanda Sawatzky, Canadian Certified Counsellor**

[www.amandasawatzky.wordpress.com](http://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



**Ron Jorgenson, Registered Clinical Counsellor**

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

**Location:** 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

**Telehealth:** Available

**Availability:** Usually within one week

December 2024

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**



**Bronwen Rutter, Registered Clinical Counsellor**

[www.liferestorationcounselling.com](http://www.liferestorationcounselling.com)

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

**Location:** Duncan & Parksville

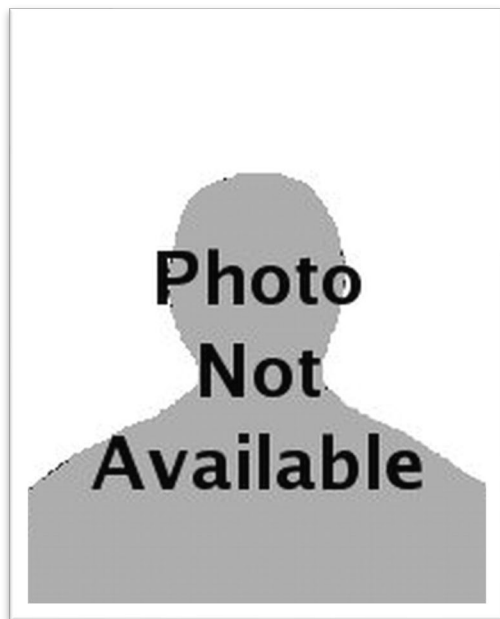
**Area of Specialty:** Trauma, addictions, Couples counselling, Grief and Loss, Relationship counselling, Family of Origin work, Residential School trauma and generational effects

**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



**Martine Charles, Registered Clinical Counsellor**

**Phone:** (250) 740-0244

**Location:** Nanaimo

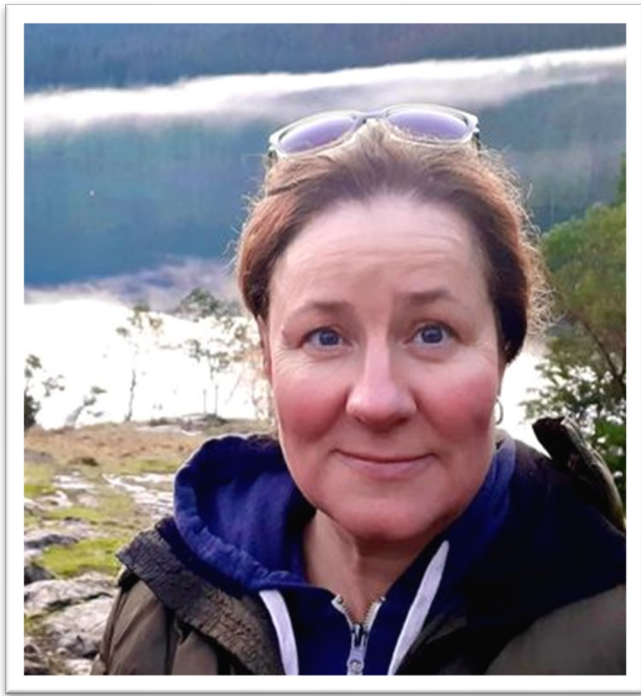
**Area of Specialty:** I work extensively with childhood trauma, PTSD/C-PTSD, depression and anxiety, and grief.

**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:** As an ally, First Nations clients go to the top of a waitlist so often the waittime would be a week.



**Michelle Gilligan, Registered Clinical Counsellor**

[www.bridgescounselling.com](http://www.bridgescounselling.com)

**Phone:** (250) 797-5358

**Location:** Nanaimo

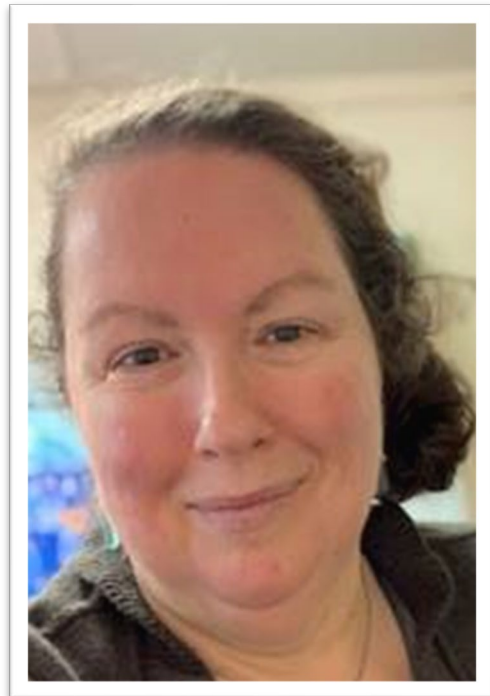
**Area of Specialty:** anxiety and trauma

**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 Focussed

**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.

December 2024

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**





**Paula Johnson, Registered Clinical Counsellor**

[www.pauladjohnson.com](http://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](http://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

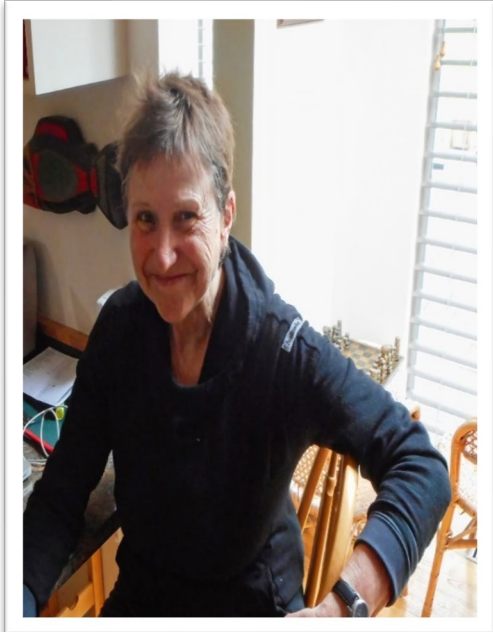
**Availability:** Waitlist depends, usually about 2 weeks

December 2024

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**





**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](http://www.centreforexpressivetherapy.com)

**Phone:** (604) 716-0682

**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](http://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 (I am only providing telehealth - no in-person sessions)



**Allison Reeves, Registered Clinical Counsellor**

[www.allisonreevescounseling.com](http://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](http://www.shelleybehr.ca)

**Phone:** (604) 866-5949

**Location:** Richmond

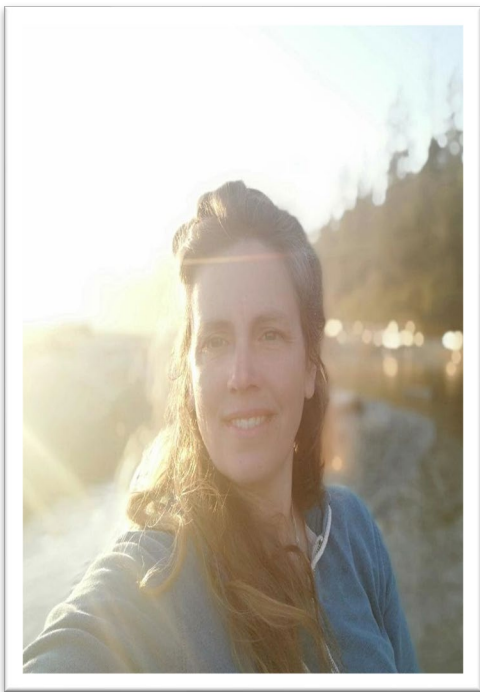
**Area of Specialty:** trauma, anxiety, depression, addiction, anger management, residential historical abuse issues, relationship issues

**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](http://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:** NOT ACCEPTING NEW CLIENTS AT THIS TIME

December 2024

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**



**Bill Arbuckle, Registered Clinical Counsellor**

[www.hardroadcounselling.com](http://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.



**Syler Hayes, Registered Clinical Counsellor**

[www.hardroadcounselling.com](http://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

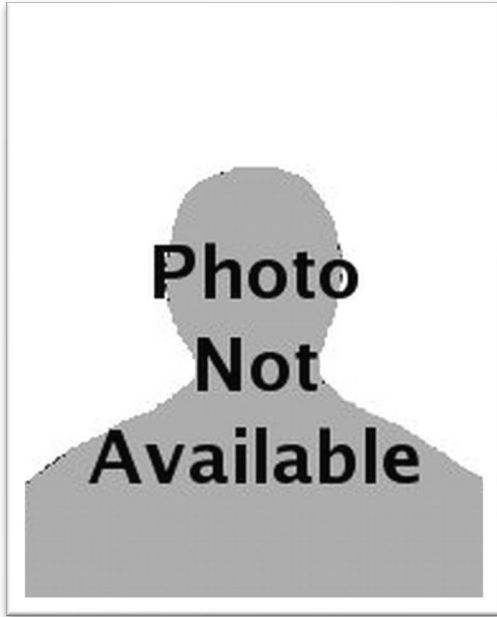
**Availability:** Currently not accepting new clients (My schedule should open up in May)

December 2024

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**





**Catherine Fallis, Registered Clinical Counsellor (PhD)**

[www.catherinefallis.net](http://www.catherinefallis.net) (this has been down and is in the process of being updated)

**Phone:** (604) 255-4843

**Location:** Vancouver

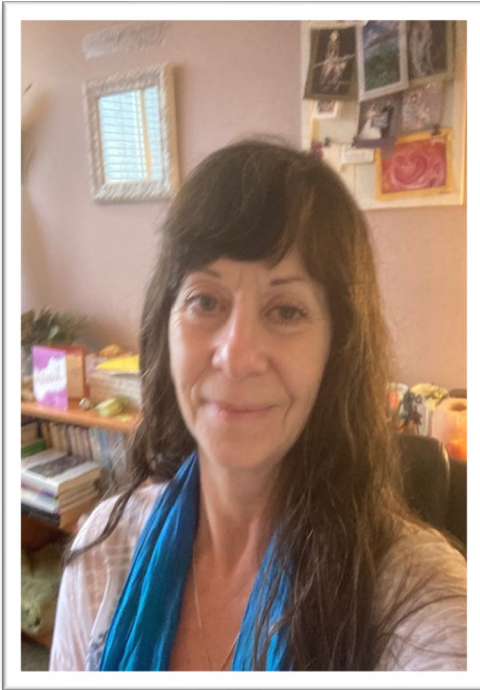
**Area of Specialty:** trauma, loss and grief, chronic illness, spiritual issues

**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 Counselling and Psychotherapy, RCC

[www.cheryladams.ca](http://www.cheryladams.ca) [chera@shaw.ca](mailto:chera@shaw.ca) AND [cheryladams.ca](http://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, 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](http://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

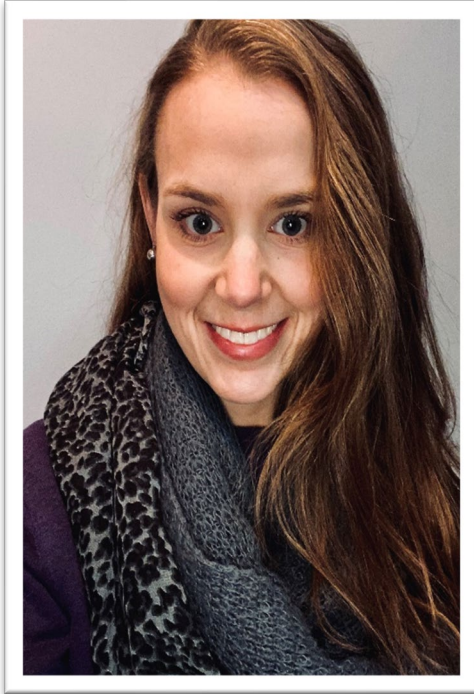
**Telehealth:** yes, Doxy virtual platform

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

December 2024

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**



**Dr. Katie Elmhurst, DSW, Registered Clinical Counsellor**

[www.thebuddingelm.com](http://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



**John Hayashi, Registered Clinical Counsellor**

[www.origincounselling.com](http://www.origincounselling.com)

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

**Location:** Victoria

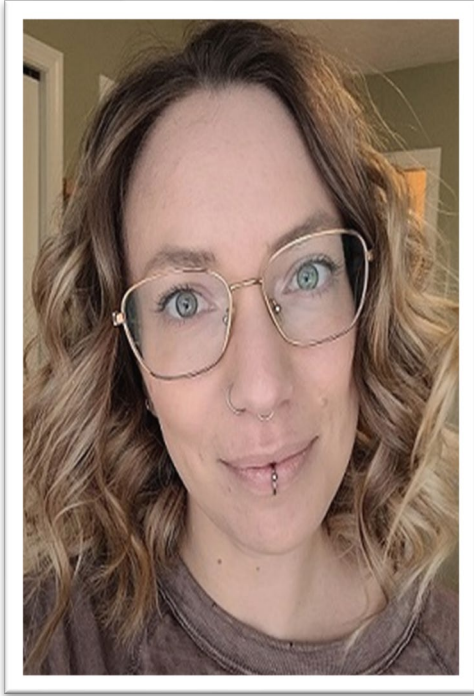
**Area of Specialty:** Domestic violence, Addictions, Parenting, Trauma

**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](http://www.vicyfcs.com)

**Phone:** (250) 812-7829

**Location:** Victoria

**Area of Specialty:**

**Treatment Modalities:** Narrative, mindfulness-based, play therapy, art therapy, trauma-informed

**Client Age Ranges:** when in person, I work with children as young as 3 however online I am doing ages 8 and up

**Telehealth:** yes

**Availability:** 2-3 months



**Nancy Kinyewakan, Registered Clinical Counsellor**

[www.kccshome.wixsite.com/kinyewakanindigenous](http://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

December 2024

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**





**Margaret Stephens, Registered Clinical Social Worker**

[www.cfct.ca/margaret-stephens](http://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 this time



**Maureen French, Registered Clinical Counsellor**

[www.lifebalancecounselling.com](http://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

December 2024

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 December 2024

Service providers without additional information available:

Comox – John Rushforth – (250) 650-6497 – RCC

Delta – Kathlyne Banmen – (604) 591-9269 – RCC

Duncan – Dr. A. Maura Beattie – (250) 746-1899 - R.PSYCH, PH.D

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) 344-2929 – RCC

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

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

Nanaimo - Rebecca Fairweather – (778) 771-3876 – RCC

Nanaimo – Dale McIntyre – (250) 754-7703 – 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

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 (Not currently accepting new clients)

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

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

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

### December 2024

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 December 2024**

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 – Marie Nightbird – (604) 737-2020 – RCSW

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

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

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

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

**December 2024**

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**