

COUNSELLORS & COACHES

THE FOLLOWING COUNSELLORS AND CONSULTANTS ARE KNOWN BY THE DUCKLOWS AS COMPETENT AND CERTIFIED WITH APPROPRIATE COUNSELLING AND CONSULTING ORGANIZATIONS. FOR FURTHER RECOMMENDATIONS PLEASE CONTACT US.

Jan Bryant (L.L.B., M.Ed., C.C.C.) (Counselling Psychology) specializes in grief and loss, adolescent and family issues, life transitions and trauma. She also does critical incident stress management (grief circles or trauma debriefing). Jan attends Capilano Christian Community. Her fee schedule is \$90 per session or a sliding scale. Hours are variable and evening appointments are possible. Her phone number is 604-988-6164.

Jean Howson (R.N., M.P.S., R.C.C.) works with individuals, couples, and families from a Bowen "family systems" perspective. She practices in a holistic way and incorporates "Bodynamics" into her therapy work. the spiritual aspect of her work is very important to Jean. Her fee is \$100 per hour or a sliding scale. You can reach her at 604-418-7053.

Mike Nichols (M.C.S.) is a pastor at CapChurch and a marriage counsellor. He has a Masters degree from Regent College and was worked at the Burnaby Christian Counselling Group for two years doing individual and marital therapy. Mike specializes in premarriage and marriage counselling at a fee of \$50 per hourly session. He is available weekdays for morning or afternoon appointments. You can email him at mnichols@shaw.ca or phone CapChurch at 604-980-8997.

Laura North (C.P.C.C.) is a life coach and conference speaker in Vancouver. She specializes in business and corporate coaching. She also leads conferences and workshops focusing on marriage and relationships. You can email her at laura@truenorthcoaching.com.

Lynette Provin (Ph.D.) is a child psychologist who works with families as well as teenagers. Her fee is on a sliding scale based on family income. She works through the Common Good (CapChurch offices in central North Vancouver) and can be reached at 604-929-1589.

Daryl Samson (M.Ed., Cert. in Substance Abuse) specializes in the assessment, treatment and monitoring of addictive disorders and chemical dependency and codependency. His clients will come to understand recovery, wellness, relapse prevention and the implementation of non-chemical coping skills. Daryl is available for one-on-one counselling, family and group counselling, educational presentations for large or small groups and outreach. His hourly rate is \$80. You can reach Daryl at 604-987-4718.

Briar Schulz (R.N., M.A.) has a private practice in Parkgate in North Vancouver and in Vancouver. She specializes in eating disorders, depression, anxiety and in counselling pre-teens through to adults. Her counselling fee is \$80 per hour. Contact Briar at 778-885-3775.

Nancy Nichols (C.P.C.C.) has a private practice of life coaching and spiritual direction called "Heart and Soul." She has training as a professional life coach and is a certified life coach. She has a spiritual director and meets regularly with other coaches and directors. Nancy skillfully leads clients to "live life to the fullest" and to "have an intimate relationship with God". You can reach Nancy at heartandsoulcoach@telus.net or leave a message at 604-986-8256.

Barbara Atkins (B.A., Cert. in Substance Abuse) will walk with you as you face challenges associated with addictions, lifestyles and relationships. Having worked with people from diverse backgrounds, she has much hope and faith in your potential for growth and change. Respect and dignity for all undergird her approach. Her rate is \$50 per hour. Confidential messages can be left at 604.980.8997 or at barbaraatkins@shaw.ca.