

COUNSELLOR REFERRAL LIST

People often ask us about who we recommend for a counsellor, spiritual director or life coach. Our answer usually begins with, "Well, it all depends." A great counsellor for one person may not be a good match for another. We all have our limitations. And someone who works great with drug and alcohol people may well reach their limits doing marriage counselling.

People also ask us about doctors and psychiatrists and here we usually look a bit blank. We have found that there are a lot of boundaries around finding these good folk. We recommend that you talk to your GP, pharmacist, or a nurse you may meet at a community mental health clinic.

So here is a brief list of people we know and hear great reports about. Many of these are on the North Shore of Vancouver where we work. Our listing of these helpers is by no means a guarantee that he or she is best for you. But we know them and we know their work and we trust them ourselves.

COUNSELLORS

Jan Bryant, M.Ed, CCC works out of North Vancouver and you can reach her at 604-988-6164 or janbryant@shaw.ca (her web site is www.janbryant.ca). Jan has an M.Ed (Counselling Psychology) and is registered with the Canadian Counselling and Psychotherapy Association. She works with adults and adolescents around issues of grief, loss, trauma, life transitions, anxiety, forgiveness, parent coaching, bullying and social issues. Jan's fees are about \$90 / hour and she has a sliding scale for low-income clients. Third party payments available with authorization from ICBC and WCB.

Marilyn Chotem, PhD, R.Psych. is a registered psychologist in private practice in West Vancouver (#302 - 545 Clyde Avenue) and you can reach her at 604-926-9468 or mchotem@shaw.ca. Marilyn's web site is www.marilynchotem.com and she works Tuesday, Friday, Saturday 8 am to 1 pm, & Thursday 6 to 8 pm. Her primary clientele includes adolescents and adults; attachment / relationship issues, addictions, eating disorders, general mental health issues (e.g., depression, anxiety).

Glen Davies, PhD, R.Psych. is a registered psychologist and works with children and families while directing the Able Clinic in West Vancouver and Surrey. He is responsible for a large staff of experienced therapists. His office addresses are: #110 585 16th Street, West Vancouver and #6-15243, 91st Ave., Surrey. You can reach Glen's admin people at 604-922-3450 / 604-584-3450 and his web site is www.ableclinic.ca. Glen has a very long waiting list and you are best to go with one of his associates. He is registered with the College of Psychologists of BC.

Carole Ducklow, MA, RCC is a Registered Clinical Counsellor (RCC) and focuses on marriage, pre-marriage and family therapy. You can view her profile on her web site (www.theducklows.ca). Carole works out of her home-based office in Horseshoe Bay / West Vancouver and is easy to reach at 604-921-9542.

Paddy Ducklow, D.Min., R.Psych. is a registered psychologist in West Vancouver (#302 - 545 Clyde Avenue, close to Park Royal) who specializes in individual and family / marital therapy with an emphasis on change-making and leadership. Please see his web site (www.theducklows.ca) for information on fees and application for counselling. You can also book online without going through an administrator.

David Gustafson, MA, RCC is a Registered Clinical Counsellor (RCC) who works in trauma, justice and forgiveness and leadership development. His involvement in justice has taken him around the world in assisting those aggrieved by violence. His rates start at \$150 for counselling and \$250 for consulting and conferencing. You can hear David directly at <http://www.youtube.com/watch?v=GLsyk8cLY8>. His email is helmsmand@gmail.com.

Shelley Hardy, MA, RCC is a child and family therapist at Alyson and Jones and Associates in West Vancouver. Shelley treats both children and adults for anxiety issues, and teaches parent education. She also treats depression (including postpartum depression), grief and loss, and teaches anger management for all ages. She helps create results-based parenting plans for couples who are separated or divorced. You can read about her here: <http://alysonjones.ca/therapists/shelley-hardy/>.

Jean Howson, RCC is a Registered Clinical Counsellor and practices in West Vancouver (#302, 545 Clyde Ave.) and in North Vancouver (1500 Marine Drive). Call her for her schedule though she is flexible for daytime and evening sessions. You can reach Jean at 604-418-7053 and her email address is jean.howson@gmail.com. Jean's clientele is individuals and couples focusing on relationship growth, anxiety, depression and trauma. Her fee is \$140 per hour but she uses a sliding scale when deemed necessary.

Gloria Lee, MA, RCC is currently a PhD student and also a Registered Clinical Counsellor (RCC) who does individual and couple work, including pre-marriage counselling. Find her in Burnaby and on her web site at <http://www.glorialeecounselling.com/home.html>.

Tyler Milley, MA, RCC is a Registered Clinical Counsellor and works in North Burnaby and West Vancouver with adults, couples, families and youth regarding anxiety, depression, attention deficit, conflict and relationships. He has a specialized understanding and approach to dealing with anxiety, as well as unique expertise in "forgiveness therapy" that is highly applicable to his work with couples and families. You can reach him at 604-880-9881. His email address is tylermilley@outlook.com and you can find more information on his web site at www.tylermilley.com.

Mike Nichols, MCS is a pastoral counsellor and a pastor at CapChurch in North Vancouver who has been doing marriage counselling for 30 years. His approach is straightforward — "pushing" couples

to mature by making decisions and changes for the best good of their marriage. He believes it takes as much effort to create a good marriage as it does a poor marriage and that difficulties are opportunities for personal and marital growth. He works out of his home in North Vancouver and you can reach him at 604-986-8256 or mike@capchurch.ca His rates are \$80-\$120/ 1 hour session.

Daryl Samson, MEd is the director of Transformation Counseling / Consulting with an office in West Vancouver. His primary focus is on the chemically dependent / substance abuse, co-dependency, and those family members and friends who are affected. You can reach Daryl at 604 -987-4718 and his email address is: daryl@orchardrecovery.com. Also see the web site for the Orchard Recovery Centre at www.orchardrecovery.com. Daryl has flexible appointment times and does emergencies upon request. His fees are \$100 per hour and third party payments can be negotiated. He is also an expert in boundary work.

Briar Schulz, PhD, RCC is a Registered Nurse and Registered Clinical Counsellor. Her favorite clients come from all walks of life and are honest about their mental health struggles. She has worked with individuals with a variety of mental health issues including depression, anxiety, addictions and self-harm. Furthermore, she is passionate about working with clients with eating disorders who are committed to a process of recovery and wellness. Briar is particularly astute in connecting with children, teens and young adults! Payment is available on a sliding scale from \$80-\$120/hr. You can reach her at briarschulz@shaw.ca

Jennifer Scott, RSW, RCC, is a Registered Social Worker and Registered Clinical Counsellor, and works with people in trauma. You can reach her at 604-763-5340 and her website is www.westvancounselling.com.

Peter Vaughan, MA, RCC has both social work and counselling registrations and is well known in Vancouver and environs for being a "Certified Gottman Therapist" (Gottman is a well-known marriage therapist, writer and researcher). His office is at #301 - 545 Clyde Ave, West Vancouver and you can reach him at 604-926-0206 or his email address at peter@westvancouvertherapy.com. His web site is www.westvancouvertherapy.com.

COUNSELLING AGENCIES

You might wish to contact agencies rather than work with a specific counsellor. There are several advantages to this. They may operate with a sliding scale, meaning if your income is less, their fees are less. Also, you may have the opportunity to work with several therapists at different times or for differing presenting problems.

Here are a few agencies that we know of and appreciate.

Able Developmental Clinic in Surrey and West Vancouver and Surrey is a private, multidisciplinary clinic serving children and their families, specializing in children with disabilities. The office addresses

are: #110 585 16th Street, West Vancouver and #6-15243 91st Ave., Surrey. (604- 922-3450 / 604-584-3450 | www.ableclinic.ca | abledevelopmentalclinic@shawlink.ca).

Burnaby Counselling Group is an association of therapists at Boundary and Hastings in Burnaby. Paddy was the original founder of this group and they have many fine therapists available on a sliding scale. Contact them at 604-430-1303 or email at counsellinggroup@telus.net. Their web site is www.counsellinggroup.org.

Pacific Counselling Group -- 698 64th Ave E, Vancouver, BC | 604-301-1490

Vancouver Couple and Family Institute -- #270 - 828 West 8th Ave. Vancouver, BC | 604.677.3286 | info@vcfi.ca | Web site: www.vcfi.ca. This group specializes in Emotionally Focused Therapy and training of professionals in EFT. Their staff include Registered Psychologists, Registered Marriage and Family Therapists, Registered Clinical Counsellors. Fees are between \$100 - 160 per session depending on the therapist and they receive third party payments.

Vancouver Christian Counselling Centre is housed in First Baptist Church, 999 Burrard Street in Vancouver. It is a professional, confidential and affordable counselling service that cares about the well-being of people in the community. For more information, visit the VCCC website <http://www.vcccs.org>, or contact them by phone at 604-688-3945.

SPIRITUAL DIRECTORS

Spiritual direction is an historical listening and praying method for many faiths focusing on contemplating God and making personal changes in maturity and wisdom. In the last several years there has been excellent training programs and MA degrees to train such therapists. Here are a few that we recommend.

David Ducklow, BA, MASF (cand). is a spiritual director and special education consultant who works with adults and children. You can reach him at his web site at Step-by-Step (<http://www.davidducklow.com>) or at his blog <http://davidducklow.blogspot.ca>. His home-based office is in central North Vancouver and his fees are negotiable.

Nancy Nichols, CPCC works out of her home in lower North Vancouver and is both a co-active life coach and a spiritual director with a practice on life change and focus. Her "Heart and Soul" web site can be found at <http://www.heartandsoulcoach.ca/nancynichols.html>. You can reach Nancy at (ph) 604-986-8256 and (email) nancy@heartandsoulcoach.ca. You and Nancy would make a great team if: you want to live from your soul's wisdom and not from expectations of others; you are ready to be truly seen (no matter how beautiful)—by yourself, the coach, and the world; you are ready to take responsibility for growing and changing.

LIFE COACHING

Nancy Nichols, CPCC works out of her home in lower North Vancouver and is both a co-active life coach and a spiritual director with a practice on life change and focus. Her “Heart and Soul” web site can be found at <http://www.heartandsoulcoach.ca/nancynichols.html>. You can reach Nancy at (ph) 604-986-8256 and (email) nancy@heartandsoulcoach.ca. You and Nancy would make a great team if: you want to live from your soul’s wisdom and not from expectations of others; you are ready to be truly seen (no matter how beautiful)—by yourself, the coach, and the world; you are ready to take responsibility for growing and changing.

Laura North, CPCC is a life coach and works from her home office in Vancouver. You can reach her at 604-736-4555 or email at laura@truenorthcoaching.com; and to learn more about her, please see her web site at www.truenorthcoaching.com. Her primary clientele is people looking for clarity, strategy and action as well as those looking to just know who they are in this big world. Laura’s fees are \$500/month for 3, forty minute sessions by telephone.