

DUCKLOW'S

COUNSELLOR REFERRAL LIST

PEOPLE OFTEN ASK US ABOUT WHO WE RECOMMEND FOR A COUNSELLOR. 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 will reach their limits doing marriage counselling.

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 folk 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 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. Her fees are \$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 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 & adults; attachment /relationship issues, addictions, eating disorders, general mental health issues (e.g., depression, anxiety). Her fees are \$150/hour (VISA, MasterCard, Debit, cash, or checks) and she is eligible for third party payments.

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6420 FOX STREET, WEST VANCOUVER, BC V7W 2C4
WWW.THEDUCKLOWS.CA | 604 921 9542

Glen Davies, PhD 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 at 604- 922- 3450 / 604- 584-3450 and his web site is www.ableclinic.ca and his email address is abledevelopmentalclinic@shawlink.ca. He is registered with the College of Psychologists of BC and his fees are in the range of \$110 to \$160 /hour. He is eligible for third party payments.

Jean Howson 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 \$100 per hour but she uses a sliding scale when deemed necessary.

Tyler Milley, MA is a Registered Clinical Counsellor and works with adults, couples, families and youth regarding anxiety, depression, attention deficit, conflict and relationships. His work is in Surrey, Vancouver and West Vancouver and his fees are between \$100-120 per hour. He has a 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 tmilley@hotmail.com and you can find more information on his Web site at www.tylermilley.com.

Laura North is a life coach and works from her home office in Vancouver. You can reach her at 604-736-4555 (toll free: 1-866-249-2703) 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.

Mike Nichols, MCS is a pastoral counsellor and a pastor at CapChurch in North Vancouver. Mike has lots of experience and skill, particularly with couples. He works out of his home in North Vancouver and you can reach him at 604-986-8256 or mnichols@shaw.ca His rate is the best on these pages: \$50 / 1 hour session.

Lynette Provan, PhD is a child psychologist who works in North Vancouver and throughout the Vancouver area. Lynette is well regarded by both her families and the school and agencies for whom

she works. Her fees are about \$100 per hour. You can reach Lynette at leprovan@gmail.com or at 604-929-1589.

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.

Jennifer Scott, MA, is a Registered Clinical Counsellor with training in stress and trauma. She leads Ambleside Stress & Trauma Clinic in West Vancouver and you can contact her at 604-926-5304 or email her at jsbc@shaw.ca. Jennifer works with individuals and her fee is \$120 per hour. See her web site at www.amblesidecounselling.com.

Peter Vaughan, MA 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) -- and Peter is one of the first Canadians to be certified by him. 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 sites are www.tgimgroup.com and www.westvancouvertherapy.com. Peter works mostly with couples and his hourly rate is \$162 (GST exempt). Consult with your provider or HR department for third party payments.

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 \$90- 160 per session depending on the therapist and they receive third party payments.