



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 AND THERAPISTS

Jan Bryant, MEd, 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 has a sliding scale for low-income clients. Third party payments available with authorization from ICBC and WCB.

Bruce Cairnie, M.Div., RPC has been a pastor and chaplain and now works as a clinical counsellor and member of the Canadian Professional Counsellors Association. Located in Langley, British Columbia, he offers counselling to clients working on issues of trauma, grief and loss, relationship development and other transitions, stress management and resilience. Bruce charges \$120/hour for counselling and has a sliding scale for people who cannot afford the full rate. He can be reached at bruce@cedardance.ca or 604-626-5457.

Marilyn Chotem, PhD, RPsych 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, RPsych 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 604-209-4210 or carole@theducklows.ca.

Paddy Ducklow, D.Min., RPsych is a Registered Psychologist (CPBC 402) in West Vancouver (6420 Fox Street, West Vancouver BC V7W 2C4 – close to Horseshoe Bay) 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 an application for counselling. You can also book online without going through an administrator.

David Gustafson, MA, PhD is a Registered Clinical Counsellor (RCC) who works in trauma, justice / forgiveness and leadership development. His involvement in advocacy 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.

Jennifer Hammersmark, PhD (formerly Montgomery) likes her counselling about as much as she likes skiing with her husband on the North Shore mountains. Jen directs “The Counselling Group” in White Rock where each room is labeled after one of her favourite ski hills. Jen specializes in couple and sex therapy as well as working with complicated emotions. You can find Dr. Jen and her ski reports at 604-244-6969.

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/>.

Gloria Lee, PYSD, RCC works with adults, couples, and families in the areas of relationship challenges, anxiety and depression, grief and loss, shame and self-esteem, personal growth, and leadership development. She leads groups, supervises students, and offers speaking engagements around Metro Vancouver. Gloria has extensive experience with premarital counselling, cross-cultural marriages, and marriage counselling. She is the director of Brentwood Counselling Centre in Burnaby. For more information, visit www.BrentwoodCounselling.com or contact her at 604-800-9010 or at gloria@brentwoodcounselling.com.

Tyler Milley, MA, RCC is registered with the BC Association of Clinical Counsellors (#2886) and holds a BSc and an MA in Counselling Psychology from UBC. Tyler has over twenty of experience working collaboratively with children, youth and families to attain their goals. His friendliness creates an environment where his clients are safe to explore their thoughts, feelings, and behaviours. He utilizes many of the proven methods found in Cognitive Behavioural Therapy while maintaining both Family Systems and Attachment perspectives. Tyler also does humanitarian work in several countries. Tyler was born and raised on the North Shore of Vancouver but has never owned a mountain bike. Regardless, he continues to happily live there with his wife and three children.

Jacqueline Nadworny MA, RPC, MPCC-S is a Registered Professional Counsellor and qualified Clinical Supervisor. She works with adolescents and adults in the areas of anxiety, depression, trauma, grief, loss, relationship repair, spiritual direction and life transitions. Her office is in North Vancouver and you can reach her of (778) 998-4001, or through her website (freshinsites.com). Jacqueline has flexible office hours, and she also offers e-counselling.

Mike Nichols, MCS is a pastoral counsellor and was formerly 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 mnichols@shaw.ca. His rates are \$120 per session.

Briar Schulz, PhD, RCC is a Registered Nurse and Registered Clinical Counsellor. Her favourite 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.

Mari Swingle, PhD, RCC (Dr. Mari) works with individual adults, children and the dynamics that frequently arise in families with a child experiencing learning and/or emotional / behavioral challenges. This includes Individual therapy for anxiety, depression, transition etc. as well as parental counselling, family counseling, play therapy and couples therapy. Dr. Mari holds a MA in psychology, a MA in Education and a PhD in Psychology. She is an active clinical researcher, author of two books and numerous papers. See drmariswingle.com for more information.

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 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).

Brentwood Counselling Centre is centrally located in North Burnaby. It is a multidisciplinary clinic offering psychological and counselling services. They serve children, youth, adults, couples, parents, families, groups, schools, churches, and organizations. Reduced rate counselling is offered with their practicum students. For more information, visit www.BrentwoodCounselling.com.

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.

The Counselling Group, White Rock (yes, there is another one) is headed by Jen Hammersmark. The Counselling Group is a multi-disciplinary team of professionals who provide a wide range of psychological and counselling services where clients can freely discuss their difficulties and explore potential steps towards solutions. Each counsellor in the group is registered with a professional regulatory body and has received advanced training. Here is where you find them. <http://counsellinggroup.co>.

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.

New Solutions Mediation — Darrin Hotte is committed to empowering individuals and groups to work through conflict, transition and crisis. He has mediated over 800 disputes and has 30 years of leadership experience and specialized training in the areas of conflict, complex family systems and relationships. He is passionate about building, restoring and preserving health within companies, families, communities and organizations. You can contact with Darrin at 778.288.6181 or email darrin@NewSolutionMediation.com.

SPIRITUAL DIRECTORS

Spiritual direction is a 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 is a spiritual director, chaplain and special education consultant who works with adults and children. You can reach him through 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.

INTERNS

Paddy Ducklow leads a monthly supervision group with 10 therapists including two very capable interns who offer subsidised counselling under supervision. Our two interns this year are:

- **Peter La Grande**, MA who has been working in the DTE of Vancouver in drug and alcohol recovery. He has also been an urban pastor (Artisan Church) and is a student with CityUniversity in Vancouver. He specialises in working with couples and families.
- **Cristina Lima** has an MSW from Brazil and has worked in private society work as a social worker. Her area of speciality is in family work with parent-child development. She is pursuing advanced studies in working with children with developmental disabilities. She can also be found at the Able Clinic in West Vancouver on a part time basis.

Please contact Paddy for further info about our interns (paddy@theducklows.ca).