First Name, Practice (include link to your profile/bio)	**Contact Info** (location, website, email or TV phone number)	**Specializations** (include emojis/symbols to describe your approach/style!)	**Sliding Scale** Y/N/C (yes, no, case-by-case basis)
Da Eun Chung Decipher Counselling	'Vancouver' downtown and online, daeun@deciphercounselling.com	Anxiety, Depression, Stress and Burnout, Life Transitions, Personal Growth, Body Image and Self-Esteem Concerns, Complex Family Dynamics, Relationship Challenges, Racial Identity and Trauma, Immigrant Experiences and Struggles, Multicultural Experiences, Intersectionality, Faith and Spirituality, Blocks in Creativity, Grief and Loss	C
Nikki Hayashi Decipher Counselling	'Vancouver' downtown and online, talkwithnikii@gmail.com	QTBIPOC community, Racial Identity, Creative Blocks, Burnout, Stress + Anxiety, Multi-cultural Experiences, Injustice, Eating Disorders + Disordered Eating, Body Image + Self-Esteem Concerns, Neurodiversity Issues	Y
Coco Huang Decipher Counselling	'Vancouver' downtown and online, coco@deciphercounselling.com	Chronic stress + anxiety, Complex family dynamics, Creative blocks, Dream imagery, Highly sensitive people, Immigrant experiences, Life transitions, Personal growth, QTBIPoC, Relationship challenges, Trauma + PTSD	C
Michelle Jeong Decipher Counselling	'Vancouver' downtown and online, michelle@deciphercounselling.com	Sexual + Gender-Based Violence, QTBIPoC Community, Neurodivergence, Chronic Pain/ Illness, Substance Use, Complex Trauma, Intergenerational + Relational Trauma, Stress + Anxiety, Depression, Shame + Self-Compassion, Identity, Nervous System Regulation, Boundaries, Relationships, Life Transitions, Personal Growth	Y
Katy Katy Vinson Counseling	Virtual, info@katyvinson.com	Anxiety, burnout and stress management, coping skills, eating disorders, perfectionism, and self-esteem	C
Katia Merhi from hi Wellness Collective	Vancouver (West Broadway & Cypress) Online katia@havencollective.ca	**Youth, Adults, Elderly Populations** Anxiety, BPD, Depression, Relationship Challenges and Conflict, Emotional Regulation, Self-Criticism/Perfectionism, Trauma, Immigrant Experiences, Loneliness, BiPOC Communities,	Y
Sandy Zhang from Haven Wellness Collective	Vancouver (West Broadway & Cypress) Online sandy@havencollective.ca	**Children, Youth, Families & Couples,** Relationship Conflicts, High conflict divorce or families, childhood trauma, substance use, ADHD & neurodiversity, Parental Coaching	Y
Kate James from Haven Wellness Collective	Vancouver (West Broadway & Cypress) Online	**Children, Youth, Families & Couples,** Identity Issues, Caregiver burnout, Maternal/Parental Mental Health, Perinatal & Postpartum, Trauma,	C

	kate@havencollective.ca	Parental Coaching	
Amy from Haven Wellness Collective	Vancouver (West Broadway & Cypress) Online amy@havencollective.ca	**Youth & Adults** Anxiety, Eating Disorders, Relationship Challenges, Attachment Wounds, Childhood Trauma, Complex PTSD, First Responders, Betrayal Trauma, Dissociation,	C
Lianne Perry, RCC: Moana Counselling Inc.	Victoria but working exclusively online right now. moanacounselling@gmail.com (email) www.moanacounselling.com	EMDRIA certified in EMDR. Stress, trauma, anxiety, "lifespan" EMDR as well as recent trauma EMDR, medical frontline workers.. Level 3 trained in Gottman with extra Gottman training in treating trauma and Affairs I also have some EFT training.	C
Jade Fletcher t/a Artepeutic artepeutic	Online only Jade@artepeutic.com www. He artepeutic.com	**Self-development**, Anxiety, Breaking unhelpful patterns, Boundary work, Holistic wellness, Inner child healing, Creative self discovery, Intentional living and Relational trauma. 🌻🧩🎨💡📝💭	C
Lucia Pecnikova at Discover Your Light Counselling	Vancouver (8th Ave & Fir St) and online lucia@discoveryourlight.ca Individual & couples therapy Conflict resolution for groups	EMDR, AEDP, Somatic Attachment training & EFT plus Gottman for **couples therapy**. Trauma, C-PTSD, Relationship Challenges, Anxiety, Career counselling, Transition, Immigrant population, Self-worth/self-esteem, Perfectionism, Burnout, Generational trauma, Identity/self-growth	
			C
Marina Vaysman at Viktoriya Fedorchuk Therapy	In-person in New Westminster (columbia skytrain) and online marina_vaysman@icloud.com 604.227.1708	Person-centered, collaborative, integrating EFT, ACT, CBT, DBT & mindfulness. Supporting adult individuals with anxiety, depression, substance use, mood disorders/dual diagnosis, trauma, life transitions, immigration, grief, inner child work, communication/boundaries, relationship issues (including ENM), and family conflict. Sex & kink positive! 2SLGBTQ+ & ND affirming	C
Jess Holtslander of Sun & Clouds Counselling	in-person in Kelowna (downtown) & online/virtual sunandcloudscounselling@gmail.com 250-808-9424	Neurodivergence (ASD/ADHD), specifically late-/self-diagnosed; grief & loss (chronic pain, life change, death) — uncomfortable emotions; family dynamics, communication, & boundaries LGBTQIA+ & ND-affirming youth & adults (15+) FNHA & AFU-approved	C
Hailey Kanigan Counselling	Kelowna Downtown, in person and online. Hailey.kanigan@gmail.com 250-608-0946	Trauma, anxiety and relationship challenges. EMDR consultant in training.	Y
Priscilla Amaral from www.WiseCounselling.c	In person in the TriCities.	sex therapy, relationship issues, psychedelic integration, boundary setting, communication,	

a	Online/virtual Hello@wisecounselling.ca 672-671-9473	Life transitions, inner child work, immigrants, self-improvement, reinventing and redefining the self, self-love, self-esteem, survivors of toxic relationships. Holistic and integrative approach: Person-centered, CBT, IFS, Mindfulness, hypnotherapy, art therapy	
Laura Lu Counselling, RCC	Online video counselling (anywhere in BC) https://www.lauralucounselling.com/ Email: laura@lauralucounselling.com	Childhood, family & intergenerational trauma resolution; Depression & experiences of disconnection or shame; Racial & cultural identity challenges; Attachment & relational issues; Personal growth & development; Self identity & self esteem; Trauma & PTSD; Couples/Relationship issues; Life transitions & changes; Psychedelic integration & microdose counselling; Anxiety; Mind-body connection EMDR, Mindfulness-based therapies, Person-centered approaches, Internal Family Systems (IFS) Therapy, Somatic (body-based) practices, Psychodynamic therapy, Relational therapy, Attachment-based therapy, Emotionally focused therapy (EFT) for individuals and couples, Emotion focused family therapy (EFFT), Dialectical behaviour therapy (DBT), Culturally sensitive, anti-oppressive practices, Inner child work, Self-compassion practices, Psychedelic integration therapy	not at the time but hopefully in the future
Izzy Savege - Izzy Savege Art Therapy	Based between Yorkshire, UK and Northern Spain. Online therapy available anywhere in UK and Europe. Email: izzysavege@gmail.com	Nature-based creative therapy for: anxiety, displacement, sense of place, belonging, eco-anxiety, identity exploration, gender and sexuality challenges, expansion and self-growth, nature connection, burnout and stress, nervous system befriending, stuckness, loss and bereavement.	C
Erin Erin Green Counselling	Online and In person in Victoria, BC starting in September 2023	**Individual and Relationship (couples and family)** Trauma, grief, anxiety, self concept, identity exploration, relational challenges, stress, Perinatal and postpartum, attachment and complex family systems EFT (individual and couples), attachment lens, DBT, person centered, ACT, mindfulness based and EMDR	C
Tamara May - Rose in Bloom Counselling	Located in Victoria, BC, but currently virtual only. tamara@roseinbloomcounselling.ca	Individual counselling (adults aged 19+) Trauma, anxiety and stress, self-esteem and body related challenges, relationships, adverse childhood experiences, shame and guilt, perinatal and postpartum mental health, grief and loss. IFS-informed, Somatic and mindfulness based approaches, person centered, and integration of CBT and DBT skills.	C
Alexandra Fuller Counselling, RCC Alexandra Fuller Counselling	Located in Surrey and Virtual alexandraf.counselling@gmail.com	**Youth + Adults** Anxiety and stress, religious trauma and deconstruction, self-esteem issues, embodiment, body image, shame and guilt, emotion dysregulation, 2SLGBTQIA+ and ND affirming, life transitions IFS, somatic approaches, person centered, AEDP	N

Parveen Boyal, RCC @ Venturous Counselling + Consulting	Virtual. parveen@venturouscounselling.com	Adults. Anxiety + stress, eating disorders + body image, grief + trauma, somatic work and BIPOC experiences. Does Somatic and art-based practices.	C
Prospect Counselling + Training	Virtual. connect@prospectcounselling.ca	Prospect Counselling + Training is a POC-led counselling practice dedicated to providing accessible and exceptional counselling to SDQTBIPOC+ communities while disrupting the capitalist values currently upholding standard clinical training programs. All master-level fellows undergo an extensive 22-module training program specifically for justice-oriented practice from a myriad of community trainers, and attend weekly group + individual supervision. Provides Relationship + Individual Therapy	Y
Deema Hannod, Solla Therapy & Wellness	**North Vancouver & Virtual** www.sollatherapyandwellness.com deema.hannoud@gmail.com	**Youth, Adults, Relationship Counselling** Working predominantly with anxiety, depression, bi-cultural identity challenges/BIPOC experiences, attachment and relational issues, self-esteem and body image. EFT, somatic and mindfulness based, Gottman's approach and EFT for couples,	C
Randy (RCC, CCC, NCC) @ Just Live Counselling	Surrey & Virtual https://justlivecounselling.com/staff/randy-chesley/ info@justlivecounselling.com	Ages 16+, Couples & Families OCD, adjustment disorders, anger, substance abuse, BPD, and anxiety, experience with ADHD CBT, DBT, motivational interviewing, existential	C
Tim, RCC @ Just Live Counselling	Surrey & Virtual https://justlivecounselling.com/staff/tim-lim/ tim@justlivecounselling.com	Children & Youth, adults, couples & families, ICBC, Languages: Mandarin & Tagalog Anxiety, depression, stress, relationship, career & education, communication, trauma, neurodiverse CBT, solution-focused, EFT, person-centred, trauma-informed, attachment lens	C
Cordelia from Anchored Hearts Counselling and Grief Therapy	**Port Coquitlam and Virtual** https://anchoredhearts.ca/ cordelia@anchoredhearts.ca (kindly check your spam email when you email me)	**Adults (aged 19 and above) for Individuals and Couples Counselling** Trauma-informed, somatic based and attachment-informed approaches AEDP, EFT, ACT, Gottman (for Couples), Narrative Therapy (for Grief), Meaning Reconstruction approaches (for Grief), somatic approaches and mindfulness Grief (death and non-death losses, including traumatic and multiple losses), Life and career transitions (including immigration), anxiety, depression, stress and burnout, Relationship challenges, Personal Growth, Low Self Worth and Meaning of Life/Purpose	C

		Heart-centred 💓	
Elspeth Robertson Intrinsic Counselling & Art Therapy	Downtown "**Vancouver"** In-person only www.intrinsic-therapy.com elspeth@intrinsic-therapy.com RCC + art therapist	**Youth (8+) and Adults Individual Therapy and Groups** Anxiety, burnout, perfectionism, coping skills, creativity and self-awareness Art + sand tray + talk + somatic work	C
JudithKerrCounselling.com	Victoria,virtual or walk n talk in nature. Part time as semi-retired(Tues-Wed only)	40 yrs experience and training. See website. Current focus: strengthening relationship with self and others, Family of Origin work, including releasing outdated beliefs/ patterns, Self Compassion, Conscious Breathwork/ Somatic and Mindfulness approach, Active Dreaming coach, Meaning and Life Purpose, Intuitive life coach, integration coach(Therapsil);Gottman level 3+ Couples.	N
Gabby Bath Four Cedars Counselling	Downtown "**Vancouver**" & Virtual fourcedarscounselling.com gabbybath@gmail.com	**Teenagers (16+) and Adults** Trauma, including childhood abuse and intergenerational trauma, stress and burnout, anxiety, grief and loss, shame, and identity exploration. Art therapy + Focusing-Oriented Therapy	I accept FNHA funding as my sliding scale.
Jade from Kind Impact Coaching	Online Jade@KindImpactCoaching.com www.KindImpactCoaching.com	**Adults; Individual life coaching** Identifying values, Aligning values & actions, Managing time, Setting goals, Navigating a career, Setting boundaries, Balancing life, work, & recreation, Family relationships, Friendships, Romantic relationships, Dating, Self-confidence & self-esteem, Personal growth, Professional growth	C
Tania Bakas Bakas Counselling & Consulting	Virtual or in-person Locations: • Downtown New Westminster • Vancouver-Burnaby border at Boundary & Kingsway tania@bakascounselling.com Ph: 236-975-8453 www.bakascounselling.com	**Adults, Individual Counselling** Specialization in: Relationships, intergenerational, relational and childhood trauma, dysfunctional family dynamics, low self-esteem. Feminist, anti-oppressive, anti-racist. 2SLGBTQIA+ ally. Somatic, experiential, integrative approaches. Other language spoken fluently: Greek	Y
Adrienne Johnson Adrienne Johnson Counselling and Consulting	Virtual or in-person in South Delta (Tsawwassen) Adrienne@adriennejohnson.ca	**Adults, Individual or Couples counselling** Trauma-informed, attachment and mindfulness-based approaches. Over 12 years of experience. Specializing in work with	C

	Ph: 778-998-9770 www.adriennejohnson.ca	anxiety, transitions (retirement, post Partum, young adulthood, life after divorce, grief, etc.), and relationships. Many trainings including Gottman, EFT for couples work, EMDR, focusing-oriented therapy.	
Ashleigh Eaton Counselling	Virtual or in-person "Vancouver" www.ashleigheatoncounselling.com	**Adults (Individual & Relationships) and Youth (14+)** Trauma therapy: childhood & family trauma, interpersonal trauma, systems-based trauma, gender-based trauma Specializations: queer and/or trans folks & people in helping professions EMDR, IFS, Mindful Self Compassion, Somatic	C
Kim Watt Beautiful Soul Counselling Services	Online only; based out of Langley www.kimwattcounselling.com	**Adults, Individual and Couples/Relationship Counselling** I have a strong interest in working with adults who are experiencing relationship breakdown of all sorts, including issues related to compulsive sexual behaviors, addiction, the effects of addiction, infidelity, betrayal trauma, difficult childhoods, dysfunctional families of origin, and the impact of past hurts and coping patterns. Trauma-informed, attachment-based, relational approach. Modalities: IFS, IFIO, and EFT. Specialized training in sex addiction, pornography addiction, infidelity/chronic infidelity, and betrayal trauma.	C FNHA, MNBC, and CVAP Approved
Marlee Sinnott Counselling	Virtual or In-Person (Kelowna) marleesinnottcounselling.ca marleesinnott@gmail.com	**Adults and Youth (14+)** **Relationship Counselling** **Parents/Postpartum Support** ***I specialize in working with parents who have a child/youth diagnosed with Autism/ADHD or other neurological disorder** EFFT, Satir, trauma-informed, person-centered, attachment approach, CBT, Solution-Focused, Narrative	C FNHA Approved CVAP Approved
Hannah Adam with New Tides Counselling and Wellness	Virtual or In-Person (W Broadway and Cypress) hannah@newtides.ca	**Adults and Elderly populations**, Individual only Art therapy, counselling, and hybrid counselling-art therapy. **Grief & loss, addictions, age/life-stage challenges,** self-esteem, boundaries, communication/interpersonal relationships, trauma, PTSD, First Responder Culturally competent counsellor. Anxiety, depression, creative blocks, perfectionism. Person centered and experiential approaches, mindful self-compassion	C CVAP approved
alkemy art therapy - samantha strachan	virtual and/or outdoors, nelson bc and area	art therapy trauma informed, anti oppressive & relational adolescents and older extended experience with elders, dementia, and end of	sliding scale options

alkemyarttherapy.com	alkemyarttherapy.com samanthalstrachan@gmail.com DKATI BFA RCA	life care 🌚🗝️🪄🪞✨🕯️🕳️ life transitions childhood trauma grief and loss attachment disruption compassion fatigue self esteem / identity depression anxiety spirituality mindfulness empowerment creativity blocks	
Lorraine Irlam Insomnia Help Canada	online/virtual http://insomnia-help.net	Adult, youth and child insomnia and other sleep disorders Lower cost 6-week digital sleep program	C for self-guided online course
Caleb Reardon https://www.northstarcounsellingservices.ca/	Chilliwack + Abbotsford caleb.reardon@gmail.com	Evening/day time slots M-Th. EFFT, DBT informed counselling. Relationship focus and client centered. Children 8+ Teens Adults Supporting anyone with anxiety, depression, suicide, grief, and interpersonal conflict. Coming from a variety of therapeutic approaches to help address the clients concerns.	N ICBC AFU
Jasmin McMechan https://www.kootenaysexxtherapy.ca/	Online/virtual connect@kootenaysextherapy.ca	**Sex therapy and couples/relationship counselling for adults (18+) in BC.** Sex positive, pleasure focused, embodied, attachment and trauma informed. I draw largely from EFT/attachment and somatic parts work modalities. My practice is gender affirming, 2SLGBTQIA+ friendly, kink aware, sex worker positive, body neutral, and welcoming of all relationship structures.	C
Drea Onofrio https://psychandsoultherapy.com/andrea-onofrio	Online/virtual Offers a FREE 15-20 minute consultation (by phone or video) at: https://psychsoultherapy.janeapp.com/locations/andrea-drea-m-a/book#/free-20-minute-consult	Immediate availability *Youth and Adults* Attachment, trauma, and mindfulness informed practise <u>Areas of focus</u> • Healing from Childhood Adverse Experiences/Trauma (and its impact on current relationship/patterns) • Anxiety • Depression • Grief and Loss • Pregnancy, Prenatal, Post Partum • Parenting • Life transitions and up Changes • Stress and Burnout • People Pleasing Patterns • Empowerment and Self Esteem	C
Jane Suh Broad Places	In-Person & Online/Virtual Richmond	Immediate Availability *Individuals (Age 15+), Couples, Families*	C

Counselling www.broadplaces.ca	broadplacescounselling@outlook.com	Attachment framework, EFT 1. Anxiety 2. Depression 3. Relational/marital/familial Issues or conflict 4. Life transitions 5. Parenting Coaching & Support	
Sarah Sinray www.enlivenconselling.com	Online only sarah@enlivencounselling.com	Adults EMDR Certified, integrating Part Work, Deep Brain Reorienting, Somatic Psychotherapy. Experienced trauma therapist, I've been in practice 14 years. Aware of how to work safely with Dissociative Disorders.	N
Sea to Tree Health & Wellness https://seatotree.ca/	Online, in person Victoria, Westshore, Sooke, North Vancouver and Burnaby info@seatotree.ca	All ages, children, youth, individuals, couples, families, groups. We work with many different contractor and offer wellness programs to community service agencies. EMDR, Gottman, EFT, Somatic, CBT, DBT, Eco, most us us have EMDR and work with professionals and first responders.	Yes, starting at $25
Alia from Mango Mental Health www.mangomentalhealth.com	Online and in-person in 'Burnaby' alia@mangomentalhealth.com	Emotional Regulation, personal growth & identity exploration, BIPOC individuals, relational trauma, anxiety & stress, mindful living EMDR & Somatic Experiencing *Individuals only* *Youth & adults*	C
Andy from Mango Mental Health www.mangomentalhealth.com	Online and in-person in 'Burnaby' andy@mangomentalhealth.com	ADHD, addiction & substance Use, interpersonal Skills, emotional regulation, anxiety *Individuals only* *Youth & adults*	C
Hameda from Mango Mental Health www.mangomentalhealth.com	Online and in-person in 'Burnaby' hameda@mangomentalhealth.com	Attachment & relationship challenges, anxiety & depression, life Transitions, racial & cultural identity exploration, trauma, parenting support *Individuals and Relationship counselling including families* *Youth & adults*	C
Vanessa from Mango Mental Health www.mangomentalhealth.com	Online and in-person in 'Burnaby' vanessa@mangomentalhealth.com	Trauma, depression, anxiety, attachment, family dynamics *Individuals and Relationship counselling including families* *Children, youth & adults*	C
Mercedes from New Tides Counselling	'Vancouver' in Kitsilano and online	*Individuals only* *Youth (12 +) and adults* Psychedelic integration, grief and loss, substance	Y

https://www.newtides.ca/counselling-with-mercedes	mercedes@newtides.ca	use/addiction, anxiety, trauma, spirituality, EMDR	
Alli Parker at Inner Arc Therapy www.innerarctherapy.com	Online and in-person 'North Vancouver'	Youth (12+) & Adults Trauma, Sexual Assault, CPTSD, anxiety, embodiment, identity exploration, Brainspotting	C
Donna Hutchinson New Tides Counselling	Online only donna@newtides.ca	Couples and individual therapy. Depression, anxiety, body image, LGBTQ2+ life transitions, cancer support, EMDR	Y
Mackenzie St.Laurent *(she/her/hers)* Un.Earthing Wellness *(wellness counselling + coaching)*	Online only mackenziestlaurent@gmail.com Book a Discovery Call - https://calendly.com/unearthingwellness	*Wellness Counselling + Menstrual Wellness Educator- a holistic approach to emotional and mental wellbeing* *Wellness routine support, Nervous system regulation,* ***menstrual cycle synching,*** *anxiety/depression, life transitions, somatics, attachment, LGBTQ+, relationship to body/nourishment and self, sexual health and desire* *Person & heart centered, trauma-informed, queer friendly*	C
Priya Gill (she/they) Priya Gill Counselling and Consulting www.priyagill.com	Online and In Person @ Mount Pleasant Counselling www.priyagill.com or email me directly at priyagillcounselling.com	I work with individuals 19 years + Central to my practice are the principles of anti oppression, intersectionality, cultural humility, sex positivity, humor and love. I am formally trained in: EMDR, IFS, and medicine work (MDMA & Psilocybin), My areas of practice include; psychedelic integration, trauma recovery and transformation, working with children of immigrants and cross cultural identities, intergenerational trauma processing, identity (intersectional focus), structural trauma, sex and sexuality, grief, anger and rage, death and dying.	Y however currently closed
Nicole Persall at Nicole Persall Counselling	Online (anywhere in BC) www.nicolepersallcounselling.com nicolepersallcounselling@gmail.com	**Individual Adults (19+) & Couples** My practice areas include: Anxiety, trauma, relationships, attachment styles, boundaries, communication, managing conflict, codependency, people-pleasing, perfectionism, stress management, sex and sexuality I draw from a variety of approaches including: CBT, DBT, Internal Family Systems, Somatic approaches, and Gottman Method Couples Therapy I aim to incorporate trauma-informed, attachment-based, and somatic approaches in my work	Y
Emily Chen	Online in BC & 'Canada'	**Folks who had to grow up quickly, e.g.** - eldest or only daughters	C

(she/her) Bravely Human	https://bravelyhuman.net/therapy	- children of immigrants - people with emotionally immature parents - people who had to be Strong™ for some other reason, who are ready to shed this old role Approaches: Inner child work, somatics, parts work, & other fun stuff☺️🧸💖 Currently accepting new clients as of Spring 2026.	