



Laura Guenzel, RCC, CCC (they/them)

[Website](#) // [Email](#)

Victoria, BC

I do not have openings

I am a white settler living and working on the unceded lands of the W̱SÁNEĆ and lək̓ʷəŋən peoples. I am asexual, aromantic, queer, non-binary, disabled, COVID-conscious, neurodivergent (autistic & ADHD), and fat. Providing a supportive, anti-oppressive space for clients who share similar experiences of marginalization is the focus of my counselling work.

At a Glance	
Services Adults Individual & Group therapy Online appointments	Fees 50-minute individual counselling: \$155 Hormone Readiness Assessment: \$300 Sliding scale available
Specialties Autism & ADHD Disability & chronic illness Asexual and aromantic spectrum identities Fat liberation & unlearning diet culture Hormone Readiness Assessments for trans/non-binary folks in BC	Techniques Person-centred Anti-oppressive, liberation-focused Neurodiversity-affirming Parts work / Internal Family Systems (IFS) Narrative / Postmodern Somatics (gentle & slow-paced for those who find being in the body difficult) EMDR integrated with parts work

Qualifications:

- Practicing for 2 years
- Membership with: BC Association of Clinical Counsellors, Registered Clinical Counsellor (RCC #21190); Canadian Counselling and Psychotherapy Association, Canadian Certified Counsellor (CCC #11242713)

Insurance:

- For insurance coverage, check if your extended benefits policy covers practitioners who have a RCC or CCC designation. If services are covered, you will need to pay up front and submit receipts for reimbursement.
- I am also able to accept funding from the Autism Funding Unit (AFU) and FNHA for clients in BC.



Amy Hamilton, MC, CCC (she/her)

[Website](#) // [Email](#) // (249) 444-0301

British Columbia

I do have openings

Amy Hamilton is a Canadian Certified Counsellor (CCC) based out of Vernon, British Columbia, Canada. She became ill and subsequently housebound with ME/CFS in 2017, forcing her to leave her job as a Family Counsellor. Passionate about counselling, she was determined to return to her beloved career. In 2019 she accomplished this goal opening Core Connections Counselling, a private counselling practice that offers in-person and online virtual sessions. She inspires her clients to find their inner confidence, clarity, and strength so that they can create their best lives possible.

At a Glance	
Services	Fees
Adults Individual, Couples, Family, & Group Therapy Online & In-person appointments	\$140 CAD for individual appointments \$180 CAD for family & couples appointments I do take insurance
Specialties	Techniques
Chronic illness; Chronic pain; Depression; Anxiety; Managing emotions; Anger management; Mood Disorders; Parenting; Generational trauma; Developmental and relational trauma; Complex PTSD; Attachment rupture	Somatic Experiencing Parts Work (IFS informed) Integrative-Client Centered Strength Based Mind-body integration Attachment Science

Qualifications:

- Practicing for 9 years
- Additional certifications: Somatic Experiencing levels up to Advanced; Yoga Teacher Training 200
- Membership with: Professional Member of Canadian Counselling and Psychotherapy Association

Insurance: I am covered by most insurance companies across Canada. Please contact your benefits provider to confirm that they cover Canadian Certified Counsellors (CCC) under the Canadian Counselling and Psychotherapy Association (CCPA).

In-person safety precautions: All clients are required to wash or use sanitizer on hands prior to or upon entering office. If a client prefers me to wear a mask, I will. I have masks available for clients upon request.