

Cedar Counselling

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FAST FETCH FAQs

Who is Cedar Counselling?

It's just me! I am a Registered Clinical Counsellor with BCACC (bc-counsellors.org) #8262. I am also a counsellor with WorksafeBC, ICBC and Crime Victims' Assistance Program as well as ESI-an Employee Assistance Program.

What types of clients do you work with?

Mostly adults for 1-1 counselling. I also do group counselling and work with anyone in your support system that you choose to invite to your sessions. I specialize in anxiety and depression, addictions, trauma, schizophrenia, bipolar disorder, personality disorders; grief work; chronic health issues.

What is your background?

I have a Masters of Arts in Counselling Psychology degree from Yorkville University. I've worked in the mental health system for over 20 years: Canadian Mental Health Association, Vancouver Coastal Health, Burnaby Hospice Society, Fraserside Community Services and Fraser Health (New Westminster, Langley and Delta).

I'm also trained in Eye Movement Desensitization Reprocessing (EMDR), the DeTUR protocol and the FSAP protocol for trauma and addictions. You can resolve issues with these techniques much more quickly than with talk therapy.

How much does it cost?

BCACC is working hard to get counselling services covered through MSP. In the meantime, many extended health benefits reimburse for counselling services (not just psychologists anymore). My basic rate is \$100 per hour and happy to discuss a sliding scale with you.

Where is your office?

I have office space at the Birch Tree Family Clinic in Ladner (103-4841 Delta Street) and at The Counselling Group in White Rock (202-1548 Johnston Road). I may be able meet with you in your home or care facility.