



About Counselling

Counselling is sometimes referred to as psychotherapy or “talk therapy” and can be helpful for those experiencing some trouble in their lives. It can be an issue that you need to bounce off someone else for a non-biased professional opinion or a specific problem that has not gone away regardless of your hard work. We work with individuals, couples and families that are looking for change in their lives. At West Coast Counselling, your appointment and whatever we may discuss is completely confidential, and the counselling is done with a professional, qualified counsellor with a Master’s degree in Counselling Psychology who is also registered with the BC Association of Clinical Counsellors (RCC). The well being of people is important to us and we will do whatever we can to help you in your struggles and help you move toward a place where you no longer need our help.

What is a Registered Clinical Counsellor

A Registered Clinical Counsellor (RCC) is someone who must meet the standards of the British Columbia Association of Clinical Counsellors by going through rigorous academic training with a Master’s degree, and clinical supervised experience. An RCC must undergo a criminal record check and also have references from recognized mental health practitioners. RCCs are accountable for their work by the association’s Code of Ethical Conduct and Standards of Clinical Practice and its complaints, investigations and discipline process.

Common Issues

Common issues that are dealt with at West Coast Counselling include but are not limited to:

Depression	Anxiety	Shyness
Parenting Skills	Grief and Loss	Phobias
Addictions	Trauma	Insomnia
Sexual Problems	Bullying	Divorce/Separation
Relationship Difficulties		

These are struggles that can be discussed and worked through with your qualified counsellor in a non-biased, non-judgmental setting. We take great pride in helping you overcome these difficulties and work to make your experience in therapy as comfortable as possible with flexible hours, an empathetic counsellor, and central locations.

Fees

Individual counselling fees: Initial half hour consultation: \$45 plus GST
Subsequent sessions: \$90 per hour plus GST.

Couples and family counselling fees: Initial half hour consultation: \$55 plus GST
Subsequent sessions: \$110 per hour plus GST.

In an effort to be helpful, West Coast Counselling has considered both the ability of people to access professional counselling services as well as the standard fees charged by Registered Clinical Counsellors. Fees are also covered by Crime Victims Assistance for those who are a victim of a crime.

For your convenience, we accept: VISA, MasterCard, cheque and cash.

Please consult your workplace health benefit plan to inquire whether they cover therapy by Registered Clinical Counsellors.

Counsellor

Allison Bates, M.A., RCC is a caring and non-judgmental person with a sincere interest in helping people overcome challenges in their lives.

She has training and experience working with people from a variety of cultural and spiritual backgrounds and has several years of experience working with people challenged by severe mental illness. She obtained her Bachelor's degree in Psychology from the University of British Columbia and her Master's degree in Counselling Psychology from City University, a private accredited university in Vancouver.

Specialties:

- Post Traumatic stress reactions

- Youth issues: bullying, drugs/alcohol, eating disorders, "fitting in"

- Relationship issues: divorce, separation, conflict, parenting

- Depression

- Anxiety

Pre-Marital Package

West Coast Counselling offers a pre-marital package. This package is also at a reduced rate of \$350 for all four sessions, which is less than the couple hourly rate for counselling and is facilitated by a professional, Master's level counsellor with the experience and training to help you in your journey. For more information, visit www.wccounselling.com/packages.html.

Contact

To contact West Coast Counselling, please call 604.762.5358 or e-mail info@wccounselling.com

West Coast Counselling
c/o Total Wellness
4162 Dawson Street,
Burnaby BC, V3E 3J7