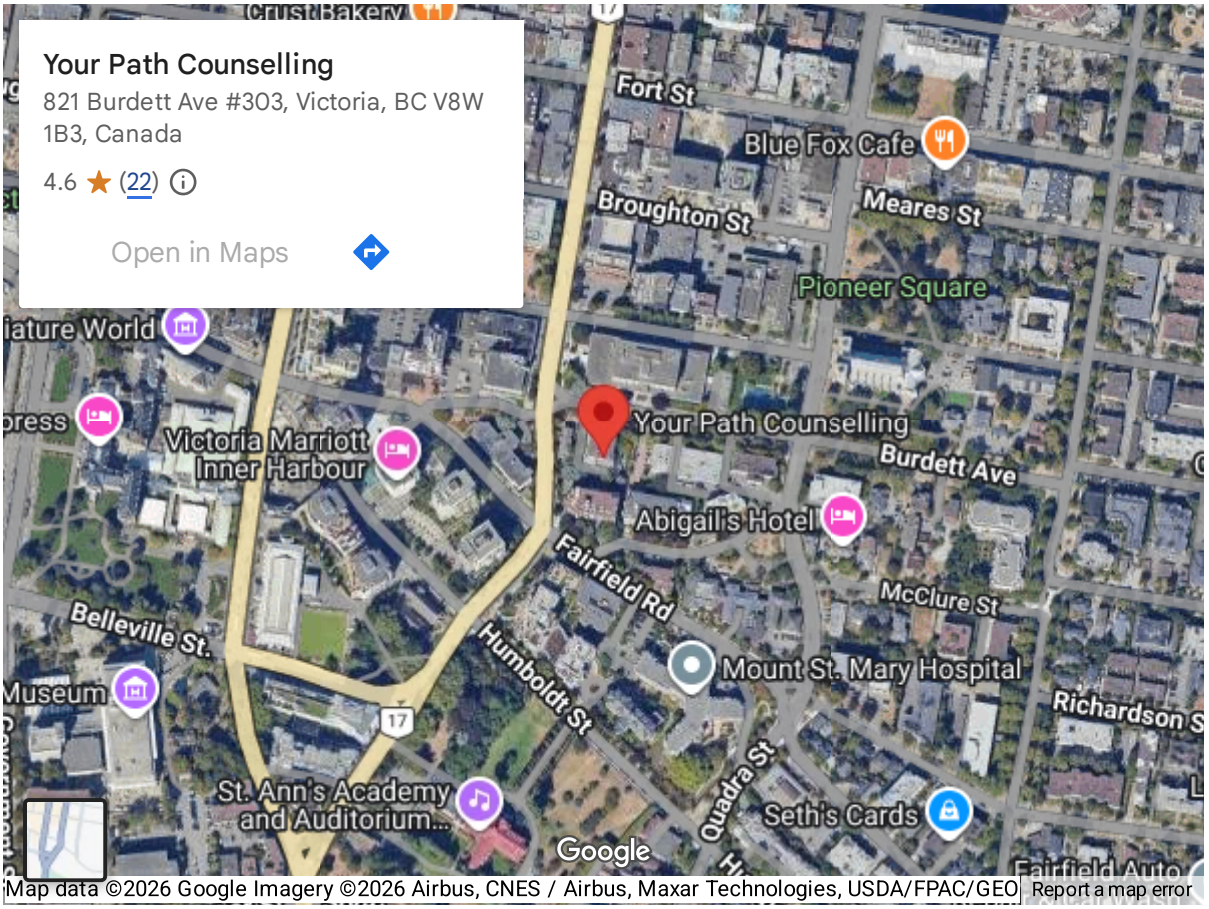
How Your Path Counselling Matches Clients With the Right Victoria Counsellor A team of more than twenty counsellors is a strength, but it can also feel overwhelming when you are already stressed and just want to get started. Scrolling through profiles, comparing therapy types and checking availability takes energy many people do not have. Your Path Counselling offers a free matching service for exactly this reason, so clients looking for counselling in Victoria BC can hand the sorting job to people who know the team well. The process is simple. You fill in a short match form on the practice website describing the main concerns you want help with and what you are looking for in therapy, such as a preference for a male or female counsellor, in person or online sessions, a particular approach, or a budget. The team reviews the form and sends you a therapist profile to consider. If the suggestion looks right, you can book a free 15 minute consultation to meet the counsellor before committing, or go straight to booking a full session. If it does not look right, you can say so and the team will suggest someone else. There is no charge for matching, and no pressure to accept the first suggestion.

Your Path Counselling | 821 Burdett Ave #303, Victoria, BC V8W 1B3 | (778) 902-3735

The team page can also be filtered if you prefer to look yourself. Filters include counsellor gender, client type such as individual, relationship, family or youth, delivery method, price level, availability by time of day, position, more than thirty specialties and over twenty types of therapy. For example, you can narrow the list to counsellors who offer EMDR, those who see youth in person, or those available on weekends. Matching is especially useful for people dealing with something specific, such as trauma, an eating disorder, OCD or a court ordered requirement, where only some counsellors on the team have the relevant experience. It also helps couples, who need a counsellor comfortable with relationship work, and families wanting someone with Family Systems training. Matching also takes cost and logistics into account, not only clinical fit. If your budget points towards the Affordable Intern Clinic at $75, the team can suggest an intern whose focus areas line up with your concerns. If you need someone who sees clients on Sundays, or who only works by video because you live up island, that can be noted on the form too. The aim is to find someone you can actually see regularly, since even the most experienced counsellor will not help much if their schedule or fee makes it impossible to keep appointments. To be matched with a counsellor in Victoria or online anywhere in BC, complete the form on the website or call Your Path Counselling on (778) counselling victoria bc 902-3735. In person sessions take place at Suite 303, 821 Burdett Ave, Victoria, BC V8W 1B3.

Your Path Counselling Address: 821 Burdett Ave #303, Victoria, BC V8W 1B3 Phone: (778) 902-3735



FAQ About

Counselling Victoria BC How much does counselling cost in Victoria BC? Private counselling in Victoria commonly costs well over one hundred dollars per session with a registered professional. At Your Path Counselling, fees are posted openly: $75 in the Affordable Intern Clinic, $110 for senior interns, $160 for registered counsellors and $220 for clinical specialists. Fees are the same for in person sessions at 821 Burdett Ave and for video or phone sessions across BC. Is there affordable or low cost counselling in Victoria BC? Yes. Several community agencies in Greater Victoria offer free or sliding scale counselling, and private practices sometimes run lower cost options. Your Path Counselling's Affordable Intern Clinic offers sessions from $75 with Masters level interns who are supervised by the practice's registered clinicians, including co-founder Dr. Michelle Bass, PhD, RSW, RCC. Does extended health insurance cover counselling in BC? Most workplace and private extended health plans in BC reimburse counselling with certain credentials, commonly Registered Clinical Counsellors (RCC) and Registered Social Workers (RSW), and some also cover Canadian Certified Counsellors (CCC). Your Path Counselling does not bill insurers directly, but provides a full invoice after every session for you to submit. Check which credentials and annual limits your plan includes before booking. What is the difference between a counsellor and a psychologist in BC? Psychologists in BC hold a doctoral degree and can carry out formal psychological assessments and diagnoses. Counsellors such as RCCs and CCCs hold Masters degrees and focus on talk therapy for a wide range of concerns. Your Path Counselling's team includes RCCs, CCCs, Registered Social Workers and two PhD level clinical specialists, and can suggest an assessment elsewhere if one would help. Do I need a doctor's referral to see a counsellor in Victoria? No referral is needed to book counselling at Your Path Counselling; you can book online or call (778) 902-3735 directly. A small number of insurance plans still require a doctor's note to reimburse counselling, so it is worth checking your policy. Speaking with your family doctor can still be helpful if you are also considering medical treatment. How do I find the right counsellor in Victoria BC? Start with what matters most to you, such as the concern you want help with, the counsellor's approach, gender, availability and fee. Your Path Counselling's team page can be filtered by more than thirty specialties and twenty therapy types, or you can fill in a short form and be matched for free. Every counsellor offers a free 15 minute consultation so you can check the fit before booking. Is online counselling as effective as in person counselling? Research on video counselling for many common concerns, including anxiety and depression, has generally found results comparable to in person sessions. Your Path Counselling offers secure, encrypted video and phone sessions to anyone in BC, and around 15 percent of its

clients choose online sessions. Many people mix formats, attending at the Burdett Avenue office some weeks and online others. How many counselling sessions will I need? It depends on what you are working on. Co-founder Dr. Michelle Bass notes that in her experience most people can make meaningful changes in 12 sessions or fewer, while long standing patterns or early life trauma may benefit from longer term psychotherapy. Sessions at Your Path Counselling usually begin weekly and are spaced out as things improve. What does RCC mean after a counsellor's name? RCC stands for Registered Clinical Counsellor, a designation in British Columbia that requires a relevant Masters degree, supervised clinical experience and adherence to a code of ethics. Many BC benefit plans name RCCs in their counselling coverage. Several counsellors at Your Path Counselling hold the RCC designation, alongside colleagues who are CCCs and Registered Social Workers. Can I get counselling on evenings or weekends in Victoria? Yes. Your Path Counselling lists its hours as 8:30am to 9pm, seven days a week, with evening and weekend appointments spread across different counsellors. The online booking system shows live availability, or you can note your preferred times on the matching form. Video and phone sessions add flexibility for shift workers and parents. Is counselling confidential in BC? Counsellors in BC follow professional ethics codes and privacy legislation that protect what you share. Limited exceptions apply across the profession, such as a serious risk of harm to you or someone else, a child in need of protection, or a court order. Your Path Counselling explains these limits at the start of counselling and uses secure, encrypted platforms for online sessions. What should I do if I need mental health help right now? Counselling is not an emergency service. If you are in immediate danger, call 9-1-1, and if you are thinking about suicide or worried about someone, call or text 9-8-8 at any time. For ongoing support once you are safe, Your Path Counselling offers sessions in downtown Victoria and online across BC, bookable by calling (778) 902-3735.