

What is a Registered Clinical Counsellor?

The BC Association of Clinical Counsellors (BCACC) licenses Registered Clinical Counsellors (RCCs). The following associations also regulate the professional practice of counsellors, therapists and psychologists in the province of British Columbia:

- Canadian Counselling and Psychotherapy Association (CCPA)—ccpa-accp.ca
- BC College of Social Work (BCCSW)—bccollegeofsocialworkers.ca
- BC Association for Marriage and Family Therapy (BCAMFT)—bcamft.bc.ca
- BC Psychological Association (BCPA)—psychologists.bc.ca

Every person who receives the RCC counselling designation has met specific educational and training criteria required by the BCACC. RCCs have not only met the academic, clinical competence and professional requirements, they have voluntarily committed themselves to practice according to an ethical code of conduct and standards of practice.

The BCACC recommends a fee schedule for counselling services offered by RCCs, which is intended as a guide only. On average:

Counselling (per 50-minute session)	Rate (not including GST)
Individual Therapy	\$120.00
Couples or Family Therapy	\$125.00

For more details regarding the recommended fee schedule, visit the BCACC Web site at bc-counsellors.org, then click **Find A Counsellor**, and then click **Fee Schedule**

While employers—for example Vancouver Coastal Health (VCH), Sunshine Coast Community Services Society (SCSS) and Ministry of Children and Family Development (MCFD)—can employ RCCs and other counsellors, employers do not regulate or license counsellors. Employers may, however, expect counsellors to hold a valid license.



Oliver Sterczyk, MC

Registered Clinical Counsellor (RCC)
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For a little more about my way of working, visit my blog at oliversterczyk.com

Oliver is a Registered Clinical Counsellor (RCC) and Canadian Certified Counsellor (CCC) practicing privately in Gibsons. He is currently accepting new clients and can be contacted for any reason at (604) 993-0080 or oliver@oliversterczyk.com

Scan me



Notes

An Overview of Clinical Counselling Services on the Sunshine Coast

By Oliver Sterczyk

B. Ed., MC, RCC, CCC



A designation of
BC Association of Clinical Counsellors

“How do I know when to seek counselling?”

While answers to this question may be as diverse as there are individuals, relationships and families in our community, in general we may recognize a need for counselling when one or more aspects of our lives seem to be taking over. At some point in our lives, we may experience:

- Emotional distress
- Challenges in relationship
- Loss and bereavement
- Trauma, violence or abuse
- Harmful substance use

We may benefit from assistance in personal growth or developing healthier ways of coping.

Publicly Funded Services

On the Sunshine Coast, some counselling is available from publicly funded services. For example:

- Sunshine Coast Mental Health and Addiction Services (SCMHA)—(604) 885-6101
- Sunshine Coast Community Services Society (SCSS) —(604) 885-5881
- Ministry of Children and Family Development (MCFD)—(604) 740-8900

To access publicly funded services, often you can contact the organization directly and refer yourself. You can also talk to your doctor.

In an immediate crisis, call 911 or go to Emergency at your local hospital.

Advantages of accessing publicly funded counselling services include little or no fee for services and referrals to other services. Disadvantages may include potential wait times; little or no choice of counsellor; limited access to services; and, appointments available only during regular business hours.

Publicly funded counselling services tend to focus on helping you cope with an immediate crisis. When the immediate crisis passes, counselling is ended, typically after six to eight sessions. If another crisis occurs, you can always refer again.

Groups

Attending groups can also be helpful. Compared with individual counselling, groups typically offer no or lower fees for participating and can be easier to access. You can benefit from shared experiences and peer support.

Some available groups on the Sunshine Coast include:

- SCMHA (at Sechelt Hospital)
 - o Wellness Drop-in Group
 - o SMART Recovery (www.smartrecovery.org)
 - o Meditation-based Stress Reduction (MBSR)
- 12-Step
 - o Alcoholics Anonymous—(604) 434-3933 (24 hours)
 - o Al-Anon Family Group—(604) 885-0101 (Sechelt) or (604) 886-9059 (Gibsons)
- Sunshine Coast Hospice Society Grief Groups—(604) 740-0475

In terms of limitations, group contexts tend to provide a reduced focus on individual challenges, needs or concerns. For some people, a group environment may trigger higher stress levels.

Seeking Counselling Privately

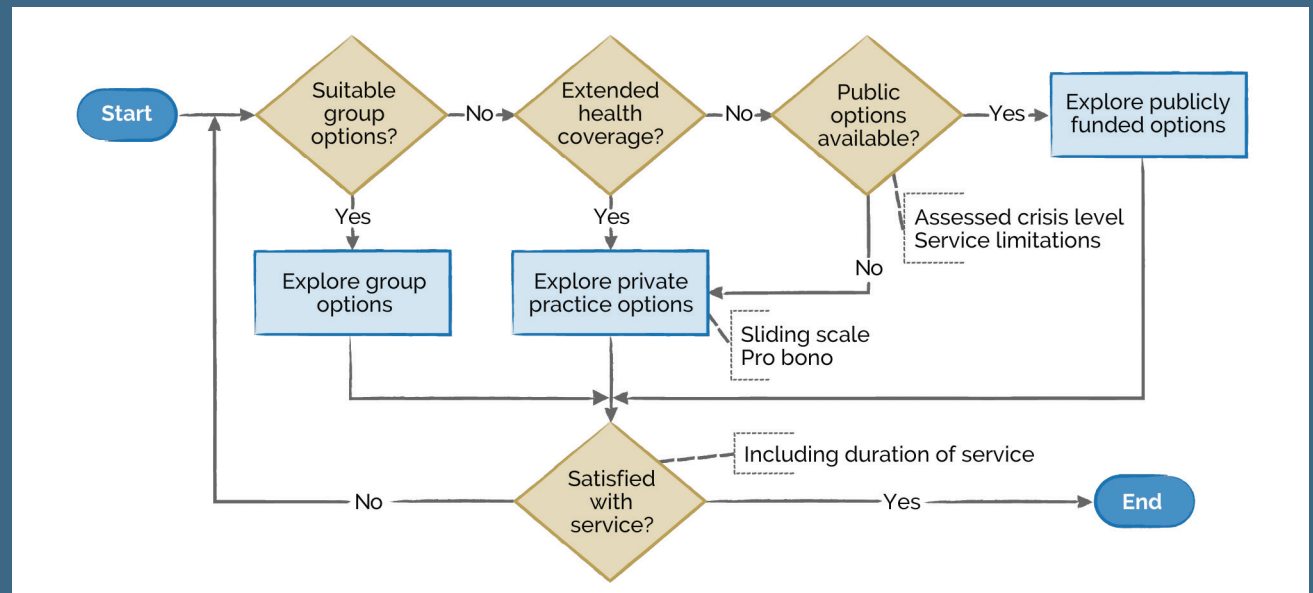
Seeking counselling with a private practitioner also has pros and cons. The BC Association of Clinical Counsellors (BCACC) publishes guidelines for choosing a clinical counsellor on their Web site at bc-counsellors.org Click **Find a Counsellor**, and then click **How to Choose**

While the main disadvantage of seeking counselling privately may be a fee for service, advantages include:

- Choice of counsellor or psychotherapist
- Greater discreetness
- More flexibility in appointment times
- Extended health plans may offer coverage
- Practitioners may offer a sliding fee scale or pro bono (free) services

Working with a clinical counsellor privately can offer you more potential to explore your own perspective or narrative, at your own pace. If crisis is akin to a roof that leaks in the rain, then as John F. Kennedy once said, “The time to repair the roof is when the sun is shining.”

Choosing Counselling Services



To summarize, use publicly funded individual and group counselling services as they may be available to you, while remembering that a community of private practitioners is available to serve you on the Sunshine Coast.