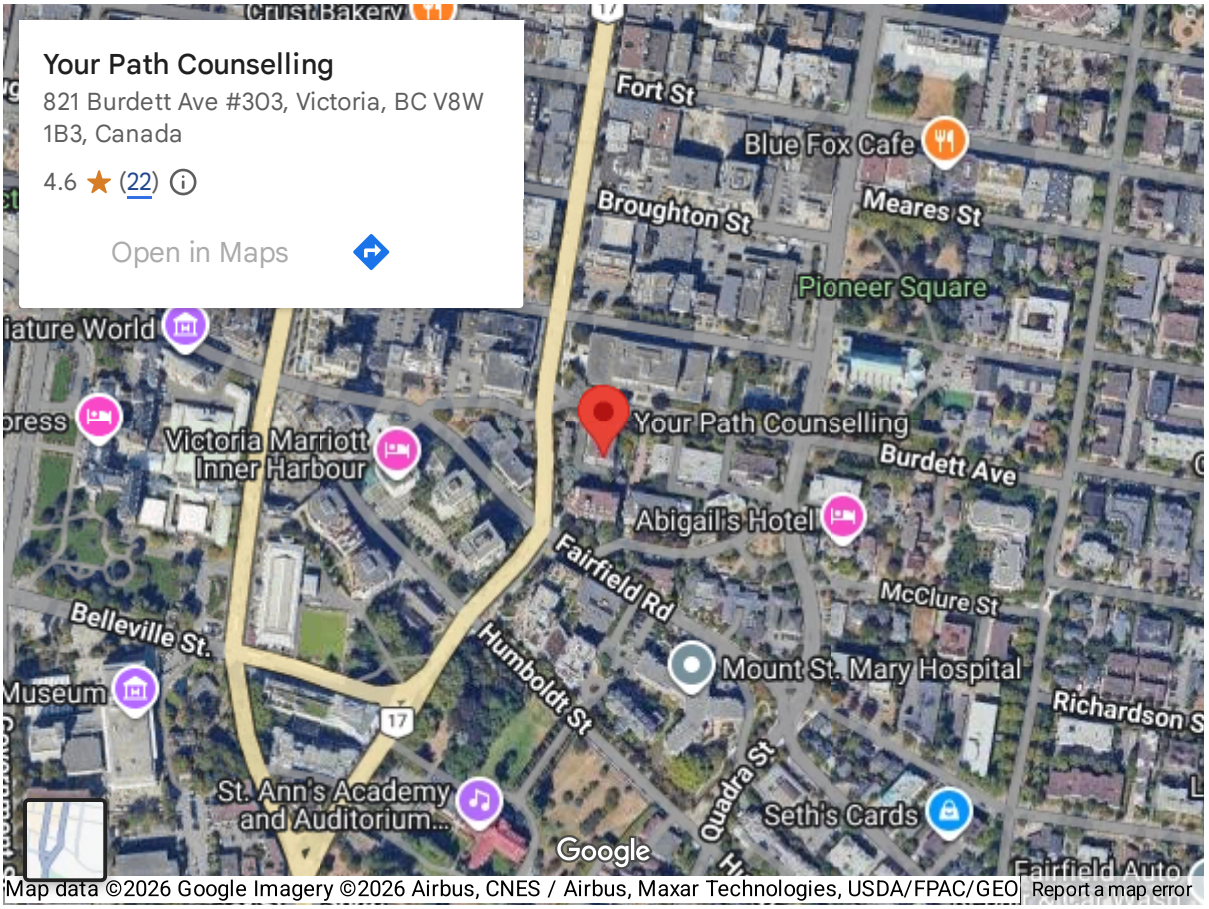
Why a Group Practice Suits Counselling in Victoria BC counselling victoria bc Victoria has plenty of counsellors working on their own, and many of them do excellent work. But for people searching for counselling in Victoria BC for the first time, a group practice can offer advantages that are easy to overlook. Your Path Counselling is one example, bringing more than twenty counsellors together under one roof on Burdett Avenue in the downtown core. The first advantage is choice. With a single practitioner, if the fit is not right, you start over. In a group practice, you can be matched with a colleague who has a different style, gender, approach or schedule. Your Path Counselling's team page can be filtered by more than thirty specialties and over twenty therapy types, and its free matching service will suggest someone based on what you need. The second is range. Different counsellors bring different training. At this practice, the team includes Registered Clinical Counsellors, Canadian Certified Counsellors, Registered Social Workers, Masters level interns and two PhD level clinical specialists. That means a family can see one counsellor for couples work and another for a teenager, while staying within one practice with consistent policies and billing.

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The third is supervision and support. Group practices often have built in consultation, where counsellors discuss complex cases with colleagues while protecting client privacy. Your Path Counselling's interns are supervised by the registered team, including co-founder Dr. Michelle Bass, who has thirteen years of experience training graduate mental health professionals. That culture of review and learning tends to benefit all clients. Availability is another factor. A solo counsellor might have only a few open slots each week. A larger team can offer hours from 8:30am to 9pm seven days a week, with evening and weekend options spread across different counsellors. The practice aims to get new clients seen within around two weeks. Cost flexibility is the final piece. Because the team spans different levels of experience, fees range from $75 in the Affordable Intern Clinic to $110 for senior interns, $160 for registered counsellors and $220 for clinical specialists. Clients can choose a level that fits their budget and move between levels if their needs change. There are trade offs, of course. Some people prefer the intimacy of a small solo practice, and that is a valid choice. The important thing is to find a counsellor you trust, and a group practice simply gives you more ways to do that. To explore counselling with a group practice in Victoria BC, call Your Path Counselling on (778) 902-3735 or visit 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.