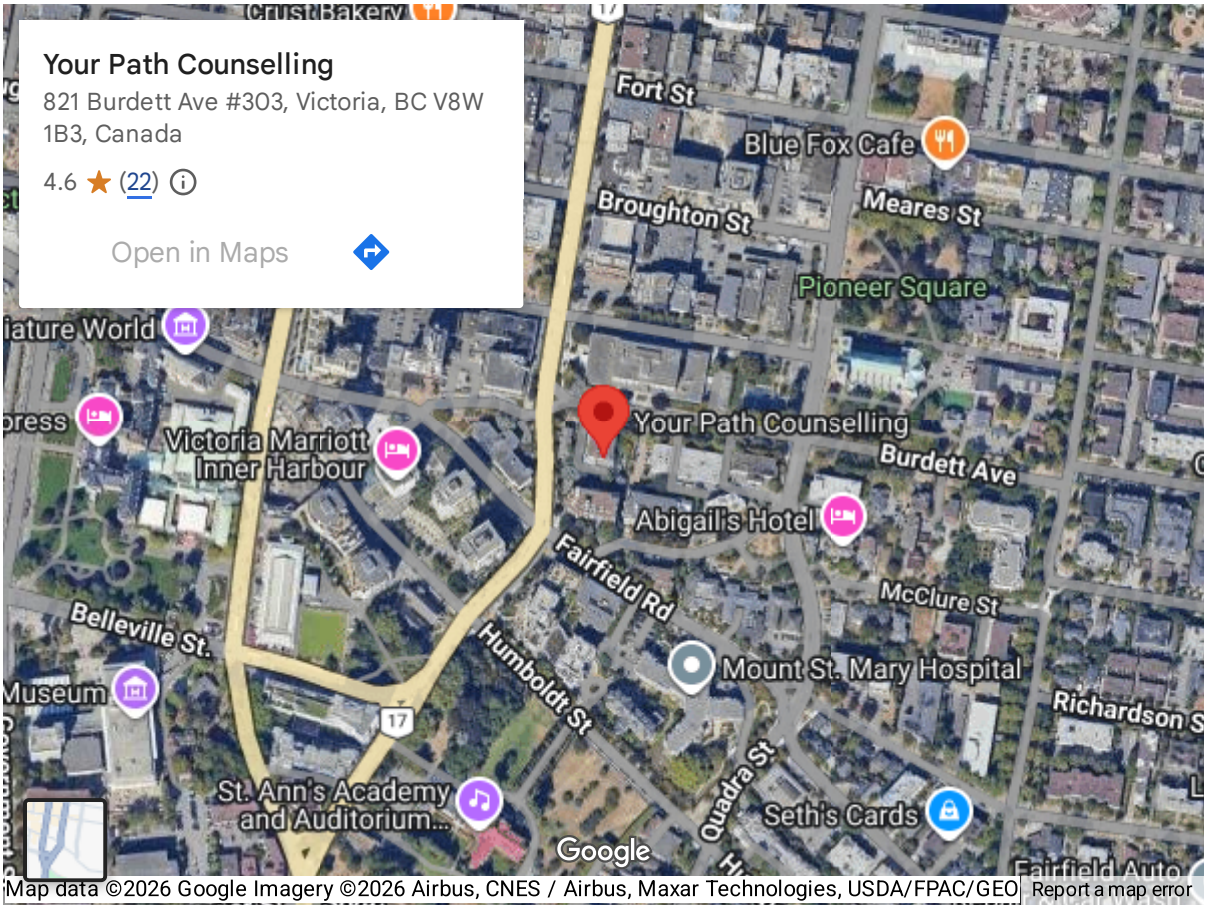
Youth and Young Adult Counselling in Victoria BC The years between early adolescence and the mid twenties pack in a lot of change. Teenagers in Victoria are juggling school, friendships, social media and figuring out who they are, while young adults may be starting at UVic or counselling victoria bc Your Path Counselling Camosun, moving out for the first time or entering the job market in an expensive city. Counselling at these stages can help young people put words to what they are feeling and build skills they will use for years. Your Path Counselling lists eleven counsellors who work with youth, along with family counselling options for parents who want to be involved. Common concerns include anxiety, low mood, school stress, peer pressure, identity questions, body image and difficulties with emotional regulation. The practice's recent blog post on peer pressure and identity reflects how often these themes come up in sessions with Victoria teens. Approaches are chosen to fit the young person rather than the other way around. Some respond well to structured CBT with clear goals, while others prefer narrative or person centred work that gives them more space to talk. Counsellors with experience in ADHD and neurodiversity are also on the team, which helps when attention or sensory differences are part of the picture. Video sessions can suit teens who feel more comfortable talking from their own room, and in person sessions are available at the downtown office.

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

For young adults paying for counselling themselves, the Affordable Intern Clinic at $75 per session is often the most realistic option. Students may also have coverage through a parent's extended health plan or a student plan, and the practice provides receipts that can be submitted for reimbursement. A free 15 minute consultation gives a young person the chance to meet a counsellor and decide for themselves whether to continue, which matters a lot at this age. Parents often ask how much they will be told about what their teenager says in counselling. The answer depends on the young person's age and the situation, but counsellors generally explain confidentiality clearly at the start, including the limits that apply when someone's safety is at risk. Many families find it helpful to agree on how updates will work before sessions begin. Some young people also benefit from occasional family sessions, where a counsellor helps parents and teens talk about difficult subjects without the conversation turning into another argument at the dinner table. If you are a parent, a teen or a young adult looking for counselling in Victoria BC, you can book online or call Your Path Counselling on (778) 902-3735. The office is at Suite 303, 821 Burdett Ave, Victoria, BC V8W 1B3, within walking distance of downtown bus routes, and sessions run seven days a week.

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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.