

Counsellors & Spiritual Directors

Are You Looking for a Counsellor?

The following counsellors are known by the leadership of Capilano Christian Community as competent and certified with appropriate counselling organizations. For further recommendations please contact the church office at life@capchurch.ca or 604-980-8997.

- **Barbara Atkins (B.A., Cert. in Substance Abuse)** will walk with you as you face challenges associated with addictions, lifestyles and relationships. Having worked with people from diverse backgrounds, she has much hope and faith in your potential for growth and change. Respect and dignity for all undergird her approach. Her rate is \$50 per hour. Confidential messages can be left at 604.980.8997 or at barbaraatkins@shaw.ca

- **Jan Bryant (L.L.B., M.Ed., C.C.C.)** (Counselling Psychology) specializes in grief and loss, adolescent and family issues, life transitions and trauma. She also does critical incident stress management (grief circles or trauma debriefing). Jan attends Capilano Christian Community. Her fee schedule is \$90 per session or a sliding scale. Hours are variable and evening appointments are possible. Her phone number is 604-988-6164 janbryant@shaw.ca

- **Carole Ducklow (M.A., R.C.C.)** is a marriage and family therapist who has a private practice in her home office (Horseshoe Bay village in West Vancouver). She also directs the Adjunct Counselling Service at Regent College. Her counselling fee is \$90 (plus GST) per hour session and she is available for morning and afternoon appointments during the weekdays. You may contact her at 604-921-9542 or caroleducklow@shaw.ca

- **Jean Howson R.N. (S.A.), M.P.S., R.C.C.** works with individuals, couples and families from a Bowen “family systems” perspective. She practices in a holistic way and incorporates “Bodydynamics” into her therapy work. The spiritual aspect of counselling is also very important to Jean. Her counselling fee is \$80 per hour or a sliding scale. Her phone number is 604-418-7053. jean.howson@gmail.com

- **Tyler Milley, B.A., M.A.** Tyler is a registered clinical counsellor, helping individuals, couples and families navigate change and find fulfillment. He provides counselling services through Able Developmental Clinic in Surrey and West Vancouver. www.tylermilley.com 604-880-9881.

- **Mike Nichols (M.C.S.)** is a pastor at CapChurch and a marriage counsellor. He has a Masters degree from Regent College and was worked at the Burnaby Christian Counselling Group for two years doing individual and marital therapy. Mike specializes in pre-marriage and marriage counselling at a fee of \$50 per hourly session. He is available weekdays for morning or afternoon appointments. You can email him at mike@capchurch.ca or phone CapChurch at 604-980-8997.

- **Nancy Nichols (C.P.C.C.)** Nancy has a private practice of life coaching and spiritual direction called Heart and Soul. She skilfully and intuitively leads her clients to be all that God has created them to be. Breaking through fear. Beating the guilt game. Daring to come alive. And REALLY living...with purpose and passion!

www.heartandsoulcoach.ca or leave a message at 604-986-8259.

- **Briar Schulz (RN., M.A.)** is a Registered Nurse with a Masters in Counselling Psychology and has a private practise in her home (Deep Cove, North Vancouver). She specializes in the areas of eating disorders, depression, and anxiety, counselling pre-teens through to adults. Her counselling fee is \$80 per hour. She can also be reached on her confidential line at 778-885-3775.

- **Daryl Samson (M.Ed., Cert. in Substance Abuse)** specializes in the assessment, treatment and monitoring of addictive disorders and chemical dependency and co-dependency. His clients will come to understand recovery, wellness, relapse prevention and the implementation of nonchemical coping skills. Daryl is available for one-on-one counselling, family and group counselling, educational presentations for large or small groups and outreach. His hourly rate is 80 dollars. You can reach Daryl at 604-987-4718 or by email at k2d2sam@telus.net (home) or daryl@orchardrecovery.com (work)