



INTERIOR REGION  
First Nations Health Authority

# Mental Health Counsellors: Ktunaxa Territory

The following is a list of Counsellors across Ktunaxa Territory that meet the First Nations Health Benefits (FNHB)'s eligibility criteria, and are actively registered with FNHA.

*For more information see:*

**[https://www.fnha.ca/benefits/mental\\_health\\_providers](https://www.fnha.ca/benefits/mental_health_providers)**

**For 24-hour support, please contact:**



**INDIAN RESIDENTIAL  
SCHOOL SURVIVORS  
SOCIETY**

TOLL-FREE LINE  
**1-800-721-0066**



**TSOW TUN LE LUM  
SOCIETY**

TOLL-FREE LINE  
**1-888-403-3123**



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# Mental Health Counsellors: Commonly used Acronyms

The following is a list of acronyms used within the Mental Health Counsellors document.

**ACT** - Acceptance and Commitment Therapy

**AEDP** - Accelerated Experiential Dynamic Psychotherapy

**A&D** - Alcohol and Drug Therapy

**BCT** - Behavioural Couples Therapy

**BIPOC** - Black, Indigenous, and People of Color

**BSFT** - Brief Strategic Family Therapy

**CBT** - Cognitive Behavioural Therapy

**CCC** - Canadian Certified Counsellor

**CFT** - Compassion Focused Therapy

**CPT** - Cognitive Processing Therapy

**CISM** - Critical Incident Stress Management

**DBT** - Dialectal Behavioural Therapy

**EF** - Emotionally Focused Therapy

**EFFT** - Emotionally Focused Family Therapy

**EFIT** - Emotionally Focused Individual Therapy

**EMDR** - Eye Movement Desensitization Therapy

**FOT** - Focusing Oriented Therapy

**FS** - Family Systems

**IFS** - Internal Family Systems

**LI** - Lifespan Integration

**MBCT** - Mindfulness Based Cognitive Therapy

**MI** - Motivational Interviewing

**NARM** - Neuro Affective Relational Model

**NT** - Narrative Therapy

**OEI** - Observed Experiential Integration

**RCC** - Registered Clinical Counsellor

**RCSW** - Registered Clinical Social Worker

**RSW** - Registered Social Worker

**SE** - Somatic Experiencing

**SFBT** - Solution Focused Brief Therapy

**SFT** - Solution Focused Therapy

**SRT** - Self Regulation Therapy

**LSR** - Life Stress Reduction

**TIR** - Traumatic Incident Reduction



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

**LEANNA KOZAK, RSW, Indigenous Provider**

**Specialties:** Stress, Anxiety, Grief, Trauma and Life Transitions.

**CASTLEGAR**

**Phone:** (250) 365-5402

**TRACY KUIPER, CCC**

**Specialties:** Anxiety, Depression, Grief, Trauma and Addiction.  
CBT, Narrative, EMDR.

**CASTLEGAR, Virtual Options**

**Phone:** (250) 687-8155

**Website:** [kuipercounselling.ca](http://kuipercounselling.ca)

**SARAH SHERRARD, Psychologist**

**Specialties:** Psychological Assessments (All Ages).  
CBT, DBT and Mindfulness.

**CASTLEGAR, Virtual Options**

**Phone:** (250) 777-3017

**Website:** [drsarahsherrard.com](http://drsarahsherrard.com)

**EMILY VON HAUSEN, CCC & RCC**

**Specialties:** DPDR, Anxiety/Panic, Trauma, Guilt/Shame,  
Substance Use and Life Transitions.  
EMDR, DBT, Narrative and EFFT.

**CASTLEGAR, Virtual Options**

**Phone:** (604) 449-9965

**Website:** [lakeandglade.com](http://lakeandglade.com)

**EMILY ZABEL, RCC**

**Specialties:** Trauma, PTSD, Anxiety, Depression, Art and ED.  
Works with children ages 10+.

**CASTLEGAR, Virtual Options**

**Phone:** (250) 608-2453

**Website:** [ezcounselling.ca](http://ezcounselling.ca)

**ERICA SPINK, RCC**

**Specialties:** Somatic Relational Therapist and Holistic Health  
Practitioner.

**CASTLEGAR & SILVERTON,  
Virtual Options**

**Phone:** (613) 532-8523

**Email:**  
[livingawareness@protonmail.com](mailto:livingawareness@protonmail.com)

**LAURIE BECK, RSW**

**Specialties:** Relationships, Trauma, Stress and Anxiety.  
EMDR, ART and ACT.

**CRANBROOK, Virtual Options**

**Phone:** (250) 464-0655

**Website:**  
[untilyouloveyourself.com](http://untilyouloveyourself.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

**JULIE CARR, RCC**

**Specialties:** Unspecified.  
EMDR, IFS, ACT, and NT.

**CRANBROOK, Virtual Options**

**Phone:** (250) 464-4241

**Website:** [untangledconnections.ca](http://untangledconnections.ca)

**CHERYLYNNE GREENARD-SMITH, RSW**

**Specialties:** Unspecified.

**CRANBROOK, Virtual Options**

**Phone:** (250) 489-9795

**WENDY HALEY, RSW**

**Specialties:** Trauma, Anxiety, Depression, Sexual Health, and Grief.  
EMDR and CISM.

**CRANBROOK, Virtual Options**

**Phone:** (250) 919-8737

**Website:** [fisherpeakcounselling.ca](http://fisherpeakcounselling.ca)

**CATRIONA HALL, RCC**

**Specialties:** Anxiety, Sexual Abuse, Trauma and PTSD.  
EMDR, Attachment and EFT.

**CRANBROOK, Virtual Options**

**Phone:** (250) 212-2494

**Website:** [psychologytoday.com](http://psychologytoday.com)

**ANGELA KEMPERMAN, CCC, RCC**

**Specialties:** Depression, Anxiety, Trauma and BPD.  
CBT, EFT, EMDR, DBT and Gottman.

**CRANBROOK Virtual Options**

**Phone:** (778) 687-3980

**Email:** [counsellingwithangela.ca](mailto:counsellingwithangela.ca)

**LISA KLCO, RSW**

**Specialties:** Sexual and Complex Mental Health Care.  
Intensive Short-Term Dynamic Psychotherapy, Direct Neurofeedback, CBT and DBT.

**CRANBROOK, Virtual ONLY**

**Phone:** (250) 871-3929

**Website:** [nominalhealth.ca](http://nominalhealth.ca)

**ALLISON LAMB, RCC**

**Specialties:** Holistic Care, Chronic Pain, Grief, Anxiety, Depression and Relationships.

**CRANBROOK, Virtual Options**

**Phone:** (778) 687-4122

**Website:**  
[allisonlambcounselling.com](http://allisonlambcounselling.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **JOSH LOCKHART, CCC**

**Specialties:** Complex Trauma, Grief, Depression, Anger and Parenting.

**EMDR, BrainSpotting, EFT, DBT and CBT.**

**CRANBROOK, Virtual Options**

**Phone:** (250) 427-6190

**Website:** [joshlockhartcounselling.ca](http://joshlockhartcounselling.ca)

## **WILLIAM DEAN NICHOLSON, RCC**

**Specialties:** Trauma, PTSD, Depression, Anxiety, Grief and Self-Esteem.

**Holistic, EMDR, Mindfulness and Nature Therapy.**

**CRANBROOK, Virtual Options**

**Phone:** (250) 464-5543

**Website:** [alivemindfully.ca](http://alivemindfully.ca)

## **KARI OLSON, RCC**

**Specialties:** Substance Use, Anxiety, Gambling and Stress.

**EMDR, EFFT, Narrative and Attachment Therapy.**

**CRANBROOK Virtual Options**

**Phone:** (250) 919-7684

**Website:** [bcacc.ca](http://bcacc.ca)

## **EMILY POPOFF, RCC**

**Specialties:** Perinatal Mental Health, Birth and Reproductive Trauma, Anxiety, Stress, Burnout, Parenting and Grief.

**EFFT, Complex Care for Trauma and Sand Tray Therapy.**

**CRANBROOK, Virtual Options**

**Phone:** (778) 687-4122

**Website:** [talkinghelpsheal.com](http://talkinghelpsheal.com)

## **MIKAYLA REID, RCC, Indigenous Provider**

**Specialties:** Unspecified.

**CRANBROOK, Virtual Options**

**Phone:** (604) 464-5055

## **JEREMY SIEMENS, Psychologist**

**Specialties:** Anxiety, Depression, Trauma, Faith and Spirituality.

**EMDR, EFT and Gottman Therapy.**

**CRANBROOK, Virtual Options**

**Phone:** (250) 581-2226

**Website:** [jscounselling.org](http://jscounselling.org)

## **MICHAEL SOBOCINSKI, Psychologist**

**Specialties:** Trauma, Depression, Stress, Anxiety, Substance Use, Sleep, Compassion Fatigue and Grief.

**CBT and Mindfulness.**

**CRANBROOK, Virtual Options**

**Phone:** (250) 421-9693

**Website:** [sobopsych.com](http://sobopsych.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

<b>KIMBERLY STANYER, RSW</b> <b>Specialties:</b> Unspecified.	<b>CRANBROOK, Virtual Options</b> <b>Phone:</b> (778) 517-5005
<b>JOHN DAVID TAYLOR, RCC</b> <b>Specialties:</b> Unspecified. Works with children ages 13-17.	<b>CRANBROOK, Virtual Options</b> <b>Phone:</b> (604) 989-7337
<b>KATHLEEN WALLS, Psychologist</b> <b>Specialties:</b> Unspecified. <b>CBT, EFT, SFT and AEDP.</b> Works with Children ages 13-17.	<b>CRANBROOK, Virtual Options</b> <b>Phone:</b> (250) 489-9420 <b>Website:</b> kathleenwallspychologist.com
<b>JASMIN MCMECHAN, RCC</b> <b>Specialties:</b> Intimacy, Sex and Relationships.	<b>CRESCENT VALLEY, Virtual Options</b> <b>Phone:</b> (250) 505-2764 <b>Website:</b> kootenaysextherapy.ca
<b>LYNN HISCOE, RCC, RSW</b> <b>Specialties:</b> FAS, FASD, Clinical Supervisor, Incarceration, and Approved-Certified GLADU Writer. <b>CBT, EMDR, NT, SF, Trauma-Based, Trauma-Focused, Addictions, Vocational, Alternative Treatment Plan for Incarceration and Suicidality.</b> Works with children ages 6-17.	<b>CRESTON, Virtual Options</b> <b>Phone:</b> (250) 878-1634 <b>Website:</b> empoweredlives.ca
<b>BRYCE LOUGHRAN, RCC</b> <b>Specialties:</b> Relationships. <b>Attachment, Nature, CBT, MI, Narrative and SFT.</b> Works with children ages 13-17.	<b>CRESTON, Virtual Options</b> <b>Phone:</b> (250) 977-5619
<b>JOHN TAYLOR, RCC</b> <b>Specialties:</b> Unspecified. Works with children ages 6-17.	<b>CRESTON, Virtual Options</b> <b>Phone:</b> (250) 878-1634



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

**THESA WATT, RCC, Indigenous Provider**  
**Art Therapy, CBT, EMDR and SFT.**  
Works with children ages 6-17.

**CRESTON, Virtual ONLY**  
**Phone:** (403) 550-9873  
*Not accepting new clients*

**TAMMY LYNNE ROCHE, RSW, Metis Provider**  
**Specialties:** Relationships, Personal Growth, Parents and Adolescents.  
**EMDR.**

**ELKFORD, Virtual Options**  
**Phone:** (250) 278-6577  
**Website:** tammyroche.com

**CHERYL HULBURD, RSW**  
**Specialties:** Anxiety, ED, ADHD, Depression, Abuse, Grief, Relationships, Trauma, Stress and Self-Esteem.  
**EMDR, Play Therapy, Heart Math, Expressive Therapy, Crisis Trauma Response, Sand Tray and Neurofeedback.**  
Works with children age 6-17.

**FERNIE, Virtual Options**  
**Phone:** (250) 423-2608  
**Website:** ferniecounselling.ca

**TYLA MACKAY, Psychologist**  
**Specialties:** Unspecified.  
**CBT, ACT, Narrative, Eco-Therapy and ART.**

**FERNIE, Virtual Options**  
**Phone:** (250) 423-8656  
**Website:**  
alpinepathwayspsychology.com

**MORGAN STOCK, RCC**  
**Specialties:** Relationships and Trauma.  
**Gottman Therapy.**

**FERNIE**  
**Phone:** (250) 423-2673  
**Website:** thundermeadowshealth.ca

**JORDAN VLASSCHAERT, RCC**  
**Specialties:** Unspecified.  
**CBT and SFBT.**  
Works with children ages 13-17.

**FERNIE, Virtual Options**  
**Phone:** (250) 946-7547  
**Website:** westfernecounselling.com



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **KAREN WALKER, CCC, RCC**

**Specialties:** Family Conflict, Parenting and Relationships.  
**CBT, Gottman, MI and SFBT.**  
Works with children ages 13-17.

**FERNIE, Virtual Options**

**Phone:** (250) 430-7740

**Website:** [psychologytoday.com](http://psychologytoday.com)

## **JUSTIN TELFER, RCC**

**Specialties:** Couples and Retreats.  
**SFT.**

**GOLDEN**

**Phone:** (250) 272-0276

**Website:** [journeytoconnections.com](http://journeytoconnections.com)

## **VICTORIA CORY, RCC**

**Specialties:** Neurodivergence, 2SLGBTQIA+, Anxiety, Depression, Self-Esteem, Trauma, Grief, Parenting and Relationships.  
**CBT, Mindfulness, Solution-Focused and NT.**  
Works with children ages 13-17.

**INVERMERE, Virtual ONLY**

**Phone:** (613) 277-9501

**Website:**  
[hearthstonecounselling.com](http://hearthstonecounselling.com)

## **MELANIE FERSTER, RCC, RSW**

**Specialties:** Depression, Anxiety, Trauma, Grief, Self-Esteem and Relationships.  
**EMDR, Play Therapy, SFT, CBT, EFT and Narrative.**  
Works with children ages 0-17.

**INVERMERE, Virtual ONLY**

**Phone:** (825) 797-0659

**Website:**  
[hearthstonecounselling.com](http://hearthstonecounselling.com)

## **SUSAN GILLIES-BRADLEY, CCC, RCC**

**Specialties:** Self-Esteem, Anxiety, Trauma, Grief & Loss.  
**EFT, CBT, Play and Art Therapy and Narrative.**  
Works with children ages 13-17.

**INVERMERE, Virtual Options**

**Phone:** (778) 526-0095

**Website:** [hearthstonecounselling.com](http://hearthstonecounselling.com)

## **KARLY SOVEREIGN, CCC, RCC**

**Specialties:** ACE's, Trauma, Life Transitions, Neurodiversity, Relationships, Grief & Loss.  
**EMDR, Somatic and IFS.**  
Works with children ages 6-17.

**INVERMERE, Virtual Options**

**Phone:** (825) 797-0659

**Website:** [mountaintherapy.ca](http://mountaintherapy.ca)





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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **KYLE BENNETT, RSW**

**Specialties:** Men's Support, Youth Support, Depression, Anxiety and Self-Worth.

**CBT, SFT, DBT, Narrative, and Nature Therapy.**

Works with children ages 13-17.

**KIMBERLEY, Virtual Options**

**Phone:** (403) 835-1461

**Website:** [walkswithkyle.ca](http://walkswithkyle.ca)

## **JENNIFER HAGEN, RSW**

**Specialties:** Mood Disorders, Trauma, PTSD and Stress.

**CBT, DBT and EMDR.**

Works with children ages 13-17.

**KIMBERLEY, Virtual Options**

**Phone:** (250) 432-9266

**Website:** [psychologytoday.com](http://psychologytoday.com)

## **KELLY COMISHIN, RCC**

**Specialties:** Anxiety, Depression, Trauma, Neurodivergence, Life Transitions, Grief & Loss.

**Art Therapy, CBT, EMDR, DBT and Play Therapy.**

Works with children ages 0-17.

**KIMBERLEY, Virtual Options**

**Phone:** (250) 421-3685

**Website:** [bcacc.ca](http://bcacc.ca)

## **RICHELLE JOHNSTON, RCC**

**Specialties:** Trauma, PPD, Women's Challenges, Self-Esteem, Stress and Relationships.

**ACT, Certified Clinical Trauma Professional.**

Works with children ages 13-17.

**NAKUSP, Virtual Options**

**Phone:** (343) 338-4626

**Website:** [peachdoorcounselling.com](http://peachdoorcounselling.com)

## **H. DENICE MCMECHAN, RCC**

**Specialties:** Unspecified.

Works with children ages 0-17.

**NAKUSP**

**Phone:** (250) 265-8892

## **ALIX BROWN, RCC**

**Specialties:** Unspecified.

**EFT, CBT, DBT and EFFT.**

**NELSON, Virtual Options**

**Phone:** (250) 509-0366

**Website:** [alixlbrown.com](http://alixlbrown.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **CHRISTINA CLAPPERTON, RSW**

**Specialties:** Unspecified.

**EMDR.**

Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (250) 899-8030

**Website:** [hdivine-alchemy.ca](http://hdivine-alchemy.ca)

## **VANESSA DEVERELL, RCC**

**Specialties:** Personal Growth, Relationships, Anxiety, Self-Worth, Grief & Loss.

**IFS and Mindfulness.**

**NELSON, Virtual Options**

**Phone:** (250) 900-8388

**Website:** [vanessadeverell.com](http://vanessadeverell.com)

## **SHAUNA ERIKSEN, Psychologist**

**Specialties:** Complex Trauma, Family Violence, Historical Trauma Transmission, Sexual Abuse and Substance Use.

**NT, EMDR, CPT, and Ecotherapy.**

**NELSON, Virtual Options**

**Phone:** (780) 817-4772

**Website:** [wildhummingbirdconsulting.com](http://wildhummingbirdconsulting.com)

## **KERI FLESAKER, Psychologist**

**Specialties:** Chronic Pain, Depression, Anxiety and PTSD.

**CBT, Prolonged Exposure Therapy, SFT and Hypnotic.**

Works with children ages 13-17.

**NELSON**

**Phone:** (250) 505-5873

**Website:** [cottonwoodcreek.ca](http://cottonwoodcreek.ca)

## **MALORIE MOORE, RSW**

**Specialties:** Career Guidance, Substance Use and Stress.

**CBT and DBT.**

**NELSON, Virtual Options**

**Phone:** (514) 883-8936

**Website:** [psychologytoday.com](http://psychologytoday.com)

## **TAMI O'MEARA, RCC**

**Specialties:** ADHD, Anxiety, Stress, Life Transitions, Divorce/Separation and Neurodivergence.

**CBT, SFT, Mindfulness and Clinical Hypnotherapy.**

Works with children ages 6-12.

**NELSON, Virtual Options**

**Phone:** (250) 718-9291

**Website:** [okclinical.com](http://okclinical.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## ALEXIS PHILLIPS, RCC

**Specialties:** Complex Trauma, Abuse, Grief & Loss.  
**Focusing Oriented Therapy, ABT and Play Therapy.**  
Works with children ages 6-17.

**NELSON, Virtual Options**

**Phone:** (250) 509-0368

**Email:** alexandralianephillips@gmail.com

## ESTA PORTER, RCC

**Specialties:** Unspecified.  
**EMDR.**  
Works with children ages 6-17.

**NELSON, Virtual Options**

**Phone:** (250) 354-0200

**Website:** estaporter.com

## ALAN FRIEND, RCC

**Specialties:** Substance Use, Mood Disorders, Developmental Disabilities and Early Childhood Trauma.  
**Jungian Approach.**

**NELSON, Virtual Options**

**Phone:** (250) 551-1272

**Website:** nelsonbctherapy.com

## JULIA GERLITZ, RCC

**Specialties:** Relationships, Mental Health, Chronic Pain and Trauma.  
**NT and CBT.**  
Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (312) 522-9089

**Website:** juliagerlitz.com

## HAYLIE GRIFFITHS, CCC

**Specialties:** Gender Affirming Care, Trauma, PTSD, Relationships and Neurodivergence.  
**EMDR, Attachment and DBT.**

**NELSON, Virtual Options**

**Phone:** (807) 770-0272

**Website:**

hayliegriffithscounselling.com

## MAGGIE HALEY, RCSW, Two-Spirit Provider

**Specialties:** Unspecified.

**NELSON, Virtual Options**

**Phone:** (250) 551-3042

## SARAH IANNONE, CCC, RCC

**Specialties:** Gender Affirming Care, Neurodivergence, Depression, Relationship, Stress, Anxiety, Trauma, Grief & Loss.  
**Narrative, DBT and Somatic Approaches.**

**NELSON, Virtual Options**

**Phone:** (250) 354-3494

**Website:** www.sarahiannone.com



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## MELANIE JONES, CCC

**Specialties:** Trauma, Anxiety, Depression, PTSD, CPTSD, Life Transitions, Relationships, Grief & Loss.

**Art Therapy, Hakomi Somatic Mindfulness, SE and EFT.**

Works with children ages 6-17.

**NELSON, Virtual Options**

**Phone:** (250) 777-8748

**Website:**

[melaniejonescounselling.com](http://melaniejonescounselling.com)

## JORDAN KIAN, RSW

**Specialties:** Unspecified.

**ACT, Attachment, CBT and Somatic Therapy.**

Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (250) 299-5485

**Website:** [psychologytoday.com](http://psychologytoday.com)

## LIZ KUNKLE, RCSW

**Specialties:** Anxiety, Depression, Substance Use, Trauma, Neurodivergence and Sports Related Issues.

**CBT, DBT, EMDR, EFT Tapping, Critical Incident Debriefing, MI and SFT.**

Works with children ages 13-17.

**NELSON, Virtual ONLY**

**Phone:** (780) 267-4737

**Website:** [lizkunklecounselling.ca](http://lizkunklecounselling.ca)

## ROGER LUSCOMBE, RCC

**Specialties:** Men's Support, Parenting, Relationships and Trauma.

**Animal Assisted Therapy, CBT and CISM.**

Works with children ages 6-17.

**NELSON, Virtual Options**

**Phone:** (250) 354-5305

**Website:** [bcacc.ca](http://bcacc.ca)

## KATRINA MOORE, RSW

**Specialties:** Trauma, Anxiety, Depression, ED, PMS/PMDD, Chronic Pain, Relationships, Grief & Loss.

**SE, IFS, CBT, ACT, Mindfulness and Nature-Based Therapies.**

Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (604) 354-6151

**Website:**

[katrinamoorepettersson.com](http://katrinamoorepettersson.com)

## JESS URCHYSHYN, RCC

**Specialties:** Trauma, PTSD, 2SLGBTQ+ and Relationships.

**Psychotherapist, CBT, ACT, EMDR and Feminist Therapy.**

Works with children ages 13-17.

**NELSON, Virtual ONLY**

**Phone:** (250) 505-9180

**Website:** [psychologytoday.com](http://psychologytoday.com)



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **ANDREA ONOFRIO, RCC**

**Specialties:** Anxiety, Depression, Relationships and Self-Esteem.  
**CBT and DBT.**  
Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (250) 354-0388

**Website:** psychologytoday.com

## **CATHERINE WILLIAMS, RCSW**

**Specialties:** Infant Mental Health, Families, Attachment and Anxiety.  
**EASE Anxiety Trainer, Attachment Therapy, EMDR, Trauma Therapy, EFT and CBT.**  
Works with children ages 0-12.

**NELSON**

**Phone:** (250) 352-0122

**Website:** catherinewilliams.ca

## **ALLISON CANNON, RCC**

**Specialties:** Sexual Abuse, Anxiety, Trauma and PTSD.  
**EMDR, MBCT and NT.**  
Works with children ages 13-17.

**NELSON, Virtual Options**

**Phone:** (236) 991-7772

**Website:** psychologytoday.com

## **KATHERINE WOLBERT, RCC**

**Specialties:** Unspecified.  
Works with children ages 6-17.

**NELSON, Virtual ONLY**

**Phone:** (250) 509-1692

## **TALIA CAMOZZI, RCC**

**Specialties:** Youth, Trauma, Grief & Loss.  
**Somatic Attachment Psychotherapy.**  
Works with children ages 13-17.

**REVELSTOKE, Virtual Options**

**Phone:** (250) 683-9647

**Website:** taliacamozzi.com

## **LINDSEY HARRIS, RCC**

**Specialties:** Unspecified.  
**CFT, SFT, Mindfulness, Attachment Therapy, ACT, and IFS.**

**REVELSTOKE, Virtual Options**

**Phone:** (250) 837-0810

**Website:** kestonerevelstoke.ca



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# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

**MARLY MCASTOCKER, RSW, Indigenous Provider**

**Specialties:** Relationships, Self-Worth, Trauma and PTSD.

**NT.**

Works with children ages 13-17.

**REVELSTOKE, Virtual Options**

**Phone:** (250) 814-8669

**Website:**

marlymcastockercounselling.ca

**CYNTHIA ROUTHIER, RCC**

**Specialties:** Anxiety, Trauma, PTSD and Relationships.

**EMDR, CBT, IFS, Gottman, MBCT, EFT and Attachment Based.**

**REVELSTOKE, Virtual Options**

**Phone:** (250) 805-0400

**Website:** crcrevelstoke.com

**SHANNON ROMANO, RSW**

**Specialties:** Anxiety, Trauma, PTSD, Sleep and Insomnia.

**CBT, EMDR, MBCT and MI.**

**RIONDEL, Virtual Options**

**Phone:** (778) 761-0485

**Website:** psychologytoday.com

**KRISTA STOVEL, RCC**

**Specialties:** Grief, Relationships and Life Transitions.

**Art Therapy and Climate Aware Therapist.**

Works with children ages 13-17.

**REVELSTOKE, Virtual Options**

**Phone:** (778) 252-4357

**Website:**

cedarandbirchcounselling.com

**MICHELLE DAOUST, CCC**

**Specialties:** Unspecified.

Works with children ages 13-17.

**ROSSLAND, Virtual Options**

**Phone:** (250) 245-3457

**JESSICA LAURENCE, CCC**

**Specialties:** Anxiety, Depression, Stress, Trauma and Relationships.

**CBT, DBT and Experiential Unity Model.**

**SALMO, Virtual Options**

**Phone:** (250) 808-5408

**Website:**

jessicalaurencecounselling.ca



**INTERIOR REGION**  
First Nations Health Authority

# FNHB Mental Health Counsellors

The following is a list of counsellors that have met the FNHB eligibility criteria and are actively registered with the FNHA.

## **JENNIFER LYALL, RCC**

**Specialties:** Unspecified.

**CBT, DBT, MI, EFT and Sand Tray Therapy.**

Works with children ages 13-17.

**SPARWOOD, Virtual Options**

**Phone:** (250) 433-6929

**Website:** phoenixtreecounselling.ca

## **CHRISTINE CLARKE, RCC**

**Specialties:** Substance Use, Anxiety, Depression, DV/Abuse, Grief, Trauma, PTSD and Stress.

**SE and Emotion-Focused Ketamine Assisted Psychotherapy.**

Works with children ages 6-17.

**TRAIL, Virtual Options**

**Phone:** (250) 726-3742

**Website:**  
movinmountainstherapy.com

## **CORI DEVLIN, RCC**

**Specialties:** Unspecified.

Works with children ages 0-17.

**TRAIL, Virtual Options**

**Phone:** (250) 215-1835

## **LORI SWANSON, RSW, Metis Provider**

**Specialties:** Health and Wellness Coach, Children/Youth, Adults, Seniors, Substance Use Recovery, Grief & Loss.

**FS, CBT, DBT, SFT, Advanced Trauma Practice, Spirituality and MI.**

Works with children ages 6-17.

**TRAIL, Virtual Options**

**Phone:** (250) 231-1529