



Community Directory of Registered Clinical Counsellors

Important Disclaimer:

For Counsellors: Counsellors listed on MOSAIC's Community Resource Directory are not affiliated with MOSAIC and are fully responsible for the services they provide. Should there be a change to any information provided here, they have agreed to notify us.

For Clients: This directory was compiled to help facilitate your search for a registered clinical counsellor in the community. We have known or have met with all the counsellors listed in this directory. However, these counsellors are not affiliated with MOSAIC and the listing does not constitute an endorsement. We encourage you to contact the counsellor of choice to assess if they are the right fit for you.

Name: Tania Suzuki Pichler Castilho

Office address: 319- 1095 Mackenzie Avenue - Victoria

Phone number: 778-990-9352

Email: tsuzukibsp@gmail.com

BCACC Membership #: 14612

Bio: I'm a clinical counsellor with a multi-disciplinary background, interested in body-mind collaboration. I help my clients feel safer and stronger, to face the challenges in their life. This includes helping them clarify their goals and reprogram old responses - that may have been needed and even helpful in the past but now may be causing problems. www.taniasuzuki.com

Number of years of clinical practice: 25 years

Training and areas of expertise: Yoga, Eutony somatic practice, Certificate in multidisciplinary management of chronic pain; Masters in Kinesiology (UBC);

Psychotherapy: Accelerated experiential dynamic psychotherapy (AEDP), Internal Family Systems (IFS), Intensive Short Term Dynamic Psychotherapy (ISTDP), Somatic.

Special interests: Young adults, newcomers, groups, anxiety, stress, trauma, chronic pain, life transitions, immigration.

Languages you practice in: English, Portuguese, Spanish

Do you offer direct billing? No.

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? I think it important that the client pays something for each session.

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted?

I can reduce my fee on an as needed basis (to no lower than \$50 per session). For clients with valid insurance, I can offer sessions for \$100 (my regular rate is \$180), in order to extend the number of sessions. Please mention MOSAIC (staff or client) for a reduced rate.

Do you offer in-person or virtual sessions? Yes, in-person in Victoria, and virtual sessions.

Do you offer a free consultation? Yes.

Name: Naz Alavi

Office address: #204, 1571 Bellevue Avenue, West Vancouver

Phone number: 778-892-5727

Email: Info@counsellinginvancouver.ca

BCACC Membership #: 15355

Bio: I am a Registered Clinical Counsellor and an IFHP service provider with years of experience supporting immigrants and refugees as they adjust to life in Canada. My practice is grounded in providing a safe, confidential, and compassionate space where clients feel understood. I work collaboratively to uncover the root of challenges and support individuals in living more authentic lives, offering counselling for concerns such as anxiety, depression, self-esteem, stress, relationships, grief, and more

Number of years of clinical practice: 9 years

Training and areas of expertise: Cognitive behavioral therapy couples counselling; grief trauma.

Special interests: Workplace burnout, refugees (IFHP), immigrants, and newcomers

Languages you practice in: English, Farsi

Do you offer direct billing? If so, to which extended health plans? No

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? No

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted? \$120 per session for low-cost

Do you offer in-person or virtual sessions? Both

Do you offer a free consultation?

I provide up to 10 counselling sessions at no cost for refugees covered by IFHP.

Name: Flavia Gomes Silveira

Office address: 203 - 4676 Main St

Phone number: 236 862 9503

Email: flaviagomes.counselling@gmail.com

BCACC Membership #: 19532

Bio: I am a Registered Clinical Counsellor. After graduating from my BA in Psychology in Brazil, I moved to so-called Vancouver to continue my Counselling Psychology studies at Adler University. For the past 4 years, I have been supporting individuals to navigate the impacts of systemic oppression, and its consequences to mental health. In our time together, I will gently hold space for your stories and find ways to (re) create a narrative that serves you better. I can be your ally in this journey, supporting you in overcoming challenges, exploring your strengths, and respecting your autonomy.

Number of years of clinical practice: 4 years

Training and areas of expertise: Narrative-Therapy - Foundational Skills, Expressive Movement Facilitation (in progress), DBT Skills for groups, Internal Family Systems - Online Circle (introductory program)

Special interests: Navigating the impacts of depression and anxiety; navigating the impacts of gender-based violence; queer, trans, and kink-competent counseling; experiences of newcomers and adapting to a new country; stress management of frontline workers.

Languages you practice in: English and Brazilian Portuguese

Do you offer direct billing? If so, to which extended health plans? No

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? I am only able to offer online pro-bono sessions for 1 client at a time. I can offer up to 5 online pro-bono sessions.

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted? At this time, my sliding-scale starts at \$50 a session.

Do you offer in-person or virtual sessions? Mostly virtual sessions, with limited availability for in-person

Do you offer a free consultation? Yes, 15 to 20 minutes alignment phone call.

Name: Shriti Mitra Mrinal

Office address: Journey Together Counselling - 7300 Edmonds Street, Unit 800, Burnaby V3N 0G8

Phone number: 672-667-0203

Email: shriti@journeytogether.ca

BCACC Membership #: 19076

Bio: Hi, I'm Shriti. I'm a Registered Clinical Counsellor and the co-founder of Journey Together Counselling in Burnaby. I walk alongside people who are navigating trauma, anxiety, grief, and life transitions, offering a safe space where healing feels possible. My approach combines body-based Somatic Experiencing with Acceptance & Commitment Therapy, helping clients reconnect with their inner strength, values, and sense of wholeness. At the heart of my work is the belief that you don't have to go through life's hardest moments alone — together, we can find a way forward.

Number of years of clinical practice: 12 years

Training and areas of expertise:

I am currently pursuing training in Somatic Experiencing (SE), a body-based approach to healing trauma. Over the years, I have also completed specialized, including:

- Introduction to Dialectical Behaviour Therapy (DBT) – 2022
- Externship in Emotionally Focused Couples Therapy (EFT) – 2022
- Acceptance and Commitment Therapy (ACT) Intensive, PESI – 2020
- Gottman Method Couples Therapy – Level 1 – 2020
- Trauma-Informed Practice – Level 2 – 2020

Areas of Expertise:

- Trauma recovery and nervous system regulation
- Anxiety, stress, and burnout
- Grief and loss
- Life transitions
- Supporting BIPOC and immigrant communities with culturally sensitive care

Special interests: I am interested in exploring how creativity, art, and storytelling can support healing. I am gradually expanding my work to support mothers and parents through the joys and challenges of early parenthood. I am curious about using mindfulness and nature-based practices to bring calm, balance, and clarity

Languages you practice in: English, Bengali, Hindi, Urdu, and Marathi

Do you offer direct billing? If so, to which extended health plans? No Direct Billing

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? No

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted? Yes, \$100 per hour

Do you offer in-person or virtual sessions? Both

Do you offer a free consultation? Yes, 20 minutes video or phone consultation.

Name: Nazanin Moghadami

Office address: virtual

Phone number: Email: nmoghadami@my.adler.edu

BCACC Membership #: 12453

Bio: My name is Nazanin Moghadami and I'm a clinical counsellor and an Iranian immigrant. I speak Farsi and English and can understand basic Kurdish, Spanish and Arabic. I used to study electrical engineering in Iran, but I was fortunate to get a chance to come to Canada to study for my bachelor's and master's degree in counselling psychology. Last year I sponsored my mom to come to Canada. I have previously worked at the I-Belong at MOSAIC, at Rainbow Refugee and I'm very familiar with the challenges that staff and front-line workers face at the settlement sector. I have supported families in their transition to life in Canada, navigating culture, religion and family dynamics, or past or recent traumatic experiences and events. In my practice I use an anti-oppression lens to look at how our individual experiences can also be shaped by systems, cultures and laws as well as our personality, family and individual experiences.

Number of years of clinical practice: 13

Training and areas of expertise: EMDR, narrative therapy, Hakomi, CBT, Focusing.

Areas of expertise includes trauma, migration and displacement, life transitions, work and family boundaries, gender identity and sexual orientation, grief and loss, burnout, family and work conflict, depress, anxiety, couples and relationships

Special interests: Immigration, adjustment, trauma, past and recent abuse, work-life balance, sexual orientation and gender identity

Languages you practice in: I'm fluent in English and Farsi

Do you offer direct billing? If so, to which extended health plans? Direct to ICBC and CVAP

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? I can offer up to 5 sessions for existing clients. This depends if I can afford to work without fees. If during our work together, money becomes an issue, let's have a conversation.

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted? I can offer packages of 4 sessions for \$500 for MOSAIC staff and clients.

Do you offer in-person or virtual sessions? Virtual

Do you offer a free consultation? Yes

Name: Sam Dubetz, MSW, BSW, RSW

Office address: 206-5740 176 A Street Surrey V3S 4H2

Phone number: 604-706-5052

Email: sam@blackbirdcounsellingandwellness.ca

BCCSW Membership #: 12314 (Registered Social Worker)

Bio: Hello, my name is Sam. I am a Registered Social Worker with a master's degree in social work from UBC. Working in a job position helping others is extremely meaningful but can create stress, trauma, and burnout that add to the existing challenges in our personal lives. I believe it is critical for folks who devote their working lives to supporting others to have significant support themselves.

As a queer person who has worked for over 20 years as a frontline worker in the helping profession, I draw from my own firsthand experiences in counselling. I am enthusiastic about supporting others in their journeys of coping, thriving, and healing. I use a variety of techniques depending on client preferences and response. Some of these include Emotion Focused Therapy, Narrative Therapy, and Accelerated Resolution Therapy (eye movement therapy with similarities to EMDR).

Number of years of clinical practice: 12 yrs as a Registered Social Worker, 22 yrs in helping professions

Training and areas of expertise:

- Accelerated Resolution Therapy (Eye Movement therapy) Training
- Indigenous Cultural Protocols, Empathy, and Safety Training
- Foundations of Motivational Interviewing Training
- Emotion Focused Therapy and Narrative Therapy Informed Practice

Special interests: Some of my focuses include trans affirming practice / working with 2SLGBTQ+ community members, seniors, substance use, anxiety, trauma, suicidal thoughts, psychosis, chronic illness, men (or anyone) burdened by anger, people who have been labelled "treatment resistant".

Languages you practice in: English

Do you offer direct billing? If so, to which extended health plans? Yes

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? I can offer pro-bono sessions after benefits are exhausted on a case-by-case basis.

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted? For MOSAIC staff, I can offer 5

sessions at the discounted rate of \$100 per session and potentially further reductions in rates on a case-by-case basis.

Do you offer in-person or virtual sessions?

In-person sessions in Cloverdale, virtual sessions across BC.

Do you offer a free consultation?

I offer a free 20 minute no obligations consultation by phone.

Name: Rebecca Neufeld

Office address: 301, 220 Brew Street, Port Moody, British Columbia V3H 0H6

Phone number: (778) 980-4881

Email: rebecca@magnoliacounsellingco.ca

BCACC Membership #: Counselling Student - S02139 (Clinical Intern)

Bio (brief introduction about yourself, please): My counselling approach is rooted in the belief that healing happens through connection - to ourselves, to others, and to our lived experience. I bring warmth, calm attention, and deep respect for each person's unique path. My intention is to offer a space where you feel safe to show up just as you are - free from pressure or expectation - and to know that you don't have to navigate things alone.

I find steadiness and inspiration in the quiet moments of life - in simplicity, stillness, and presence. These values shape both my personal life and the way I hold space in my practice - with patience, compassion, and care.

With a background in education, I've spent years supporting others through growth and transition. That experience has taught me the importance of empathy, curiosity, and creating environments where people feel seen, heard, and supported - principles that continue my work as a counsellor.

My approach is holistic, client-centered, and trauma-informed. I recognize the deep interconnection between emotional, physical, and mental wellbeing, and integrate this awareness in grounded, practical ways. Above all, I strive to create a space where you feel supported, empowered, and reconnected with your own inner resilience and self-trust.

Number of years of clinical practice: Intern – currently completing M.Ed. in School Counselling

Training and areas of expertise: Clinical Intern (Masters Degree in Progress)

Working with Teens – As an educator I have gained valuable experience supporting young people

Special interests: Stress, Anxiety, Depression

Languages you practice in: English

Do you offer direct billing? If so, to which extended health plans? Not currently

Are you willing to offer pro-bono sessions to clients? If so, how many can you offer after their benefits are exhausted? No

Are you willing to offer low-cost counselling sessions to clients? If so, what is the cost per session you can offer after their benefits are exhausted?

Yes. Approximately \$50 per session.

Do you offer in-person or virtual sessions? Both

Do you offer a free consultation?

Yes, I offer a free 15-minute consultation.