

Appendix I: Community Resources

Individual and/or Couples Therapy:

The following is a list of mental health providers in the Lower Mainland with whom we work who have expertise in sexual, relationship, and general mental health concerns. They work on a fee-for-service basis, although if you have an extended health plan, a portion of your sessions may be covered.

Lori Brotto, Ph.D., R.Psych.

Port Moody, BC
604-605-6032
www.loribrotto.com

Carolyn Klein, Ph.D., R.Psych.

Vancouver, B.C.
604-675-2005
info@westcoastsextherapy.com

Rami Nijjar, Ph.D., R. Psych.

**Vancouver, B.C.
778-322-0952
www.raminijjar.com

Bianca Rucker, Ph.D., R.M.F.T.

Vancouver, B.C.
604-731-4466
www.biancarucker.com

Carlene van Tongeren, M.A., R.C.C.

Comox, B.C.
250-792-5295
info@counsellingwithcarlene.com

Alina Wydra, Ph.D., R.Psych.

Vancouver, B.C.
604-675-6941
www.alinawydra.com

Petra Zebroff, Ph.D.

**Vancouver and Burnaby, B.C.
604-428-8889, 778-806-4945
info@artofconnection.org

BC Psychological Association

Will help you identify Psychologists in your area:
604-730-0522 www.psychologists.bc.ca/

Nikita Crook, M. Ed., R.C.C.

West Vancouver, BC
604-921-9547
www.nikitacrook.com

David McKenzie, Ph.D., R.C.C.

Offices in Langley & Vancouver, B.C.
604-813-6047
www.davidmckenzie.ca

Laurel Paterson, Ph.D., R.Psych.

Vancouver, B.C.
604-726-5421
drlaurelpaterson@gmail.com

Marilee Sigal, Psy.D., R.C.C.

Vancouver, B.C.
604-876-1792
msigal@telus.net

Marian Smith, M.A., R.C.C.

Vancouver, B.C.
604-787-6100
www.mindful-living.ca

Jason Winters, Ph.D.

Vancouver, B.C.
604-675-2005
info@westcoastsextherapy.com

Holly Yager, M.Ed., R.C.C.

Vancouver, B.C.
604-568-6765
www.wellwomancounselling.com

Cheryl Fraser

Duncan, BC
www.drcherylfraser.com
hello@drcherylfraser.com

Appendix I: Community Resources

Assessment & Treatment Centres:

BC Centre for Sex Med psychiatry.vch.ca/bccsm.htm 604-875-4705

A specialty clinic located on the campus of the University of British Columbia that provides assessment and treatment services for sexual concerns. A referral by your physician is required (see website for details).

Vancouver CBT Centre www.vancouvercbt.ca 604-738-7337

Offers individual and group psychological treatment for a number of anxiety and mood disorders including GAD, Health Anxiety (Hypochondriasis), OCD, BDD, Impulse Control Disorders, Panic Disorder with or without Agoraphobia, PTSD, Social Anxiety Disorder, Specific Phobias and Depression. Children, adolescents, adults and parents.

DBT Centre of Vancouver dbtvancouver.com 604-569-1156

Provides psychological assessment and treatment services in the form of individual and group therapy for adolescents and adults struggling with anxiety, depression, emotional dysregulation, anger, PTSD, pain, suicide, self-harm, personality disorders, and drug and alcohol use problems.

North Shore Stress & Anxiety Clinic www.nssac.ca 604-985-3939

Provides psychological treatment for anxiety, stress, depression, PTSD, adjustment problems, pain and illness, memory rehabilitation, and nutrition and weight management.

UBC Psychology Clinic clinic.psych.ubc.ca/ 604- 822-3005

Clinical psychological services offered by graduate students in clinical psychology who are being supervised by registered psychologists. Sliding-scale fees at reduced rates.