



INTERIOR REGION
First Nations Health Authority

Mental Health Counsellors: Syilx Territory

The following is a list of Counsellors across Syilx Territory. All have met 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

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



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.

KATE DAY, RCC,

Specialties: Trauma and Relationships.

EMDR, Rational Emotive Behavior Therapy and Gottman.

Works with children ages 13-17.

ARMSTRONG, Virtual Options

Phone: (250) 859-4444

Website: hardknoxcounselling.com

NATALIE TURPIN, RCC, RSW

Specialties: Trauma.

EMDR, CBT, MBCT and Attachment Theory.

ARMSTRONG, Virtual Options

Phone: (250) 487-9622

JULIE WALKINSHAW, RSW

Specialties: Sex Addiction and Relationships.

Certified Sex Addiction Therapist.

Works with children ages 13-17.

COLDSTREAM, Virtual Options

Phone: (250) 309-7055

Website:

loverelationshipscounselling.com

AMY ALLAN, RCC

EMDR, CBT, DBT, Play and Neurosequential Model of Therapeutics.

Works with children ages 6-17.

GRAND FORKS, Virtual Options

Phone: (250) 442-7197

Website: amyallanconsulting.ca

TAMARA SCHIESSER, RCC

Specialties: Anxiety, Stress and Trauma.

Hypnotherapy, CBT, DBT, EMDR, Guided Meditation and Past Life Regression.

Works with children ages 13-17.

GRAND FORKS, Virtual Options

Phone: (250) 588 0374

Website: thelittlewaywellness.com

ROBB LANSDOWNE, RCC, Indigenous Provider

Specialties: Unspecified.

Works with children ages 13-17.

GRINDROD, Virtual Options

Phone: (250) 803-2401

SHEILA CLEMENTS, RCSW

Specialties: Trauma.

Works with children ages 6-17.

KALEDEN, Virtual Options

Phone: (250) 809-7082

Website: clementscounselling.com



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.

DAVID OHORI, RCC

Specialties: Body-Mind Trauma Integration, Anxiety, Marital, Premarital and Christian Counselling.

ACT, CBT and FS.

KALEDEN, Virtual Options

Phone: (250) 617-1865

Website: space2flourish.ca

SHANNON GUGYEL, CCC

Specialties: Substance Use and Navigating Loved Ones' Substance Use.

FS.

Works with children ages 0-17.

KALEDEN, Virtual Options

Phone: (825) 733-4121

Website: heartways.ca

ELISABETH AVERY, RCC

Specialties: Unspecified.

Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 692-2256

BAILEY, DEBRA, RSW

Specialties: Anxiety, Trauma, PTSD and Depression.

EMDR, DBT, CBT, SFT and Mindfulness-Based Therapy.

Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 575-5004

Website: psychologytoday.com

GLENN BEKAR, RCC

Specialties: Depression, Anxiety and Addiction.

CBT, DBT, SFT, CFT and SE.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com

ASHLEY BERG, RSW

Specialties: Anxiety, Trauma, ADHD, and Behavioural Support.

Art, Attachment, CBT, IFS, MBCT, MI, Play and SFBT.

Works with children ages 0-17.

KELOWNA, Virtual Options

Phone: (250) 317-2303

Website: waypointcounselling.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.

MARNIE BLAND, RSW

Specialties: BPD, Children/Youth and ADHD.
ACT, Art, Attachment, CBT, DBT, EMDR, EFT, ERP and MBCT.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com

DORIS BORN, Psychologist

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (778) 984-3674

GEORGIA BROWN, RCC

Specialties: Trauma, Anxiety and Depression.
EMDR, CBT, MBCT and Satir Family Systems.

KELOWNA, Virtual Options

Phone: (250) 801-7462

Website:
claritycounsellingthereapy.com

ALICIA BUSH, RCC

Specialties: Children/Youth and Families.
ACT, Art, Attachment, CBT, Bowen and MI.

KELOWNA, Virtual Options

Phone: (778) 846-2874

Website: steppingstonesokanagan.ca

DANIA CHEBIB, RCC

Specialties: ADHD, ASD, Learning Disabilities, Trauma and BIPOC.
AEDP, EMDR and SE.

KELOWNA, Virtual Options

Phone: (778) 363-3374

Website: divergentpsychotherapy.ca

RENAE CLARKSON, RCC

Specialties: Self-Esteem, Life Transitions and Coping Skills.
ACT and SFBT.

KELOWNA, Virtual Options

Phone: (250) 762-2525

Website:
connectcounsellingsociety.ca

ERICA HOWES, RSW

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (778) 220-7221



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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.

DANIEL CLEGG, Psychologist

Specialties: Anxiety, Depression, Grief and Trauma.

KELOWNA, Virtual Options

Phone: (250) 762-2525

Website: kelownapsychologists.com

BREE COCQUYT, RCC

Specialties: Trauma, PTSD, Substance Use, Neurodiversity, Grief & Loss.

SE, MI and ACT.

Works with children ages 13-17.

KELOWNA

Phone: (778) 619-2202

Website: cocquytcounselling.ca

SARA COMBS, RSW

Specialties: Trauma, PTSD, Anxiety and Coping Skills.

CBT, SFT, Mindfulness and EMDR.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 363-4759

SHANELLE CONNELL, RCC, Indigenous Provider

Specialties: Narcissistic Trauma Recovery, Self-Esteem, Identity, and Codependency.

Psychotherapist, Attachment, Narrative, ACT and CBT.

KELOWNA, Virtual Options

Phone: (250) 762-2525

Website: kelownapsychologists.com

BLAINE CROY, RCC

Specialties: Anxiety, Autism and Men's Support.

ACT, CBT, SFBT and DBT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 746-6617

Website: okclinical.com

LINDSAY DEANE, RCC

Specialties: Family Conflict, Trauma, PTSD and Mood Disorders.

EMDR, SE and IFS.

Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (236) 338-2383

Website: youology.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.

CHRISTINA DEPEVER, RSW

Specialties: Relationships, Self-Esteem and Emotional Disturbance.

ACT and MI.

KELOWNA, Virtual Options

Phone: (236) 338-0117

OLIVIA DONAHER, RCC

Specialties: Grief, Life Transitions and 2SLGBTQ+. Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com

JOHN DOWNES, RCC

Specialties: Anxiety and Depression. CBT.

KELOWNA, Virtual Options

Phone: (250) 860-3181

JOYCE ENG, RCC

Specialties: Intimate Partner Violence, CSA and Sexual Assault.

SE and EMDR.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website: connectcounsellingsociety.ca

KYLIE-ANNE FELLER, CCC

Specialties: Anxiety, Trauma, PTSD and Life Coaching. IFS.

KELOWNA, Virtual ONLY

Phone: (604) 679-1350

Website: kyliefeller.com

SHELLEY GEISLINGER, RCC

Specialties: Depression, Anxiety, Body Image, Eating Disorders, Life Transitions, Trauma, Emotional Dysregulation, Substance Use, Grief & Loss.

CBT, EMDR, ACT, Mindfulness and DBT.

KELOWNA, Virtual Options

Phone: (250) 801-2627

Website: okclinical.com

SHERI GRAHAM, CCC

Specialties: Loss, Relationships and Family Support.

KELOWNA, Virtual Options

Phone: (250) 878-5967

Website: reframecounsellor.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.

STEPHANIE GREENWOOD, RSW

Specialties: Relationships, Women's Support and Anxiety.
DBT, CBT and MI.
Works with children ages 0-17.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: psychologytoday.com

KRISTEN HAMILTON, RCC

Specialties: Depression, Trauma, PTSD and Self-Esteem.
EMDR and Gottman.
Works with children ages 13-17.

KELOWNA, Virtual ONLY

Phone: (778) 995-7395

Website: thewellnesscollectivebc.ca

LINDA HAMM, RCSW

Specialties: Trauma, PTSD, Abuse, Relationships, Anger, Self-Esteem, Self-Harm, Depression, Grief and Anxiety.
CBT, EMDR, EF, Compassion and Trauma-Focused.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 878-3959

Website: www.psychologytoday.com/Linda-hamm.com

SUZANNE HARRINGTON, RCC

Specialties: Trauma, Abuse, Anxiety, Attachment.
Play and Art Therapy.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website: connectcounsellingsociety.ca

NOLA HEDSTROM-BEBLOW, RCC

Specialties: Parenting, Separation/Divorce, Anxiety, ADHD, ASD and Depression.
CBT, EMDR Mindfulness, and Attachment.
Works with children ages 6-17.

KELOWNA Virtual Options

Phone: (250) 801-0645

Website: nhbcounsellingandintervention.ca

DANIKA HEINRICHS, RCC

EMDR.
Works with children ages 13-17.

KELOWNA. Virtual Options

Phone: (250) 718-9291

Website: dhcounselling.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.

TRIXIE HENNESSEY, RSW

Specialties: Eating Disorders, Anxiety and Grief.
Neurosequential Therapy, NT, EFFT and End of Life Doula.

KELOWNA, Virtual Options

Phone: (250) 762-2525

Website: trixiehennesseycounselling.com

JESSICA HOLTSLANDER, RCC, RSW

Specialties: Neurodivergence, Grief & Loss.
Grief Recovery Method and DBT.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 808-9424

Website: sunandcloudscounselling.com

BRIAN HOWARD, RCC

Specialties: Anxiety, Trauma, PTSD and Depression.
EMDR, CBT, Mindfulness, Exposure Therapy and FS.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 870-6182

Website: brianhoward.ca

JAMES HOWARD, RCC

Specialties: Men's Support.
SFT, CBT and Gottman.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: thestigmangroup.com

HUEY, DAVINA, CCC

Specialties: Trauma, Grief, Life Transitions, and Relationships.
EMDR and EFT.

KELOWNA, Virtual Options

Phone: (250) 801-1831

Website: tapintolife.ca

ALISON HUGGINS, RCC

Specialties: Depression, Anxiety and Relationships.
CBT, EFT and Psychoanalytic Therapy.

KELOWNA, Virtual Options

Phone: (604) 561-3611

Website: waypointcounselling.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.

DONNA HUGGINS, RCC

Specialties: Youth, Addiction, Depression, Anxiety, Abuse, Grief & Loss.
Satir and SRT.

KELOWNA, Virtual Options

Phone: (250) 861-4343

Website: donnahuggins.com

BEVERLY HUTCHINSON, CCC, RCC

Specialties: Autism in Women and Girls.
Gottman, ADHD Training, CBT, DBT, MI and SFT.

KELOWNA, Virtual Options

Phone: (250) 650-0286

Website: bevhutchinsoncounselling.ca

ERLE JAEGER, RCC

Specialties: Relationships, Trauma, PTSD, and Personality Disorders.
MFT, CBT, Mindfulness and NT.

KELOWNA, Virtual Options

Phone: (778) 281-1287

Website: etherapycentre.com

MEGAN JAMIESON, RCC, Indigenous Provider

Specialties: Anxiety, Depression, Trauma and PTSD.
ACT, CBT, DBT, AEDP, IFS, SE, MBSC and SFBT.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 400-6463

Website: stellarpathways.ca

SEBASTIEN JORDAN, RCC

Specialties: Anxiety, Family Conflict and Youth.
Attachment, CBT, EFT, MI and SFBT.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 808-6789

Website: clarityokanagan.com

MELISSA JULY, RSW, Indigenous Provider

Specialties: Trauma and Addictions.
DBT, CBT and EFIT.
Works with children ages 13-17.

KELOWNA

Phone: (250) 470-8174

Website: interactivecounselling.ca

JULIET KACZMAREK, RSW

Specialties: Trauma, Energetic Healing, Woman's Wellness, Medicine Integration, Supporting Counsellors and Health Care Professionals.
Life-Centered Therapy and FS Therapy.

KELOWNA, Virtual Options

Phone: (250) 317-1881

Website: root2rise.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.

ANGELA KAZMIERCZAK, CCC

Specialties: Relationship Challenges, Trauma, PTSD and Coping Skills.

SE, Concussion and Brain Injury Awareness.

KELOWNA, Virtual Options

Phone: (778) 215-7596

Website: talklesstherapy.com

BROOKLYN KENT, RSW

Specialties: Depression, Anxiety, Grief and PTSD.

ACT, CBT, DBT and BSFT.

KELOWNA, Virtual Options

Phone: (403) 795-5410

Website: lakeshorecounselling.com

JENELLE KILDAW VROLYK, RSW

Specialties: Trauma, PTSD, Self-Esteem and Anxiety.

EMDR and MBCT.

KELOWNA, Virtual Options

Phone: (778) 215-0359

Website: intrinsichearts.ca

TARA KLASSEN, RSW

Specialties: Anxiety, Women's Support and Relationships.

CBT, Narrative and SFT.

KELOWNA, Virtual ONLY

Phone: (250) 212 4201

Website: rootedcounselling.com

LAUREN KNIEWASSER, RCC

Specialties: Trauma, PTSD, 2SLGBTQ+ and Addiction.

Expressive Arts, IFS, Narrative and EFT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (613) 888-7764

Website: wildwoodtherapy.ca

KRISTIN KOWALKO, RSW, Indigenous Provider

Specialties: Depression, Grief, Intergenerational Trauma, Anxiety and Identity.

SE, EMDR, Narrative and ACT.

KELOWNA, Virtual Options

Website: psychologytoday.com

CYNTHIA LAMONT, CCC, RCC

Specialties: Relationships, Trauma, PTSD and Depression.

EFT, DBT and CPT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (403) 606-5503

Website: cynthiajlamontcounselling.com



INTERIOR REGION
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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.

BRIGIT LASKOWSKI, CCC

Specialties: Relationships, Stress, Purpose and Meaning.
CBT, EMDR, SFBT, Hypnotherapy, and Buteyko Breathing Method.

KELOWNA, Virtual Options

Phone: (778) 210-0639

Website: koacounselling.com

FIONA LINDQUIST, RCC

Specialties: Trauma, Children/Youth, PTSD and Relationships.
ACT, DBT, CBT and Gottman.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 765-7085

Website: waypointcounselling.ca

JENNIFER LOVE, RSW, Indigenous Provider

Specialties: Complex Trauma, Sexual Abuse, Anxiety, Depression, Grief and Couples Counselling.
SFT, Attachment, Mindfulness and Art Therapy.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 255-4676

Website: waypointcounselling.ca

COURTNEY MADEIRA, RSW

Specialties: Unspecified.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 300-6860

ANIA MALEWICZ, RSW

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (250) 718-9291

SOHAL MANROOP, RCC

Specialties: Life Transitions, ADHD and Relationships.
Gottman and Holistic.
Works with children: ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 300-6860

Website: clarityokanagan.com



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.

LACHANDA MANUEL, RCC, RSW, Indigenous Provider

Specialties: Trauma, PTSD, Suicide Ideation and Depression. CBT, Narrative and Holistic Care.

KELOWNA, Virtual Options

Phone: (778) 568-2373

Website: resilient-roots.ca

NATASHA MARTINI, RCC, RSW

Specialties: Anxiety, Youth, Children, Self-Harm and Suicidality. Nature Based, CBT, Narrative, Art and Play Therapy. Works with children of all ages.

KELOWNA, Virtual Options

Phone: (250) 421-0886

Website: momentumkelowna.com

PAIGE MATHESON, RCC

Specialties: Depression, Anxiety, Life Transitions, Identity, Stress, Burnout and Grief.

NT, SFT, CBT, DBT, SE, IFS, Trauma-Informed, Polyvagal Theory, Laughter Therapy and Self-Regulation.

KELOWNA, Virtual Options

Phone: (250) 469-2116

BRENDA MATTMAN, RCC

Specialties: Children/Youth and Trauma. EFFT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 222-7778

Website: threesisterscounselling.com

AUDREE MCIVOR, RCC

Specialties: Boundaries, Relationships, Parenting, Trauma, PTSD, C-PTSD, Self-Esteem, Confidence, Anxiety, Depression and Career Support.

Mindfulness, IFS, EMDR, LI and Inner Child Work, SFT, Trauma-Focused, Creative Therapies, and Sand Tray.

Works with children ages 0-17.

KELOWNA, Virtual Options

Phone: (778) 801-5550



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.

LAUREN MILLS, RCC

Specialties: Youth, Mental Performance, Self-Harm and Suicide.
SFT and EMDR.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (306) 361-6928

Website: momentumkelowna.com

MARCIA MISHCHENKO, RCC

Specialties: Grief, Spirituality, Anxiety and Youth.
CBT.
Works with children of all ages.

KELOWNA, Virtual Options

Phone: (604) 575-9375

Website: okclinical.com

TERESA MOSELEY, RCC

Specialties: ADHD, Anxiety and Epilepsy.
CBT, DBT, Play, SFBT and MBCT.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (236) 795-2607

Website:
lifebrightcounselling.com

GRETCHEN NETZLAW, RCC

Specialties: Unspecified.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (672) 969-6955

ZARA NEUKOM, RCC, Two-Spirit Provider

Specialties: Trauma, ED, Body Image, Anxiety and Depression.
AEDP, Attachment-Based, EF, IFS, Feminist, Jungian, NT, Somatic, Transpersonal, Trauma-Focused and Imago.

KELOWNA, Virtual Options

Phone: (250) 681-2856

Website: psychologytoday.com

LINDSAY NORDLOF, RCC

Specialties: Depression, Anxiety and Addiction.
DBT, CBT, IFS, Gottman and ACT.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 857-2655

Website: savvycounselling.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.

AVRIL PAICE, RSW

Specialties: Chronic Illness, Anxiety and Stress.
Intuitive Eating, CBT, DBT, EFT and IFS.

KELOWNA, Virtual Options

Phone: (778) 215-2061

Website: avrilpaice.com

REBECCA PALMER, RCC

Specialties: Trauma, PTSD, Relationships and Body Positivity.
EMDR and FS.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com

DANA PATTERSON, RCC

Specialties: Autism and Parenting.

KELOWNA, Virtual Options

Phone: (778) 478-0548

Website: bccca.ca

MICHAEL PATZER, RSW

Specialties: Anxiety, Anger, Depression, Life Transitions, Self-Esteem, Grief & Loss.
ACT and SFBT.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website: connectcounsellingsociety.ca

SHAUNA PAYNTER, RCC

Specialties: ADHD and Relationships.
ACT and Expressive Art.
Works with children ages 13-17.

KELOWNA

Phone: (250) 681-1100

Website: safeandsoundtherapeutics.com

LISA PEREVERSOFF, CCC, RCC

Specialties: Trauma, PTSD, Anxiety and Depression.
EMDR and FS.

KELOWNA, Virtual Options

Phone: (778) 215-1500

Website: lokahiwellnesscollective.ca

HARPAL MALHI, RSW

Specialties: Unspecified.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 718-9291



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.

BONNIE PONTALTI, RSW

Specialties: Palliative Care and IPV.
CBT, SE, EFT, IFS and Grief Recovery.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website: connectcounsellingsociety.ca

GABRIELLE POON, Psychologist

Specialties: Depression, Anxiety, Trauma and Substance Use.
CBT.

KELOWNA, Virtual Options.

Phone: (250) 870-5257

Website: drgabriellepoon.com

JANNA DEN HAAN, RCC

Specialties: Childhood Trauma, CPTSD, Religious Trauma and Anxiety.
AEDP and EFIT.

KELOWNA, Virtual Options

Phone: (250) 718 9291

Website: reposecounselling.ca

TRACY ATKINS, RCC

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (250) 255-1640

SIMON HAMILTON, RCC

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (778) 821-2068

ZOE PLANT, CCC

Specialties: Unspecified.

KELOWNA, Virtual Options

Phone: (250) 826-3164

LINDA SHEVKENEK, CCC

EMDR and Faith-Based Therapy.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 721-0557

Email: lindashev@hotmail.com



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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.

CHRISTINA POSTNIKOFF, RSW

Specialties: Anxiety, Seniors and Relationships.
Narrative, CBT, DBT, EFT and Mindfulness.

KELOWNA, Virtual Options

Phone: (250) 304-4755

Website: okclinical.com

SHELLEY PRICE-DRAPER, RSW

Specialties: Complex Trauma, PTSD, Addictions, Depression and Anxiety.

EMDR, DBT, EFT, EFFT, Mindfulness-Based Stress Reduction, IFS and Gottman.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 717-7019

Website: shelleypricedraper.com

EMERICK REID, RSW

Specialties: Transgender Support, Gender Diversity, Trauma, IPV and Neurodivergence.

EMDR, ACT, EFT, FS and MBCT.

KELOWNA, Virtual Options

Phone: (250) 681-3308

Website:
heartspacecounsellingkelowna.com

MATTHEW REIMER, RSW

EFT, CBT, SFBT and MI.

Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website:
orchardvalleycounsellingservices.ca

SAM REIMER, RCC

Specialties: Relationships, Trauma, PTSD and Spirituality.
TIR, LSR, EMDR, TAT, EFT and CBT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 868-2338

Website: drsamreimer.com

BONNY YUNG, RCC

Specialties: Unspecified.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 300-6860



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.

JIM ROBERTSON, CCC

Specialties: Addictions, Anxiety and Depression.
SFT, CBT and EMDR.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com

SAMANTHA ROBINSON, RCC

Specialties: Trauma, PTSD, Anxiety and Stress.
EMDR, EFT and MBST.

KELOWNA, Virtual Options

Phone: (250) 899-9855

Website:
samantharobinsonpsychotherapy.com

CASSIE SMITH, RSW

Specialties: Trauma, PTSD, Grief and ED.
ACT, CBT, DBT, MI and SFBT.

KELOWNA

Phone: (236) 795-5999

Website: cassiesmith.ca

ALEXANDER MCIVOR, RCC

CBT, NT and Mindfulness.

KELOWNA, Virtual Options

Phone: (778) 358-8591

Website: psychologytoday.com

MELISSA CAMPOS, RSW

Specialties: Anxiety, Burnout and Perfectionism.
CBT.

KELOWNA, Virtual Options

Phone: (226) 977-7654

Website: koseligcounselling.com

EMMA TWIDALE, RSW

Specialties: Substance Use, Anxiety and Depression.
Psychedelic Support and Holistic Approach.

KELOWNA, Virtual Options

Phone: (250) 650-7589

Website: psychologytoday.com

MICHAEL TOWERS, RCC

Specialties: Christian Counselling, Substance Use, Couples,
Families and Trauma.

KELOWNA, Virtual Options

Phone: (250) 215-4155

Website: michaeltowers.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.

NATASHA ROBLESKY, RCC

Specialties: Anxiety, Self-Esteem and Depression.
CBT, DBT, Behavioral Couples Therapy, MI, NT and SFBT.
Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (236) 970-8557

Website: lakeshorecounselling.com

ARTHUR ROWSHAN, RCC

Specialties: Unspecified.
Brief-Strategic Counselling.

KELOWNA

Phone: (236) 361-0043

DARIA SHEWCHUK, Psychologist

Specialties: Trauma, Stress, Anxiety, Depression, Substance Use, Grief & Loss.
SFBT, EMDR, Hypnosis and CBT.

KELOWNA, Virtual Options

Phone: (604) 899-9229

Website: shewchuk-dann.com

MARLEE SINNOTT, RCC

Specialties: Parenting, Behavioural Challenges and Autism.
EFFT.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (604) 619-6133

Website: marleesinnottcounselling.ca

DANIEL SMITH, RCC

Specialties: 2SLGBTQ+, Men's Issues and Self-Esteem.
NT.

KELOWNA, Virtual Options

Phone: (236) 900-3071

MARK STOUFFER, CCC, RCC

Specialties: Men's Support, Anxiety and Infidelity.
IFS, Somatic and Mindfulness.

KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: okclinical.com



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.

DANIELLE SMITH, RCC

Specialties: Stress, Trauma, Suicide Ideation, Self-Harm and Substance Use.

EMDR and IFS.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (204) 430-5167

Website: lgtherapy.ca

LEANNE SMITH, RCC *Indigenous Provider*

Specialties: Anxiety, Depression and Trauma.

Art Therapy.

Works with children ages 6-17.

KELOWNA, Virtual Options

Phone: (250) 808-8498

Website: psychologytoday.com

SUSAN SMITH, CCC, Indigenous Provider

Specialties: Brain Injury, Children/Youth and Trauma.

Hypnotherapy.

KELOWNA, Virtual Options

Phone: (250) 808-9271

Website: psychologytoday.com

LUCY SNIDER, RCC

Specialties: Couples, Relationships and Sexual Health.

Psychosexual, Relationship Therapy, and Sexologist.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 762-2525

Website: bcsexualwellness.com

DONALD STRAUB, CCC, RCC

Specialties: Christian, Addictions, Grief and Trauma.

EMDR and Gottman.

KELOWNA, Virtual Options

Phone: (250) 869-7137

Website: kelownacounsellor.info

IRINA TARASENCO, Psychologist, Indigenous Provider

Specialties: Christian Counselling, Mood Disorders, ADHD and Parenting.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (778) 760-3363

Website: irinatarsenco.com



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.

SHAUNNA TAYLOR, CCC

Specialties: Sports and Performance Counselling.

Mindfulness and CBT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 808-2491

Website: shaunnataylor.ca

VERITY TEAGLE, RSW

Specialties: Life Transitions, Coping Skills and Self-Esteem.

ACT.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 863-7745

Website: psychologytoday.com

JANINE THOMPSON, RSW

Specialties: Anxiety, Depression, Grief and Trauma.

CBT, DBT, SFT and Mindfulness.

Works with children ages 13-17.

KELOWNA, Virtual ONLY

Phone: (778) 716-8919

Website: janine-counselling.com

KATYA KAVERZILOVA, RSW

Specialties: PTSD, Trauma and Anxiety.

Mindfulness, DBT, Gottman, FST, SFT and MI.

KELOWNA, Virtual Options

Phone: (778) 522-7702

Website:
reflectivesoulwellness.com

IVAN TROFIMOFF, Psychologist,

Indigenous Provider

Specialties: Sexual Health, Anxiety, Depression and Stress.

Psychodynamic, CBT and Jungian Dream Interpretation.

KELOWNA

Phone: (250) 762-2525

Website:
kelownapsychologists.com

ROXIE VAN ALLER, RCC

Specialties: PTSD, Anxiety, Life Transitions, Grief & Loss.

SE, Somatic Touch, SFT, Play, CBT, Gottman and SRT.

KELOWNA, Virtual Options

Phone: (250) 860-3181

Website:
connectcounsellingsociety.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.

RHIANNAN VAN HORNE, RSW

Specialties: Trauma, Mood Disorders and Behavioural Challenges.

Play Therapy, DBT, CBT and EMDR.

Works with children of all ages.

KELOWNA, Virtual Options

Phone: (250) 763-7414

Website: steppingstonesokanagan.ca

JOCELYN WATSON, RCC, RSW

Specialties: Trauma, PTSD, Religious Trauma and Scrupulosity OCD.

EMDR, EFT, ERP and CBT.

KELOWNA, Virtual Options

Phone: (250) 808-5283

Website: psychologytoday.com

HEATHER WHALEN, RSW

Specialties: Eating Disorders and Body Image.

Somatics, Gottman and Trauma Therapy.

KELOWNA, Virtual Options

Phone: (709) 214-1297

Website: heatherwhalen.com

ROGER WILSON, RCC

Specialties: Trauma, Anxiety and Relationships.

CBT, Somatics, Trauma Therapy, BSFT and Hypnotherapy.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 718-1144

Website: rogerwilson.ca

MAUREEN WOLFE, RCC

Specialties: Substance Use, Depression, Anxiety, Relationships and Youth.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (306) 222-2289

Website: okclinical.com

JULIE WRIGHT, RCC

Specialties: Relationships and Youth.

Holistic, Narrative and Jungian.

Works with children ages 13-17.

KELOWNA, Virtual ONLY

Phone: (250) 317-4346

Website: clarityokanagan.com



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.

RYAN YOUNG, RCC

Specialties: Trauma, Anxiety, Depression and Relationships.

EMDR, IFS, SE, CBT, Mindfulness, and Narrative.

KELOWNA

Phone: (250) 300-1700

Website: ponderosatherapy.ca

IZABELLA ZALEWSKI, RCC

Specialties: Relationships, Depression and Anxiety.
Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 808-0905

Website:
orchardvalleycounsellingservices.ca

PEARCE HAHN, CCC

Specialties: Unspecified.

KELOWNA & LAKE COUNTRY, Virtual Options

Phone: (250) 826-4002

RENATE GREEN, RCC

Specialties: Depression, Anxiety, Grief, Trauma, Abuse, Marriage, Loneliness and Self-Isolation, Teen and Parent Conflict, Social Anxiety, Panic Attacks and Stress Management.

Imago Therapy and EMDR.

KELOWNA & VERNON, Virtual Options

Phone: (250) 878-0602

Website: renategreen.com

ROBIN MORGAN, RSW

Specialties: Trauma, Relationships, Anxiety and Depression.

SE and Emotion-Focused Couples Therapy.

Works with children ages 13-17.

KELOWNA, Virtual Options

Phone: (250) 863-7863

Website: apathofheart.com

JANICE NOSEWORTHY, RSW

Specialties: Children, Anxiety and Depression.

FS, SFT, Attachment, and Mindfulness.

Works with children ages 6-17.

KELOWNA & VERNON, Virtual Options

Phone: (250) 718-9191

Website: okclinical.com



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.

JADON WARD, CCC, RCC

Specialties: Youth, Stress and Depression.
Works with children ages 6-17.

KELOWNA & VERNON, Virtual Options

Phone: (250) 859-5653
Website: evergreencg.ca

JESSICA ALDERLIESTEN, RSW

Specialties: Anxiety, Depression, Divorce/Separation and Life Transitions.
Gottman and EFT.

KELOWNA & WEST KELOWNA

Phone: (250) 826-5377
Website: psychologytoday.com

JESSICA ARENDS, RCC

Specialties: Trauma, Abuse, Anxiety, Attachment and Child/Youth Counselling.

KELOWNA & WEST KELOWNA

Virtual Options
Phone: (250) 469-6787
Website: interconnectedokanagan.com

CHRISTINA FENSKE, RSW

Specialties: Coping Skills, Self-Esteem and Anxiety.
CBT, EMDR, DBT, ERP, Mindfulness.

KELOWNA & WEST KELOWNA, Virtual Options

Phone: (236) 361-0043
Website: orchardvalleycounsellingservices.ca

ALEKSANDRA HAJZER, RCC

Specialties: Couples, Depression, Anxiety, Self-Esteem, Grief, Parenting, Family Challenges, Attachment, Work Stress and Life Transitions.
CBT, Gottman, Hakomi Somatic, Art, Play, EMDR.
Works with children ages 6-12.

KELOWNA & WEST KELOWNA, Virtual Options

Phone: (250) 212-5096
Website: wellbeingcounselling.ca

VAL HARBOUR, RCC, Indigenous Provider

Specialties: Relationships, Anxiety and Spirituality.
EMDR.

KELOWNA & WEST KELOWNA, Virtual Options

Phone: (250) 718-9291
Website: okclinical.com



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.

ERICA HIRSCHFELD, RCC

Specialties: Self-Esteem, Relationship Challenges, Trauma and PTSD.

SE.

Works with children ages 13-17.

KELOWNA & WEST KELOWNA,

Virtual Options

Phone: (236) 361-0043

Website:

orchardvalleycounsellingservices.ca

NORISSA MONGRAIN, RSW, Indigenous Provider

Specialties: Unspecified.

Indigenous-Focused, Feminist and Psychotherapy.

KEREMEOS, Virtual Options

Phone: (604) 353-0431

Website: mvic.ca

DAVID SCULLY, RCSW

Specialties: Youth, Families, Trauma and Anxiety.

EMDR, Somatic Therapies, CBT, NT and DBT.

Works with children ages 13-17.

KEREMEOS, Virtual Options

Phone: (250) 962-2415

Website: repiphany.com

COURTNEY BECKNER, RSW

Specialties: Anxiety, Depression and Emotional Disturbances.

SFT, EFT and CBT.

LAKE COUNTRY Virtual Options

Phone: (250) 801-6868

Website: psychologytoday.com

SHAUNNA GRAMS, RCC

Specialties: Anxiety, Coping Skills and Stress.

CBT, SFBT and Somatic Therapy.

LAKE COUNTRY, Virtual Options

Phone: (250) 317-9667

Website: gramscounselling.com

LOIS HANSEN, CCC

Specialties: Trauma.

SE and Sex Therapy.

Works with children of all ages.

LAKE COUNTRY, Virtual Options

Phone: (250) 487-0236

Website: hansenonline.ca

SAM HINTER, RCC, Metis Provider

Specialties: Unspecified.

LAKE COUNTRY Virtual Options

Phone: (250) 303-0304



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.

LAURA LOEWEN, RCC

Specialties: Unspecified.

Works with children ages 13-17.

LAKE COUNTRY, Virtual Options

Phone: (778) 581-4357

Website: livingwellcentre.ca

SHANNON WARNER, RSW

Specialties: Anxiety, Depression, Life Transitions, Trauma Reprocessing, Phobias, PTSD, Relationships, Grief & Loss.

EMDR, CBT, DBT, SE, and Mindfulness-Based Interventions.

LUMBY, Virtual Options

Phone: (250) 309-4101

Website: okclinical.com

LISA CALDER, RSW

Specialties: Children, Relationships, Trauma, Grief & Loss.

Play, Art, ACT, EFT, IFS and FST.

Works with children ages 0-17.

OSOYOOS, Virtual Options

Phone: (250) 485-8902

Website: littleloop.ca

ANGELA HERD, RCC

Specialties: Anxiety, Marital and Premarital and Life Transitions.
Art.

Works with children ages 0-17.

OSOYOOS, Virtual Options

Phone: (778) 888-4660

Website: angelaherd.com

HOPE MARIE KNIPPELBERG MENDES, RSW

Specialties: Grief, Couples, Trauma and Complex Trauma.

CBT, DBT, EMDR and SFBT.

Works with children ages 0-17.

OSOYOOS, Virtual Options

Phone: (250) 485-2466

Website: mystillwaters.ca

KRISTEN ZUEST, RCC, Metis Provider

Specialties: Unspecified.

Works with children ages 13-17.

PEACHLAND, Virtual Options

Phone: (604) 768-7552

KEITH BALISKY, CCC, RCC

Specialties: Depression, Life Transitions and Relationships.

CBT.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (780) 289-4538

Website: threepointcounselling.com



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.

LUCINDA BIBBS, RCC

Specialties: Stress, Relationships, Pregnancy, Prenatal and Postpartum.

SFT, SAT, Trauma and Holistic.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (604) 347-5316

Website:

southokanagancounselling.com

GRANT BOGYO, Psychologist

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (250) 488-0684

IRENE BRADY, CCC

Specialties: Anxiety, Depression, Teens, Adults, Relationships, Substance Use, Life Transitions and Grief.

EFT, Trauma-Informed, Attachment Theory.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 490-7956

Email:

irenebradycounselling@gmail.com

LINDSAY BYSTERVELD, RCC, Indigenous Provider

Specialties: Trauma, PTSD, DV and Mood Disorders.

CBT, DBT, Mindfulness and EMDR.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 462-5055

Website: soulstiscounselling.com

MAUREEN CAREY-BARKLEY, RCC

Specialties: Anxiety and Coping Skills.

Play Therapy and EMDR.

Works with children ages 0-17.

PENTICTON, Virtual Options

Phone: (250) 770-3121

VANESSAN CHARVIN, RCC

Specialties: Children and Youth.

Play Therapy, EFFT and Attachment for Teens.

Works with children ages 0-17.

PENTICTON, Virtual Options

Phone: (250) 328-8961

Website:

bluehousechildcounselling.ca

AARON ESLER, CCC

Specialties: Substance Use, Depression and Trauma.

Works with children ages 0-17.

PENTICTON, Virtual Options

Phone: (250) 485-2126

Website: heartways.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.

JONAH FOX, CCC

Specialties: Anxiety, Relationships and Spirituality.
CBT, SFT and IFST.

PENTICTON, Virtual Options

Phone: (403) 848-1092
Website: psychologytoday.com

STACI FRIESEN, RSW

Specialties: Anxiety, Depression, Relationships and Life Transitions.
CBT, DBT and SFT.

PENTICTON

Phone: (250) 486-1868
Website: wildmountaincounselling.ca

MELANIE GALE, RSW

Specialties: Anxiety, Coping Skills and Life Coaching.
Narrative, CBT, SFT and EMDR.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 490-7658
Website: oneskycounselling.com

ZACHARY HAIR, RCC

Specialties: Substance Use, Grief, Life Transitions, Spirituality, Trauma and PTSD.
Narrative, AEDP, Existential, EFT, CBT and IFS.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (604) 347-5316
Website: intouchintunecounselling.com

GIOVANNA HERON, CCC

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (647) 456-0704

JOCELAN IRELAND, RSW

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (306) 930-6993

ANNA JOHNSON, RCC

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (604) 347-5316
Website: southokanagancounselling.com



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.

SUSAN KAST, RSW

Specialties: Child/Youth Support.
Expressive Arts and SE.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 487-9857

Website: psychologytoday.com

STEPHEN KING, RCC

Specialties: PTSD and Substance Use.
Thought Field Therapy-Essentially Tapping, EFT,
Detachment Technique.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 486-1868

Website: wildmountaincounselling.ca

CHRISTOPHER KINMAN, RCC

Specialties: Family Conflict, Substance Use and Grief.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (604) 347 5316

Website: southokanagancounselling.com

MINDY KOLLMAN, RCC

Specialties: LSR and TIR.
Satir, SBF and Mediation.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 492-0400

Website: momentouscounselling.ca

MELANIE KONYNENBERG, RCC

Specialties: Anxiety, Trauma, PTSD and Depression.
EMDR, EFIT, ACT and Somatic Techniques.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 486-1868

Website: onejourneycounselling.com

POE LIBERADO, RSW

Specialties: Racialized Trauma, 2SLGBTQ+ and
Neurodiversity.
Psychodynamic, Expressive Arts and ST.

PENTICTON, Virtual Options

Phone: (778) 200-3189

Website: hivecounselling.com

ERICA MARKUS-PAWLIUK, RCC

Specialties: Trauma and Families.
EMDR, DBT, CBT, Gottman, EFT, ACT and Gender
Journey Training.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 462-7307

Website: mayacounselling.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.

STEPHANIE MCALISTER, RCC

Specialties: Trauma, Couples and Anxiety.
EMDR, CBT and Gottman Therapy.

PENTICTON, Virtual Options

Phone: (519) 359-7763

Website: virtualconnect.ca

LYN MCDONALD, RCC

Specialties: Abuse, Addictions, Adoption, Dementia, Anger, ADHD, Autism, BPD, Cancer Support, Chronic Illness, Pain, Communications, ED, End of Life, Grief & Loss.

EMDR, SFBT, MI and Narrative.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 486-1543

Website: bcacc.ca

CHRISTEL MITCHELL, RCC

Specialties: Substance Use, Mood Disorders, Trauma and PTSD.

CBT, EMDR, IFS, SFT and MI.

Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 868-7345

Website: wildmountaincounselling.ca

DAVID OHORI, RCC

Specialties: Body-Mind Trauma Integration, Anxiety, Marital, Premarital and Christian Therapy.

ACT, CBT and Attachment.

Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 617-1865

Website: space2flourish.ca

HALEY OLIVER, Psychologist

Specialties: Anxiety, Depression, Trauma and Substance Use.
Psycho-Diagnostic Assessment, CBT, DBT, Mindfulness and SF.

PENTICTON, Virtual Options

Phone: (778) 531-2786

Website: drhaleyoliver.ca

JENNIFER POVOLEDO, RSW

Specialties: Child/Youth Support.

Holistic Expressive Therapy.

Works with children ages 0-17.

PENTICTON, Virtual Options

Phone: (250) 488-4697

Website: monarchcounselling.org



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.

RHEA REDIVO, RSW

Specialties: Anxiety, Life Transitions and Depression.
Mindfulness, CBT, Somatic, EFT and Attachment.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250) 488-5939

Website: valleyreflections.com

MARIA RIVERA, RCC

Specialties: Depression, Anxiety, Relationships, Meaning/Purpose, Life Transitions, Systemic Discrimination, Substance Use, BIPOC, Grief & Loss.
CBT, SFT, ACT, DBT, MI, Play and Art Therapy.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 486-1868

Website:
wildmountaincounselling.ca

CHRISTINE SCHWARZ, RSW

Specialties: Sexual Trauma, Complex Trauma, Anxiety, Depression and PTSD.
DBT and Sand Tray.

PENTICTON, Virtual Options

Phone: (250) 588-5330

Website: mayacounselling.ca

TAMARA SIMON, RSW, Indigenous Provider

Specialties: Unspecified.
Works with children ages 0-17.

PENTICTON, Virtual Options

Phone: (250) 486-4440

VICTORIA STEVENS, RSW

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (788) 531-2883

OLIVIA SULLIVAN, RSW

Specialties: Anxiety, Trauma and Stress.
Somatic, ACT, Mindfulness.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 487-0195

Website:
southokanagancounselling.com

AMY THAIN, RCC

Specialties: Adults, Anxiety, Trauma and Stress.
MBT, Neuroscience-Informed, Person-Centered, Strengths-Based Approach.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (604) 347-5316

Website:
southokanagancounselling.com



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.

ALICIA TOTTEN, RSW

Specialties: Substance Use, Mood Disorders, Suicide Ideation, Self-Harm and Trauma.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 492-0400

Website: wildflowerstherapy.ca

NATALIE TURPIN, RCC, RSW

Specialties: Trauma.
EMDR.

PENTICTON, Virtual Options

Phone: (250) 486-1868

Website: wildmountaincounselling.ca

CHIZOR VASQUEZ, RSW

Specialties: Unspecified.

PENTICTON, Virtual Options

Phone: (604) 347-5316

KATHERINE WARNER, RCC

Specialties: Relationship, Parenting and Depression.

PENTICTON, Virtual Options

Phone: (250) 258-4856

Website: katherinewarner.com

STEVEN WILSON, RCC

Specialties: Individuals, Couples, Families, Trauma, Self-Improvement, Anger and Men's Support.
Works with children ages 6-17.

PENTICTON, Virtual Options

Phone: (250) 488-4661

Website: <https://bcacc.ca>

IZABELA ZAKRZEWSKA, RCC

Specialties: Adults, Adolescents, Life Transitions, Parenting, Depression, Grief & Loss.
CBT, SFBT, EFT, and Psychodynamic Therapy.
Works with children ages 13-17.

PENTICTON, Virtual Options

Phone: (250)4861868

Website: wildmountaincounselling.ca

SARAH BROOKS, RCC

Specialties: Trauma, Anxiety and Depression.
Somatic Therapy and NARM.

SUMMERLAND, Virtual Options

Phone: (604) 765-0234

Website: [https://safeharbourcounselling.com/](http://safeharbourcounselling.com/)



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.

SYLVIE HAMEL, RCC

Specialties: Trauma, PTSD and Addictions.

Attachment-Based, CBT, Feminist, SRT, Somatic.

Works with children ages 13-17.

SUMMERLAND, Virtual Options

Phone: (250) 328-4252

Website: <https://bcacc.ca>

MINDY KOLLMAN, RCC

Specialties: Trauma.

Anger Management, CBT, CISM and Brief Therapy.

Works with children ages 13-17.

SUMMERLAND, Virtual ONLY

Phone: (604) 613-1444

Website: <https://bcacc.ca>

NATASHIA BACCHUS, RCC

Specialties: Anxiety, Depression, Trauma, PTSD, Educational System, Children/Youth with ADHD, Behavioural Challenges, Navigating Criminal Justice Systems for Victims and Offenders.

Anger Management, ABA, BT, CBT, CISM.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 550-1811

Website: <https://bcacc.ca>

ALLISON BELLS, RCC

Specialties: Trauma.

CBT and EMDR.

VERNON

Phone: (604) 302-4587

Website: www.psychologytoday.com

KEITH BONNAH, CCC, RCC

Specialties: Person-Centered Approach.

ACT, CBT, DBT, MI, ABT, SFBT, NT, Trauma-Focused, SBT, Humanistic, Integrative and MBCT

VERNON, Virtual Options

Phone: (778) 257-4181

Website: www.psychologytoday.com

KERRY CASPERSON, RCC

Specialties: Autism Spectrum Disorders, Developmental Disabilities, OCD, Anxiety, Depression, and Trauma.

Social Thinking Model, CBT with ERP, DBT, and Sexual Abuse Intervention Training.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250)309-6850

Website: www.skyhighprofessionalgroup.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.

MARIA CEBULIAK, RCC

Specialties: Attachment, Trauma, Chronic Pain, Anxiety, Depression, and Relationships.

EMDR, FOT and Person-Centered Therapy.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 549-6976

Website: <https://bcacc.ca>

JOHN CHARLTON, RCC

Specialties: Men's Support, PTSD, Addictions, Communication, Depression, Anxiety, Burnout and Relationships.

Person-Centered, Existential and CBT.

VERNON, Virtual Options

Phone: (250) 307-1889

Website: [Psychologytoday.com](https://psychologytoday.com)

MITCH CLINGO, RCC

Specialties: Anxiety, Depression, Grief, Anger, Autism Spectrum Diagnoses, ADHD, and OCD.

CBT, ACT, and FS.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 307-2030

Website:
www.skyhighprofessionalgroup.ca

NIKI CONNOR, RCC

Specialties: Stress, Anxiety and Coping Skills.

Mind-Body Attunement and AT.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (778) 692-5111

Website:
<https://www.therapywithniki.com/>

CARA CYR, RCC

Specialties: Unspecified.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (236) 873-2079

HOLLY DALGLEISH, RSW, Indigenous Provider

Specialties: At-Risk Youth, Family Support Work, Life Transitions, Parenting Support, Anxiety, Autism, and Social Skill Development.

Psychodynamic Counselling, Play Therapy and CBT.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 938-7209

Website:
www.skyhighprofessionalgroup.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.

MEGAN DESIMONE, RSW

Specialties: Trauma, Relationships, Substance Use.
EMDR, ACT, DBT, CBT, Gottman, EFT, MI, Sensorimotor Psychotherapy.
Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 308-1262

Website:

<https://thelifebalance.ca/megan>

MIRRELL DAWN DESJARDINS, CCC,

Indigenous Provider

Specialties: Trauma, Anxiety, Depression, Self-Harm, Group Facilitation, First Responders, Back to Work, Couples/Marriage.
EMDR and OEI.
Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 983-4489

Website: <https://okclinical.com>

DERRICK DOIGE, CCC

Specialties: Depression, Anxiety, Stress, Relationships, Anger, Self-Esteem, Career and Personal Coaching, Grief & Loss.

VERNON, Virtual Options

Phone: 250-309 0453

Website:

twowheelsgoodcounselling.com

MICHELLE DUCHESNE, RSW, Indigenous Provider

Specialties: Mental Health, Substance Use, Child Welfare and Corrections Services.
DBT, CBT and Trauma-Informed.

VERNON, Virtual Options

Phone: (250) 295-2645

BRENT ENRIDGE, RSW

Specialties: Sports Performance, Anxiety and Life Coaching.
Mindfulness, Meditation, MI, Trauma-Informed Practice, CBT, NT, EMDR.

VERNON, Virtual Options

Phone: (250) 550-7172

Website: valhallacounselling.ca

ROSS FEDY, RCC

Specialties: Trauma, Anxiety, Depression and Panic Disorder.

VERNON, Virtual Options

Phone: (250) 558-5726

HEIDI FORGO, CCC

Specialties: Unspecified.

VERNON, Virtual Options

Phone: (778) 212-9898

Website: www.balancedhealth.life



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.

SARA FRANKENBERGER, CCC, RCC

Specialties: Relationships, Anxiety, Depression, ADHD, ASD, Substance Use.

CBT, ACT, SFBT, Narrative Therapy and MI.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (778) 801-6182

Website: <https://prospecttherapy.ca>

RENNIE GENAILLE, RSW, Indigenous Provider

Specialties: Trauma Resolution and Healing, Chronic Pain, Addictions, Somatic and Mood Disorders.

FST, SF, DBT, CBT, Gottman and EMDR.

VERNON, Virtual Options

Phone: (778) 475-4750

Website: www.rfgenaillecounselling.com

KELLI HANSON, RCC, Indigenous Provider

Specialties: Trauma, Family, Youth, Cross-Cultural, Indigenous Support, and IRS, Stress, Trauma and PTSD.

Hypnotherapy, CBT, SFBT and MBCT.

Works with children ages 0-17.

VERNON, Virtual Options

Phone: (250) 351-6487

Website:
www.kellihansoncounselling.com

CAROLYN HLADIK, RSW

Specialties: Youth, Anxiety, Depression, Trauma, Attachment, Autism, ADHD and FASD.

CBT, NT, EMDR, MBT, Social Thinking Models and AFT.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 351-9961

Website:
www.skyhighprofessionalgroup.ca

SCOTT HLADIK, RSW

Specialties: Parent Support, Co-Parenting after Separation, Men's Supports, Family, Relationships, Managing Conflict, Senior's Support, Autism Spectrum Disorder and ADHD.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 306-4128

Website:
www.skyhighprofessionalgroup.ca

GEOFF JOHNSON, RSW

Specialties: Unspecified.

Works with children ages 0-17.

VERNON, Virtual Options

Phone: (250) 308-7287



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.

LIAM KING, RSW, Indigenous Provider

Specialties: Transgender Support, 2SLGBTQ+ and Racial Identity.

MBCT, CBT, Narrative, DBT and Feminist Therapy.

VERNON, Virtual Options

Phone: (236) 599-4860

Website: psychologytoday.com

NIKI KNIGHT, RSW

Specialties: Unspecified.

EMDR and Yoga Teacher.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 545-0103

Website: <https://niki-knight.squarespace.com/>

JODI KRAHN, RCC

Specialties: Unspecified

VERNON, Virtual ONLY

Phone: (250) 307-6465

LISA LANAWAY, RCC

Specialties: Children/Youth, Anxiety, Depression and Self-Esteem.

Works with children ages 7-18.

VERNON, Virtual Options

Phone: (778) 932-1210

Website: <https://highstreetcounselling.ca>

SANDRA LEER, RCC

Specialties: Trauma, Anxiety, Low Mood and Complex Family Dynamics.

Works with children ages 0-17.

VERNON, Virtual ONLY

Phone: (250) 788-5192

Website: <https://www.sandraleer.ca/>

MORGAN MACCARL, RCC

Specialties: Relationships, PTSD, Trauma, Grief & Loss.

EMDR, Somatic Attachment and CBT.

Works with children ages 13-17.

VERNON, Virtual ONLY

Phone: (250) 858-9722

Website: <https://morganmaccarl.com/>

SARA MAGNER, RCC

Specialties: Unspecified.

Reality Therapy, CBT, DBT, SFT and EMDR.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 306-9283

Website: <https://tidalelements.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.

CIARAN McDONAGH, RCC

Specialties: Unspecified.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 550-8596

PAMELA NEVDOFF, RCC,

Indigenous Provider

Specialties: Anxiety, Coping Skills, Life Transitions, Self-Esteem, Stress, Depression, Addiction, Suicide Ideation, Trauma, Grief & Loss.

Animal Assisted Therapy, Art, Play, CBT, EMDR, EFT, MI, Narrative, SFT

Works with children ages 0-17.

VERNON, Virtual Options

Phone: (250) 803-2695

Website:

<https://www.pnevdoffcounselling.com/>

HELLMUT NOELLE, CCC, RCC

Specialties: Male Survivors of Sexual Abuse, Depression, Anger Management, Grief & Loss.

VERNON, Virtual Options

Phone: (250) 540-9471

Website: www.skyhighprofessionalgroup.ca

ELAINE PELLETIER, RCC

Specialties: Unspecified.

Lifespan Integration, EFT, IFS, SFB, ACT, CBT, and DBT, Art, ST, Sensorimotor and Dance Movement Psychotherapy and Compassionate Inquiry.

VERNON, Virtual Options

Phone: (250) 938-5971

Website: <https://bcacc.ca>

KIMBERLY PITINO, RSW

Specialties: Gender-Based Violence, Health Care Challenges, Caregivers, Anxiety, Depression, Life Transitions, Grief & Loss.

SFBT, MBCT and MI.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 307-6628

Website: Psychologytoday.ca

ZOE PLANT, CCC

Specialties: Unspecified.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250) 826-3164



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.

CAITLYN PONTO, RCC

Specialties: Anxiety, Depression, Trauma, Body Image, Chronic Illness, ADHD and ASD.

MBCT and EFT.

VERNON, Virtual Options

Phone: (250) 253-3687

Website: www.psychologytoday.ca

LIZ REZANSON, RSW

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

Mind-Body Attunement Therapy, EMDR, EF Couples Therapy and Psychedelic Psychotherapy.

VERNON, Virtual Options

Phone: (250) 540-6769

Website:
<https://mindbodycounselling.org/about>

BONNIE RICHARDSON, RSW

Specialties: Unspecified.

VERNON, Virtual Options

Phone: (250) 540-2910

RIVER RIEMER, RSW

Specialties: PTSD, ASD, ADHD/ADD, Anxiety, Depression, 2SLGBTQ+, Religious Abuse Recovery and Trauma.

EMDR, Narrative, Feminist.

Works with children ages 6-17.

VERNON, Virtual ONLY

Phone: (778) 760-3854

Website: www.psychologytoday.com

CHRISTINE ROCHFORD, CCC

Specialties: Unspecified.

Works with children ages 0-17.

VERNON, Virtual Options

Phone: (778) 653-2738

BONNIE ROSS, RCC

Specialties: Unspecified.

VERNON, Virtual Options

Phone: (250) 558-8469

IRENE ROSSBERG-GEMPTON, RCC

Specialties: PTSD, Anxiety, and Depression.

Mindfulness, Relaxation, Therapeutic Touch, NT and Expressive Arts Therapies.

VERNON, Virtual Options

Phone: (250) 542-9682

Website: <https://bcacc.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.

ERIN SILKE-ANDERSON, RCC

Specialties: Anxiety/Panic/Phobias, Relationship, Self-Esteem, Stress, Depression, Parenting, Communication, Life Transitions and Anger.

CBT, EFT, Attachment Theory, Mindfulness, Exposure Therapy and EMDR.

VERNON, Virtual Options

Phone: (778) 692-0616

Website: <https://www.silke-anderson.ca/>

DEON SOUKEROFF, RCC

Specialties: Divorce, Self-Esteem, Co-Parenting, Relationships, Brain Injury, PTSD and Abuse.

EFFT.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (250)308-2101

Website: www.deonsoukeroffcounselling.com

SHANNON THOMAS, RSW

Specialties: Substance Use, Mood Disorders, Grief & Loss.

ACT, DBT, BCT, IFS, SFBT and MI.

VERNON, Virtual Options

Phone: (250) 870-2226

Website: www.psychologytoday.com

ASTARA TUPPER, RCC

Specialties: Abuse, Anger, Anxiety, ADHD, Autism, Crisis Intervention, Depression, Disabilities, Family, Individual, Mood Disorders, PTSD, Suicide, Suicide Ideation, Stress, Trauma and Self-Esteem.

CBT, DBT, Culturally Sensitive and ABT.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 306-3885

Website: <https://bcacc.ca>

ERIKA VON NIESSEN, RCC

Specialties: Unspecified.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (778) 584-6285

GRANT WALDMAN, CCC

Specialties: Anxiety, Depression, Addiction, Isolation, Anger Management, Self-Harm and Men's Support.

Ecopsychology, Trauma-Informed and MBT.

Works with children ages 6-17.

VERNON, Virtual Options

Phone: (250) 896-0376

Website: www.psychologytoday.com



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.

KIMBERLY WENGER, RCC

Specialties: Unspecified.

CBT, DBT, Play Therapy, Psychodynamic Therapy and Attachment Theory.

Works with children ages 6-12.

VERNON, Virtual Options

Phone: (250) 308-6928

Website:

<https://beherenowcounseling.ca/>

STEFANIE YADERNUK, CCC

Specialties: Depression, Anxiety, Chronic Pain, ADHD, Relationship Violence, Trauma, Life Transitions and Reproductive Trauma.

Works with children ages 13-17.

VERNON, Virtual Options

Phone: (778) 943-2112

Website: www.psychologytoday.com

COURTNEY BECKNER, RSW

Specialties: Anxiety, Depression and Emotional Disturbances.

SFT, EFT and CBT.

Works with children ages 13-17.

WEST KELOWNA, Virtual Options

Phone: (250) 718-9291

Website: www.psychologytoday.com

JANE CHRISTIE, CCC

Specialties: Family, Relationships, Anxiety, Depression, Trauma, Grief & Loss.

CBT, Narrative, SFT, MBT, ACT and FS.

Works with children ages 6-17.

WEST KELOWNA, Virtual Options

Phone: (250) 540-9471

Website:

<https://okclinical.com/dvteam/family-counsellor-jane-christie>

SHANELLE CONNELL, RCC, Indigenous Provider

Specialties: Trauma Recovery, Anxiety, Depression, Boundary Setting, Self-Esteem and Identity.

CBT, AT, Humanistic, NT, ACT and ARPT.

WEST KELOWNA, Virtual Options

Phone: (778) 214-0383

Website:

www.kelownapsychologists.com

SHANI EKMAN, RCC

Specialties: Trauma and PTSD and CPTSD.

EMDR, DBT, and Trauma-Focused and ACT.

Works with children ages 13-17.

WEST KELOWNA, Virtual Options

Phone: (250) 486-1223

Website: www.psychologytoday.com



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.

CHRISTINE FERCH, RCC

Specialties: Trauma, IPV, Depression, Anxiety, ED and BPD.

EMDR.

Works with children ages 6-17.

WEST KELOWNA, Virtual Options

Phone: (778) 994-8165

Website:

<https://www.oneskycounselling.com>

JODY GAIDA, RSW

Specialties: Unspecified.

Narrative, SFT, CBT, DBT, IFS, Attachment Science, EMDR, Existential Psychotherapy, Ketamine Assisted Psychotherapy, Trauma-Informed Yoga and SE.

Works with children ages 0-5.

WEST KELOWNA, Virtual Options

Phone: (780) 405-9173

Website: <https://www.innercompasscounselling.com/about>

DAVID HANSON, RCC, Indigenous Provider

Specialties: Men's Supports, Relationships, Depression, Anxiety, Suicidal Thoughts, Stress, Addictions and Spirituality.

CBT and Mindfulness.

WEST KELOWNA, Virtual Options

Phone: (250) 717-7104

Website: www.psychologytoday.com

RICHARD MORTIMER, CCC

Specialties: Unspecified.

Works with children ages 13-17.

WEST KELOWNA, Virtual Options

Phone: (250) 878-3413

Website: <https://braintrustcanada.com/services/clinical-counseling-2/>

YAGANEH NASSERI, RCC

Specialties: Depression, Anxiety, Eating Disorders, ADHD, Relationships, Parenting, Sleep Difficulties, Grief & Loss.

Brain Spotting, LENS Neurofeedback, SBT, Mindfulness, CBT, SFT, Anger Management, and Empowerment Strategies.

Works with children ages 6-17.

WEST KELOWNA, Virtual Options

Phone: (778) 805-9892

Website:

<https://innerpeacecounseling.ca/>

DANIELLE RENAUD, RCC

Specialties: Autism, Asperger's and Behavioural Challenges.

ABA and CBT.

Works with children ages 6-17.

WEST KELOWNA Virtual Options

Phone: (250) 731-5472

Website: www.psychologytoday.com



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.

CHRISTINE THYGESEN, RCC

Specialties: Relationship, Mental Health, Children/Youth and Gender-Specific Supports.

Gottman.

Works with children ages 13-17.

WEST KELOWNA, Virtual ONLY

Phone: (250) 863-9434

Website: <https://bccounsellor.com>

GAYLENE TURNER, RCC

Specialties: Unspecified.

Works with children ages 13-17.

WEST KELOWNA, Virtual Options

Phone: (250) 858-4039

Website:
<https://www.resolvecounselling.ca/>

IZABELLA ZALEWSKI, RCC

Specialties: Depression, Anxiety and Relationships.
DBT, CBT and MBCT.

WEST KELOWNA, Virtual Options

Phone: (250) 808-0905

Website: www.psychologytoday.com

TANYA KANG, RSW, Indigenous Provider

Specialties: Unspecified.

Works with children ages 0-17.

WEST KELOWNA & WESTBANK, Virtual Options

Phone: 250-878-8870

ALANAISE GOODWILL FERGUSON, Psychologist, Indigenous Provider

Specialties: Family, Intergenerational Wellbeing, Addictions, Trauma, Life Transitions, Grief & Loss.

EMDR and Narrative.

Works with children ages 6-17.

WESTBANK, Virtual Options

Phone: (604) 316-1976