

Individual and/or Couples Therapy:

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

Port Moody, B.C.

604-605-6032

www.loribrotto.com

West Coast Centre for Sex Therapy

Vancouver, B.C.

604-675-2005

<https://westcoastsextherapy.com/>

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

Vancouver, B.C.

604-731-4466

www.biancarucker.com

Allura Sex Therapy Centre

Vancouver, B.C.

604-398-8455

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

Chandra Merry, R. Psych

Vancouver, B.C.

<https://www.womenshealthandtraumapsychologicalservices.org/contact>

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

Comox, B.C.

250-792-5295

Counselling with Carlene

info@counsellingwithcarlene.com

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

Vancouver, B.C.

778-322-0952

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

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

Vancouver, B.C.

604-568-6765

www.reprohealthfertility.com

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

Vancouver, B.C.

604-787-6100

www.mindful-living.ca

Katrina Grabner, M.A., R.C.C.

Vancouver, BC

kgrabner.therapy@gmail.com

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

Kaitlyn Goldsmith, Ph.D., R. Psych.

Abbotsford, B.C.

<https://kaitlyngoldsmith.com/contact>

<https://kaitlyngoldsmith.com/services/>

Veronica Li, Psy.D, R. Psych.

Vancouver, B.C.

236-516-2292

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

Melissa Moses, R.C.C.

Vancouver, B.C.

melissamoses.rcc@gmail.com

<https://www.melissamoses.ca/>

Assessment & Treatment Centres:

BC Centre for Sex Med	psychiatry.vch.ca/bccsm.htm	604-875-4705
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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](http://psychiatry.vch.ca/bccsm.htm) for details).

Vancouver CBT Centre	www.vancouvercbt.ca	604-738-7337
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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
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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
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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
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Clinical psychological services offered by graduate students in clinical psychology who are being supervised by registered psychologists. Sliding-scale fees at reduced rates.

Divisions of Family Practice	https://divisionsbc.ca/	604-569-2010
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The Vancouver CBT Skills Groups offer an 8-week psycho-education program that targets patients 18 years and older with low to moderate severity of anxiety and depression, as well as other lower acuity mental health diagnoses. Each session is 90 minutes long. Because the majority of the program is MSP funded, participating in the program requires a referral from a family physician.