

### Service Intro

#### *Individual Counselling:*

Many children, teens and adults find life difficult to face day by day, and some fear not being able to handle the weeks and months ahead. Many feel lost, afraid, confused, and alone. Individual counselling provides a safe and trusted guide to help you explore your journey through life so you can create meaning, strategies, new skills, and hope again.

#### *Couples Counselling:*

Relationships are constantly changing. Sometimes, these changes result in the relationship evolving into something better, stronger. Other times change can lead to an erosion of the relationship, leaving it feeling stuck or even hopeless. Pivot Point's counsellors specialize in helping couples move forward when they are experiencing pain, disillusionment, and fear around their relationship, or when dealing with a child's diagnosis, or when struggling with parenting issues and other challenges affecting the marital unit. We can help you find common ground.

#### *Family Counselling:*

This unique approach to therapy works with families and couples in intimate relationships to nurture change and development. This type of therapy tends to view change in terms of the system of interaction between family members and aims to raise the awareness of each person to better understand their unique relationship with each other person in the family. It emphasizes family dynamics and how the family's unique constellation of skills, styles, and quirks shape the overall health of the family. Our family therapists help to refocus conversations in a way that highlight and enhance the family's existing strengths, wisdom, and support as a whole.

### Our clients

- Children (6 to 12 years old)
- Adolescents (12 to 18 years old), and
- Adults (19 and older)

### Our Counsellors

Although Pivot Point specializes in services to children, youth, and adults with diverse abilities and needs, our Counsellors are trained to support nearly anyone in society who is struggling. Many of our clients have family members with disabilities, many others are simply hoping to learn to better manage the impact of the following challenges in their own lives or in the lives of their loved ones:

- ADHD and impulse control
- Anxiety, Stress, and worry
- Depression and sadness
- Postpartum Depression
- Generalized Anxiety, Social Anxiety, OCD, and Phobias
- Grief, Loss, and Post-Diagnosis coping
- Life transitions
  
- Relationship Issues and difficulties
- Separation and Divorce
- Parent-child or sibling Conflict
  
- PTSD and past trauma
- Current and/or historical Abuse
- Domestic Violence
- Bullying or Self-esteem Issues
  
- Substance Abuse and Addictions
- Eating Disorders



## Pivot Point's approach

Counselling for individuals and Couples can be done in person at your home, in one of our community offices, or via video conferencing. This last option saves travel time, opens up a wider range of times available for sessions, and lets clients from all over BC receive expert and professional support... from the comfort of their own homes.

Family counselling must be done in person, and typically requires all family members living in the same home to attend each 80 minute session. We aim to create the safety and trust necessary to allow the underlying family patterns to emerge and shift towards something better for all.

Pivot Point's Counsellors follow our agency model of identifying concerns and goals, agreeing on the treatment plan, engaging that approach, and regularly reporting and discussing treatment progress and changes.

## A typical session

During the initial session, the Counsellor will review your main concerns that bring you to counselling, gather a brief history, and discuss your main goals for our work together. This intake process includes some basic paperwork and discussions about the Counselling relationship and process in general, so that you can make informed decisions about how you want sessions to unfold.

## How to get started

1) If you are already a client, contact your Program Assistant to ask about adding Counselling services to your current plan of care.

- If you are using Autism Funding to pay for Counselling, the child must be over 8 years old, some forms will need to be signed, including a "letter of recommendation" from the Behavior Consultant or Clinical Supervisor assigned to your case. Once this has been approved by the Autism Funding Branch, sessions can begin.
- If you are paying privately for Counselling, or being reimbursed via extended Health Benefits, your Program Assistant can assist you in adding Counselling services to your current plan.

2) If you are not yet a client, the best way to start is to go to [pivotpoint.ca/register-for-counselling](http://pivotpoint.ca/register-for-counselling) to complete our online form. This is a confidential way to share your contact information, so that one of our Counsellors can connect with you to explore the suitability of our services in more detail.

Once started, you will also be given access to our CareWebs portal. This lets you exchange private messages with your counsellor, access homework that may be uploaded for you, and view other resources that are integrated into your support plan.



## Contact Us Today

**Toll Free:** 1.866.531.4544

**Phone:** 604.531.4544

**Email:** [counselling@pivotpoint.ca](mailto:counselling@pivotpoint.ca)

**Office Hours:** 9am-5pm, Monday-Friday

**[www.pivotpoint.ca](http://www.pivotpoint.ca)**

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