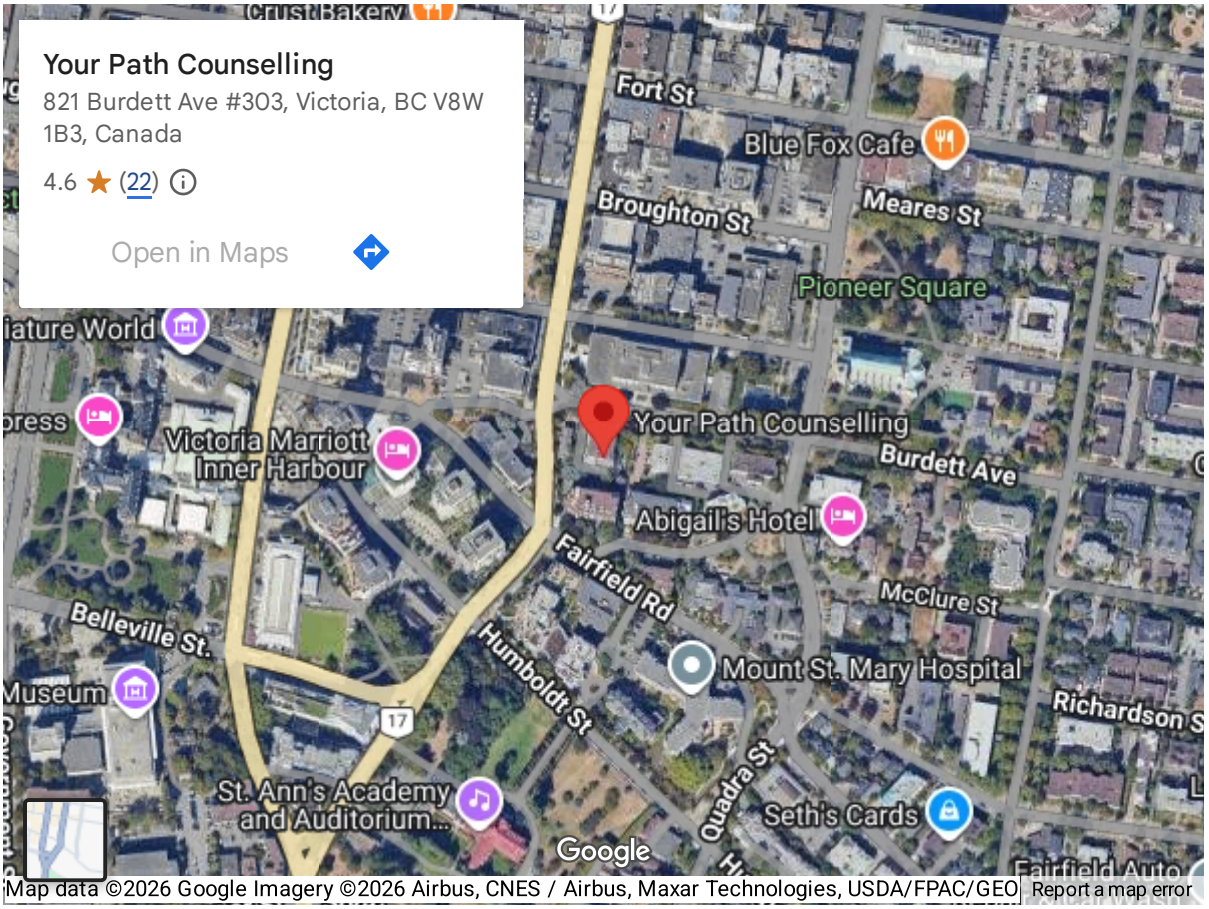
How Much Counselling Costs in Victoria BC and What Your Path Charges Cost is one of the first questions people ask when they start thinking about counselling, and it is a fair one. In Victoria, private counselling with a registered professional commonly costs well over one hundred dollars per session, and many people need several sessions to make real progress. Knowing the price upfront makes it easier to plan, budget and decide which option suits you. Your Path Counselling publishes its fees openly on its website. At the time of writing, sessions in the Affordable Intern Clinic are listed at $75, senior intern sessions at $110, registered counsellor sessions at $160 and clinical specialist sessions at $220. These fees apply whether you see someone in person at the downtown office or by phone or video from elsewhere in BC. The different levels reflect experience and training. Interns are Masters level students in the final stage of their training, supervised by their universities and the practice's registered team. Senior interns have more supervised hours behind them. Registered counsellors hold designations such as RCC, CCC or RSW, and the counselling victoria bc two clinical specialists, Dr. Michelle Bass and Dr. Scott Kouri, are PhD level clinicians who co-founded the practice.

Your Path Counselling | 821 Burdett Ave #303, Victoria, BC V8W 1B3 | (778) 902-3735

Many people offset costs through extended health benefits. Most workplace and private plans in BC reimburse counselling with certain credentials, such as RCC or RSW, up to an annual limit. The practice does not bill insurers directly; you pay after each session and receive a receipt to submit for reimbursement. Checking which credentials your plan covers, and how much, is a sensible first step. Payment is made by credit card through a secure billing portal, either after each session or automatically. The practice requires 24 hours notice to cancel or reschedule, and missed appointments without notice are billed, so it is worth putting sessions in your calendar with a reminder. The free 15 minute consultation is useful when cost is a concern. It lets you meet a counsellor and decide whether the fit is right before paying for a full session, which reduces the risk of spending money on a mismatch. If budget is the main factor, the matching service can point you towards an intern whose experience suits your needs. Thinking about counselling as an investment over a set period can make the numbers easier to judge. Ten sessions with a registered counsellor at $160 is a real expense, but for many people it is comparable to what they already spend on things like gym memberships, takeout or streaming services across a few months. If even that feels out of reach, the intern clinic reduces the same ten sessions to $750, and benefits coverage may reduce it further. For transparent pricing on counselling in Victoria BC, contact Your Path Counselling on (778) 902-3735 or visit Suite 303, 821 Burdett Ave, Victoria, BC V8W 1B3. Current fees are always shown on the booking page.

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FAQ About Counselling Victoria BC How much does counselling cost in Victoria BC? Private counselling in Victoria commonly costs well over one hundred dollars per session with a registered professional. At Your Path Counselling, fees are posted openly: $75 in the Affordable Intern Clinic, $110 for senior interns, $160 for registered counsellors and $220 for clinical specialists. Fees are the same for in person sessions at 821 Burdett Ave and for video or phone sessions across BC. Is there affordable or low cost counselling in Victoria BC? Yes. Several community agencies in Greater Victoria offer free or sliding scale counselling, and private practices sometimes run lower cost options. Your Path Counselling's Affordable Intern Clinic offers sessions from $75 with Masters level interns who are supervised by the practice's registered clinicians, including co-founder Dr. Michelle Bass, PhD, RSW, RCC. Does extended health insurance cover counselling in BC? Most workplace and private extended health plans in BC reimburse counselling with certain credentials, commonly Registered Clinical Counsellors (RCC) and Registered Social Workers (RSW), and some also cover Canadian Certified Counsellors (CCC). Your Path Counselling does not bill insurers directly, but provides a full invoice after every session for you to submit. Check which credentials and annual limits your plan includes before booking. What is the difference between a counsellor and a psychologist in BC? Psychologists in BC hold a doctoral degree and can carry out formal psychological assessments and diagnoses. Counsellors such as RCCs and CCCs hold Masters degrees and focus on talk therapy for a wide range of concerns. Your Path Counselling's team includes RCCs, CCCs, Registered Social Workers and two PhD level clinical specialists, and can suggest an assessment elsewhere if one would help. Do I need a doctor's referral to see a counsellor in Victoria? No referral is needed to book counselling at Your Path Counselling; you can book online or call (778) 902-3735 directly. A small number of insurance plans still require a doctor's note to reimburse counselling, so it is worth checking your policy. Speaking with your family doctor can still be helpful if you are also considering medical treatment. How do I find the right counsellor in Victoria BC? Start with what matters most to you, such as the concern you want help with, the counsellor's approach, gender, availability and fee. Your Path Counselling's team page can be filtered by more than thirty specialties and twenty therapy types, or you can fill in a short form and be matched for free. Every counsellor offers a free 15 minute consultation so you can check the fit before booking. Is online counselling as effective as in person counselling? Research on video counselling for many common concerns, including anxiety and depression, has generally found results comparable to in person sessions. Your Path Counselling offers secure, encrypted video and phone sessions to anyone in BC, and around 15 percent of its

clients choose online sessions. Many people mix formats, attending at the Burdett Avenue office some weeks and online others. How many counselling sessions will I need? It depends on what you are working on. Co-founder Dr. Michelle Bass notes that in her experience most people can make meaningful changes in 12 sessions or fewer, while long standing patterns or early life trauma may benefit from longer term psychotherapy. Sessions at Your Path Counselling usually begin weekly and are spaced out as things improve. What does RCC mean after a counsellor's name? RCC stands for Registered Clinical Counsellor, a designation in British Columbia that requires a relevant Masters degree, supervised clinical experience and adherence to a code of ethics. Many BC benefit plans name RCCs in their counselling coverage. Several counsellors at Your Path Counselling hold the RCC designation, alongside colleagues who are CCCs and Registered Social Workers. Can I get counselling on evenings or weekends in Victoria? Yes. Your Path Counselling lists its hours as 8:30am to 9pm, seven days a week, with evening and weekend appointments spread across different counsellors. The online booking system shows live availability, or you can note your preferred times on the matching form. Video and phone sessions add flexibility for shift workers and parents. Is counselling confidential in BC? Counsellors in BC follow professional ethics codes and privacy legislation that protect what you share. Limited exceptions apply across the profession, such as a serious risk of harm to you or someone else, a child in need of protection, or a court order. Your Path Counselling explains these limits at the start of counselling and uses secure, encrypted platforms for online sessions. What should I do if I need mental health help right now? Counselling is not an emergency service. If you are in immediate danger, call 9-1-1, and if you are thinking about suicide or worried about someone, call or text 9-8-8 at any time. For ongoing support once you are safe, Your Path Counselling offers sessions in downtown Victoria and online across BC, bookable by calling (778) 902-3735.