



Counselling for Individuals and Couples

Offices located in South Ottawa and Kempville, Ontario.

About Me:

I have been working in the field of Emotional and Mental Health for over 20 years. I am committed to helping improve the lives of individuals, couples, and families with the hope of creating positive contributions to society at large. I believe every small piece can affect the greater whole.

I earned a BA in psychology from the University of Ottawa and an MA in Pastoral Counselling from the University of St. Paul's. I am trained in Emotion Focused and Cognitive Therapies and my style focuses on Insight and Learning models. I am also trained in Gottman Method Couples Therapy. I have also received training in Family Mediation and has helped people work through issues of Bereavement, Trauma, Conflict, and Forgiveness.

I have worked in the fields of Child Protection, Employee Assistance Counselling, and Private Counselling. I have worked with people of different cultures and ages, from child to senior. This perspective adds to his holistic and common-sense approach to counselling



Insurance Coverage

I employ the services of Registered Social Workers as my supervisors in order to have my clients gain insurance coverage for my services. While I am a member of the Ontario Association Mental Health Professionals and a Member of the Canadian Counselling Association, I do not maintain a registration with a specific Psychotherapy or Social Work Association.

I ask that you speak with your insurance provider, before booking an appointment, to ensure your coverage.



COUPLES COUNSELLING

I use the Gottman Model for couples counselling. The model focuses on thorough assessment and appropriate conflict. I focus on teamwork with the couple to implement the interventions of the Gottman Model.



INDIVIDUAL COUNSELLING

I use a Cognitive Behavioural Approach. I use interventions to help with coping and relate current situations to past events to help with insight.



COACHING

I use Positive Psychology Practice to encourage leadership and development. I attempt to focus people toward progress and use adversity as learning.

The Counselling Process

In an effort to explain the counselling process I created these targets. The targets are meant to be guidelines for understanding the counselling process depending on what you want to work on. All counselling relationships are flexible and negotiable. The number of sessions and rhythm of sessions suggested in the Targets should be considered as general guidelines and not unending rules. The counselling process is always determined by the client and counsellor together, and no sessions should ever or will ever be paid for in advance.

Target 7

For individual concerns regarding sudden life changes and temporary circumstances. Issues like bereavement, job changes, new partnerships, or dissolved partnerships would fall under this target.

Counselling techniques in the areas of Cognitive Behavioural Therapy and Solution Focused Therapies are used to help with coping and education.

Clients should expect that the process last approximately 7 sessions. Typically, the process has the client come in for weekly sessions for 3 or 4 weeks, then proceeding to sessions every other week for a few weeks and then perhaps with a last session with a longer time in between that session and the second last session.

Target 12

For individual concerns that are more emotional in nature, where the concern is felt in body and mind. The root of those negative emotions is not so discernable. Issues like moderate to mild anxiety and depression would fall under this target.

Counselling techniques in the areas of Cognitive Behavioural Therapy, Mindfulness and Self-Compassion are used to uncover some roots to these negative emotions and develop progressive ways of dealing with them.

Clients could expect to come in for weekly sessions for 4 or 5 weeks and then proceeding to biweekly sessions and finally having 2 closing sessions with more weeks between them.

Clients should expect this process to last approximately 12 sessions. Though again this is only a guide, and the duration of counselling and the frequency of sessions is always negotiable between client and counsellor.

Target 20

For individual concerns that have progressively gotten worse over the course of many years. Perhaps where feelings of anxiety are starting to affect physical health, or where sudden losses or life changes have revealed some problems with motivation and supports.

Counselling techniques in the areas of Cognitive Behavioural Therapy, Mindfulness, and Narrative Therapy are used try and reinterpret previous life events and life relationships to create a hopeful and connected future.

Clients should expect to attend weekly sessions for 6 or 8 sessions and then move to biweekly sessions, then moving to 1 closing sessions with a longer duration between the sessions.

Clients should expect this process to last approximately 20 sessions. Though again this is a flexible guide, and the duration of counselling and the frequency of sessions is always determined together.

Ongoing Coaching

Very often after initial goals are met, clients choose to come to counselling on a more sporadic basis. Meeting sometimes once a month or with even longer durations between sessions, for help in keeping focused on longer term goals and wellness.

This ongoing coaching can involve reminding and further developing of the strategies that have already been discussed previously in counselling. The strategies can also be expanded in coaching to help deal with new situations and concerns as they arise.

Couple Counselling

Couples counselling follows the model created by Dr. John Gottman and Dr. Julie Schwartz. Typically, the process starts with one session with the couple and then individual sessions for each partner, and then back to sessions all together.

I provide some questionnaires to complete that would help me to assess their strengths and weaknesses. Then, together, we plan what to work on and plan how to discuss issues and begin solving them.

Almost all Couples Counselling processes are completed within 8 to 14 sessions. This is largely due to the fact that Gottman Model is an educational and practical model where techniques are incorporated into the relationship and practiced until the can be used dependably without counselor support.

EMERGENCY CONTACT NUMBERS

RK Counselling is not a crisis centre and I am not available 24/7

If you are in danger or an emergency situation, please call 9-1-1

If you are in distress and need immediate support, please contact:

Ottawa 24/7 Distress Line: 613-238-3311

Lanark, Leeds and Granville Mental Health Crisis Line: 1-866-231-2911

Ontario Mental Health Helpline (call, chat, email): 1-866-531-2600

Kid's Help Phone (5-20 years old): 1-800-668-6868



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