

REDUCED RATE & SLIDING SCALE COUNSELLING

ONLINE | VANCOUVER | COURTENAY

Allison Rice & Associates is pleased to offer a growing team of practicum student intern counsellors available at reduced, sliding scale rates.

In order to gain certification, therapists are required to accrue a certain amount of practicum / practice hours. You can benefit by seeing a skilled, established, professional Counsellor as they acquire hours for certification and are supervised by Allison Rice.



SARAH QUIBELL (she/her)
**Practicum Student,
Master of Counselling Psychology Candidate**

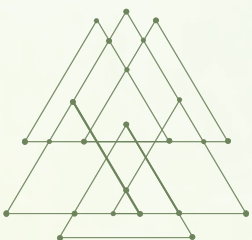
Sarah has an affinity for challenge, sees growth in adversity, and believes that these moments can offer an opportunity to express a person's true nature and resilience. Her work is informed by Attachment Theory and influenced by Narrative Therapy, Emotionally Focused Therapy, and Acceptance and Commitment Therapy. She helps clients with life challenges, relationship and emotional struggles, and other mental health concerns through exploring the experience of self and other. Sarah is trained in Trauma-Informed Practice through her previous work.



KELTIE SOMMER (she/her)
**Practicum Student,
Master of Science in Psychology**

Keltie takes a person-centred approach that explores your core values & strengths and supports the development of purposeful and practical actions to help you move forward in your life. Her approach is informed by a variety of therapeutic tools including mindfulness, acceptance and commitment therapy, and solution focused therapy, but most importantly, it is flexible and determined by your unique experiences and needs. She works primarily with people dealing with such issues as stress, personal growth, self-esteem, anxiety, relationship concerns, and trauma.

EMAIL: INFO@ALLISONRICETHERAPY.COM to get started



ALLISON RICE THERAPY
& Associates

VANCOUVER OFFICE:
200-1687 West Broadway, Vancouver BC, V6J 1X6
COURTENAY OFFICE:
The Hub, 367 4th Street, Courtenay BC, V9N 1G8

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