

Time to Talk

South Island Counselling, Fall 2022 Newsletter

A Word from our Clinical Director.

As we move into the fall, the tone of the season shifts. Kids are back in school, days are shorter, and new routines are established. Along with these changes comes an increase in stress as we struggle to make our priorities fit our busy schedules. Maintaining a calm presence in the midst of these changes while ensuring you are taking care of yourself and those important to you is key to maintaining mental health. This isn't always as easy as it sounds, and over the last few months we have seen a historic number of clients wanting counselling, significantly increasing our waitlist times. To meet this need we are hosting five more masters level counselling interns which is giving our waitlist much needed relief.



At South Island Counselling we are here for clients who are struggling in various aspects of their life and are looking for support. Whether it is social anxiety, family relationships, or depression, our counsellors are here to help support and offer skills to manage your challenges. We want all members of our community to know that there is help out there, and if finances are a barrier for you to receive services, we have a subsidy program available to make counselling more affordable. Just this year we have seen over 420 clients accounting for over 4000 hours of counselling so far, but there is still much more to be done.

We want to thank you for taking the time to read this newsletter and learn about the happenings at our centre. Your support, whether through donations, spreading the word about our services, or seeking counselling yourself here makes a big difference for us in fulfilling our mission.

Richard Sayad
Director of Clinical Services

Did you know...

Monday October 10th
is World Mental
Health Day?

Mental Health Check-in

Stop and ask yourself "how am I doing right now? What's stressing me out? What do I need at this moment? " Dedicating time for self reflection can make us more insightful about what's driving our emotions and actions and can lead us to make more intentional decisions and be less emotionally reactive. This takes practice as we often go into autopilot mode in life and forget to set this time aside.

Community PARTNERS

We recently met with one of our partners “First West Foundation” and are proud recipients of their **Island Savings Community Endowment** Fund. Together we can continue our subsidized programming to vulnerable individuals, couples and families in the Greater Victoria District.



The need for subsidized counselling has grown in our Community. Since the Covid-19 pandemic our waitlist has grown by 30% and a greater number of people are experiencing depression and anxiety in our community whom

are in need of our subsidy program. With the help of First West Foundation we can continue to this important program into 2023.

How we are different. Our service model is unique and frees clients from financial pressure of typical community counselling fees which are \$130 +. We provide one of the lowest fee structures while still providing access to Registered Clinical Counsellors or Master –Level Interns awaiting designation. We also provide 2 subsidy fees to qualified applicants—\$60 or \$25 per session, which is well below the standard rate. With our partners and funders we are building the



COUNSELLOR *snapshot*



Meet Stephanie Hayes. One of our Full-Time counsellors. She completed her Master of Arts degree at UVic in 2018 and did her internship at South Island Counselling. She utilizes cognitive behavioural therapy (CBT) and dialectical behavioural therapy (DBT) in response to the needs of her clients. She also has additional training in addictions, couples therapy, and Bowen Family Systems.

Q: Why did you choose to work at South Island Counselling?

I learned about South Island Counselling when I needed counselling to cope with grieving the loss of my daughter. My counsellor was caring and patient. She listened to me and helped me wade through the intense and confusing feelings that I was having. Years later when I was completing my master’s degree, the time came to think about where I could do my counselling internship. I remembered my positive experience at South Island Counselling and knew that this was where I wanted to learn and grow as a counsellor. I really appreciate that South Island has Christian roots. To me, that gives it a heart! There is a culture of acceptance, kindness, and collaboration that permeates the community. Today, I continue to enjoy working at South Island, now as a registered clinical counsellor.

Q: What client issues do you typically work with?

I work with individuals experiencing anxiety, depression, grief and loss, trauma, addictions, relationship issues, and family challenges. In the last year, there have been more couples seeking counselling to strengthen their relationships. Seeing this need, I decided that I needed to get some comprehensive training in this area. I have just completed a year-long course in the developmental model of couples’ therapy, a program that has prepared me to work effectively with couples.

“I am continually inspired by examples of human resilience and courage when facing life challenges”

Q: What patterns are you noticing clients are struggling with these days?

The lack of social interaction during the pandemic, has resulted in isolation and loneliness, resulting in greater anxiety, deeper depression, and a loss of self-confidence. I have also observed that many clients hold themselves to higher standards than they do their friends and family members, and that they can fall into patterns of overwork and self-criticism. They are hard on themselves, and many of them find that self-compassion is uncharted territory.

Q: What makes this work satisfying for you?

I find this work rewarding as it gives me the opportunity to develop therapeutic relationships with clients and to work collaboratively with them to bring about change in their lives. I am continually inspired by examples of human resilience and courage when facing life challenges. This work requires that I am always learning and growing professionally and personally. I will never reach a point where I feel that I have learned all that I can.



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Charity Registration #: 887246999 RR0001

Are you interested in helping us build a stronger, healthier, and more vibrant community?

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Upcoming WORKSHOPS

DBT– Oriented Skills Training Group

DBT or Dialectical behavior therapy is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others

Weekly Modules Focus on:

Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness and Problem Solving Skills

Starts Oct 12, 2022
6pm to 8pm in-person for 6 weeks

Choose your fee option:

- 1 \$200 for the weekly group or
- 2 \$350 for the weekly group + 6 counseling sessions

Register online at southislandcounselling.org under Workshops & Courses
Registration open until October 7th.

