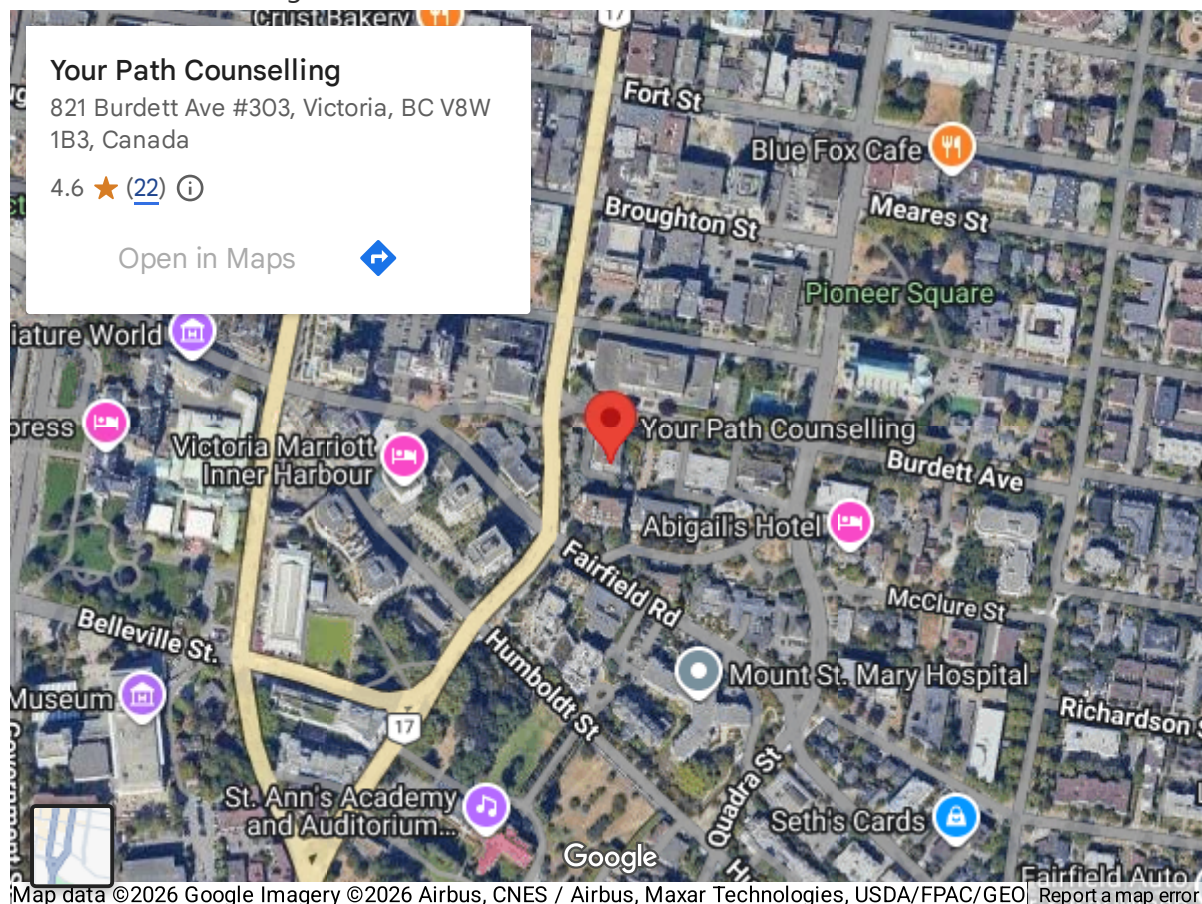


Meet the Co Founders of Your Path Counselling in Victoria BC Every counselling practice reflects the values of the people who started it. Your Path Counselling in downtown Victoria was co-founded by two PhD level clinicians, Dr. Michelle Bass and Dr. Scott Kouri, who combined long clinical careers with a shared aim: to make professional, high quality counselling more accessible to people across British Columbia. Dr. Michelle Bass is the practice's co-founder and CEO. She holds a PhD, a Master of Social Work, and is both a Registered Social Worker and a Registered Clinical Counsellor, with her BC registration numbers listed on her profile. She has more than 25 years of experience in mental health counselling and has spent thirteen years training graduate mental health professionals and overseeing their practicums. In her clinical work, Dr. Bass sees individuals, couples and families dealing with anxiety, depression, stress, substance use, bipolar disorder, life transitions, relationship difficulties and trauma. She draws on CBT, psychodynamic psychotherapy and solution focused approaches, and also provides longer term psychodynamic work for people affected by severe adverse childhood experiences.

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

Dr. Scott Kouri is co-founder and clinical director. He holds a PhD and is a Registered Clinical Counsellor. He works from a critical psychodynamic perspective that includes analysis of discourse, power relations and the unconscious, and he has a background in Jungian analytic psychology. He describes his approach as honestly confronting your internal world without judgement, with the aim of building authenticity in relationships with yourself and others. Dr. Kouri also supervises students and early career counsellors, offering in depth self reflection, theoretical engagement and case review. Together with Dr. Bass, he shapes the clinical culture of the practice, including the supervision model that underpins its Affordable Intern Clinic. That model [counselling victoria bc](#) is one of the practice's most distinctive features. By pairing Masters level interns with experienced supervisors, the founders created a way to offer counselling from \$75 per session while giving new counsellors structured, real world training. The result is a team that ranges from interns to clinical specialists, with fees to match. Both co-founders still see clients directly, in person at the Burdett Avenue office and by phone and video across BC. Their sessions are listed at \$220 as clinical specialists, and each offers a free 15 minute consultation. The founders' acknowledgement of place is also visible on the practice website, which recognises the Lekwungen peoples and the Songhees, Esquimalt and WSANEC Nations, whose relationships with the lands now known as Victoria and Saanich continue to this day. That kind of attention to context reflects the critical and relational perspectives both co-founders bring to their clinical work, where a person's history, community and wider circumstances are considered part of the picture rather than background detail to be set aside. To book with either co-founder or another member of the team, call Your Path Counselling on (778) 902-3735 or visit Suite 303, 821 Burdett Ave, Victoria, BC V8W 1B3.



[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.