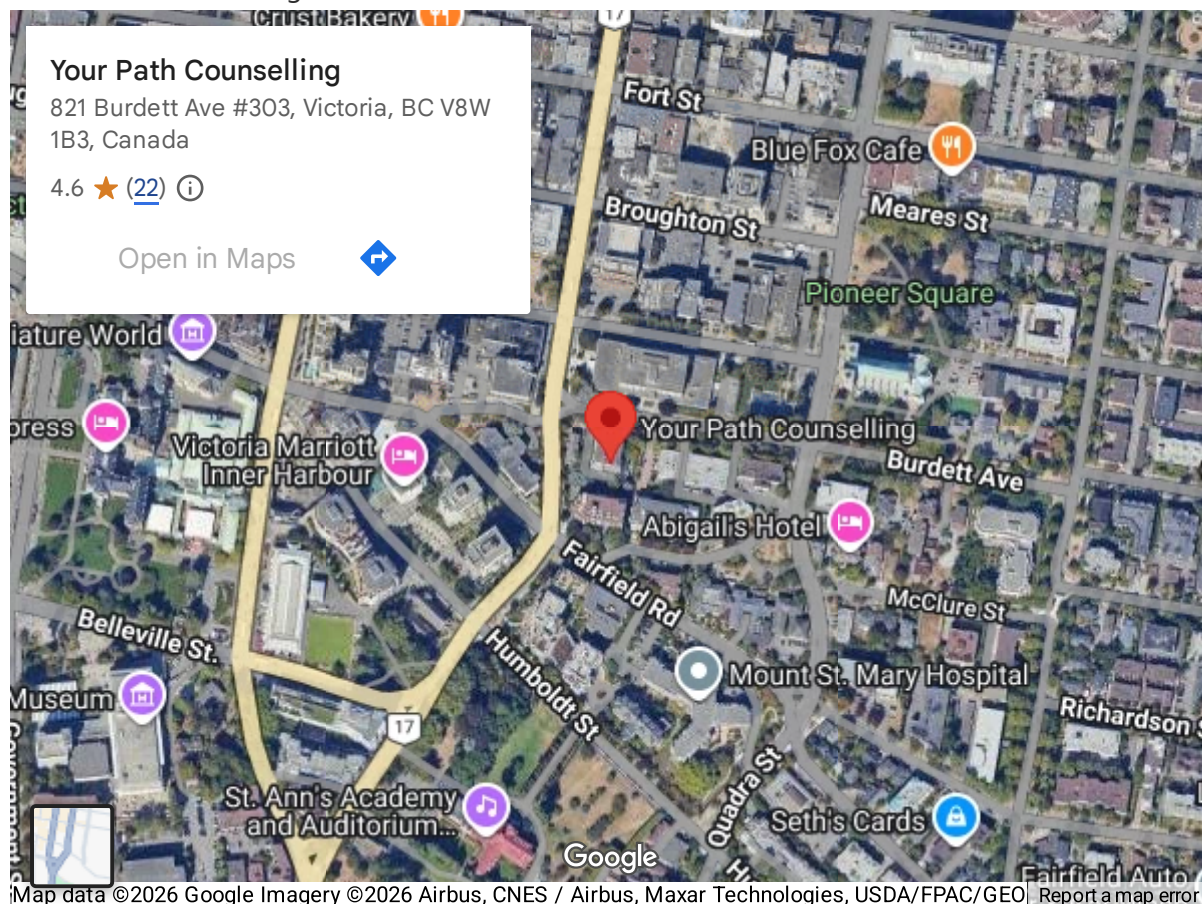


What a Registered Clinical Counsellor Means for Counselling in Victoria BC When you start looking for counselling in Victoria BC, you quickly run into a cluster of letters after people's names: RCC, CCC, RSW, MACP, MSW, PhD. It can be hard to know what each one means and whether it matters for your situation. Understanding the basics helps you choose a counsellor with confidence and check whether your extended health plan will reimburse the sessions. RCC stands for Registered Clinical Counsellor, a designation granted in British Columbia by the BC Association of Clinical Counsellors. To hold it, a counsellor needs a relevant Masters degree, supervised clinical experience, and an ongoing commitment to a code of ethics and professional development. Many BC extended health plans name RCCs specifically in their counselling coverage, which is one reason the credential is so common among private practitioners in Victoria. CCC means Canadian Certified Counsellor, a national certification from the Canadian Counselling and Psychotherapy Association with similar education and supervision requirements. RSW, or Registered Social Worker, refers to registration with the BC College [counselling victoria bc](#) of Social Workers, and RCSW indicates a Registered Clinical Social Worker. Letters such as MACP, MC and MSW describe the Masters degree itself, for example a Master of Arts in Counselling Psychology or a Master of Social Work.

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

Your Path Counselling's team includes all of these. Its website lists Registered Clinical Counsellors, Canadian Certified Counsellors and Registered Social Workers, all with Masters degrees in counselling, social work, psychology or child and youth care. Co-founder Dr. Michelle Bass holds a PhD, MSW, RSW and RCC, and lists her BC registration numbers on her profile, while co-founder Dr. Scott Kouri holds a PhD and RCC. The practice also runs an Affordable Intern Clinic. Interns are Masters level students who have completed their coursework and are finishing supervised practicum hours. They do not yet hold the RCC or CCC designation, but they work under supervision from their universities and the practice's registered team, which is why their sessions are offered at a lower fee starting at \$75. Before booking, it is worth checking your benefits plan to see which designations it covers. Some plans accept RCC and RSW but not CCC, while others include all three. The practice provides a receipt after each session that you can submit for reimbursement, but it does not bill insurers directly, so knowing your coverage upfront avoids surprises. If you have questions about a counsellor's credentials, ask during the free 15 minute consultation. To book, 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.