



KalenMarquis.com

Therapist-Educator-HumanBean
Registered Clinical Counsellor



Counselling & Coaching Services for Children, Tweens, Teens & Adults

INCLUDING BUT NOT LIMITED TO:

Anxiety | Depression | Anger Management | Grief & Loss | Self-Regulation
Mindfulness | Trauma | Healing from Family Violence, Abuse, Neglect
Family Change | Social Skills | Self-Esteem | Developmental Assets |
Motivation & Affirmations | Courage & Resilience | Life Changes & Challenges
Coping & Caregiving | LGBTQ Support | Goal Setting | Multiple Intelligences |
Passion & Purpose | Study Skills & Organization | Creativity & Self-Expression
Journal Writing & Reflections | Habits of Mind & Beliefs

New Hours

Saturdays & Sundays 10AM to 5PM

Select Weeknights & School Holidays

Schedule your own appointments at KalenMarquis.com

Get email reminders and reschedule if needed too!

Email: KalenMarquis@live.ca Text: 778-994-7570

2017 Rates: Free 20 Min Consultation | \$55/25 min | \$111/50min

PAYMENT: CASH, CHEQUE, VISA, MC



Thank you for your interest in the counselling services of Kalen Marquis, MACP, RCC (#12225).

Counselling is conducted in a number of different ways, depending on the needs of the client and the style of the counsellor. As my client you have the right to know my qualifications, how I work, and what you can expect from me as we work together. Please read the following and ask questions at any time before, during, or after the counselling process.

Some of the most profound insights may occur between sessions or even weeks or months later. While I don't profess to have 'the answers,' I am very well-versed in many of life's most important questions. I would be honoured to help guide and accompany you on your own unique path. We are all human doing the best we can.

Credentials and Work Experience

I have a Master's degree in Clinical Counselling Psychology from Yorkville University and am licensed in the province of British Columbia as a Registered Clinical Counsellor. I completed my counselling practicum in the West Vancouver School District and am now a full-time school counsellor between two schools in Burnaby.

In addition to my full-time work with students, staff and families in Burnaby, I work with people of all ages who are experiencing a range of everyday issues including: child, teen, young adult and mid-life goal setting; living life with passion, purpose and meaning; work-life balance; challenging limiting beliefs; understanding conflict style; relationships; boosting self-confidence; anxiety; depression; managing emotions; anger and jealousy; family change; education challenges; school avoidance; organization and study skills; GLBTQ issues; grief and loss; and recovery from trauma.

I also have a Graduate Diploma in Community Literacy from Simon Fraser University where I also completed the Professional Development Program and a Bachelor of Arts degree. I have worked for more than two decades as a teacher and teacher-librarian. I have taught a variety of reading, writing, and creativity camps for children in West Vancouver and on Bowen Island. I also operated the Kwil Kids Publishing Centre for families interested in pursuing intergenerational literacy, creativity and connection activities. Social-emotional learning, self-expression, intrapersonal understanding, and interpersonal connection have always been at the heart of my practice. Check out

[Kwil.Club](#) for wisdom, wonder and wellness seekers of all ages. Frizzy-fuzzy green nosed Kwil is our mascot who reminds members to "keep your pencil moving and your keyboard tapping!" As an avid reader, he says to "keep those pages turning and your imagination yearning! You have the power to bring books to life!"



Philosophy

Whenever possible, I love to fuse literacy, creativity, and social-emotional learning to help clients find solutions to short-term problems (counselling) or build lifelong capacity and resilience over longer terms to achieve their fullest potential (therapy). Whether working independently or with the assistance of my popular inspirational educational mascots for children ([Kwil.Club](#)), I aspire to be an empathetic listener and energetic cheerleader for personal growth, persistence, and patience in the face of challenge and adversity.

Psychotherapeutic Traditions

As an eclectic practitioner who believes that all thoughts, feeling, beliefs and experiences are “grist for the mill” of life and that we are all biological, psychological, social and spiritual beings, I draw from a variety of evidence-based, humanistic, and/or spiritual traditions. Given that we are all “works in progress” at different ages and stages of life dealing with different personality traits and states, I may introduce concepts or strategies from the following therapies: Client-Centered; Adlerian; Strength-Based; Solution-oriented; Analytical/Jungian; Cognitive-Behavioural; Dialectical Behaviour; Positive Psychology; Expressive Arts (writing, drawing); Play; Family Systems; Narrative; Existential; Contemplative; Integrative; and Pastoral. I welcome your questions and suggestions when it comes to what approaches might work best for you.

Process of Counselling

When people seek counselling, it is because they want something to change in their lives. They want to improve their life situations, solve a problem, make a decision, increase productivity, or gain a new understanding of what is happening to them. When we both understand your situation, I can help you develop an action plan to accomplish those goals. This, however is always up to you. The counselling session is yours and I respect that fully. For counselling to be most effective, you may wish to commit extra time and energy by taking a more reflective part in the process; this may involve activities you undertake between sessions, such as completing inventories, reading articles, keeping a journal, or practicing new skills. Please don't hesitate to ask for ideas or activities that may help you as they have so often helped me. Although a big part of our time together should include me listening, empathizing, encouraging to expand awareness and understanding, I am very reflective by nature and may wish to send you some articles, infographics or quotations to an email address of your choosing with your prior consent. As noted below, I will not put private, personalized, or identifying information into an email—just information that could be shared with anyone for any number of reasons.

My Responsibilities as a Counsellor

I will keep anything that you tell me in strictest confidence unless I have your permission to tell someone. The exceptions are: 1) I may consult another professional about your concerns and how I may help you, but I will do so without using your name or identifying information. You have the right not to ask me to consult with anyone. 2) If you tell me you are going to harm yourself or someone else, or tell me of a case of child abuse, neglect, or family violence, I am required to do anything I reasonably can to prevent it or, in the case of child abuse and family violence, to report it.



NOTE: As a private practice clinician, I will require signed informed consent from both parents to work with children as required by law. I do not provide psychological assessments or other specialized reports sometimes sought for child custody, family mediation, or the school system at this time.

Your Rights as a Client

You have the right to understand my reasons for making suggestions or using particular procedures. I will try to explain clearly, but if you have any questions, please ask them—another of your rights. You also have the right to refuse to do anything I suggest. And you have the right, at any time and for any reason, to decide you do not want to continue working with me. I will offer to research and/or refer you to other service providers if you and/or I feel that I am not able to meet your needs.



Auto Scheduler: Go to kalen.as.me to schedule your own appointments with email reminders. Change or cancel your appointments online up to 12 hours in advance.

Email & Text Communication



I do rely on email and text communication whenever possible as the quickest and most direct way to pass along resources and reference material with your informed consent. Given that any email or Internet communication cannot be considered completely private and confidential, I will avoid using names or going into detail. While I do love the reflective nature of written dialogue and e-counselling in optimum circumstances on a secure platform with full understanding of their pros and cons, any email communication between office visits should not be considered a therapeutic dialogue or e-counselling.

Time and Money

Most counselling sessions take place weekly or bi-weekly and last 50 minutes. Depending on your concerns, however, sessions may be scheduled more or less often. The number of sessions needed varies with each person and concern. While I believe that we can all enjoy and benefit from the ongoing opportunity to share thoughts and feelings in a safe, constructive, therapeutic manner, after I fully understand your concerns and your goals at this time in your life, we can discuss the number of sessions you might need.

My standard fee for counselling is \$111.00 per 50-minute session payable by cash, cheque, or credit card (Square.com mobile payment system) at the end of each visit. I do not have a sliding scale or bill third-party payers *at this time* but do issue receipts for all payments received. Please check with your health plan to see if Registered Clinical Counsellors are eligible for full or partial rebate. I offer a free 20-minute office consultation for new clients prior to beginning our sessions.



If for any reason you are unhappy with my counselling services, please do not hesitate to let me know and I will do what I can to make it right. Finding the right ‘fit’ (which may mean helping you find another counsellor) and having you reach your counselling goals is important. It is my hope that your constructive feedback will help me to learn, grow, and serve others with even greater skill and insight. Every experience is “grist for the mill of life.”

Please Note: 24 hours’ notice is best for the cancellation of an appointment, but the online scheduling system will allow changes up to 12 hours prior to appointment time. Visits that begin late must still end at the end of the scheduled time out of respect for any clients that follow and the counsellor.

TEXT: 778-994-7570

EMAIL: kalenmarquis@live.ca

Whether you choose me as your counsellor or not, please consider my saying:

Just BE who YOU are

And DO what YOU do

LIVE life with LOVE.

BELIEVE in YOU!