



Services provided by Sagepoint Consulting Inc.

Therese & Barry MacDonald

Registered Clinical Counsellors – Surrey, BC, Canada

Consultation

- Consultation provides immediate feedback to help you respond to life challenges – getting to the point with wise and clear counsel.
- Parents are in the best position to influence a child's sense of wellbeing. When children are struggling with life circumstances parents often assume that their child needs individual counselling. While this may be true for trauma, Therese and Barry MacDonald believe that what works best is to provide parents and teachers with the understanding and tools to more effectively respond to their child's difficulties. Sometimes this process involves interviewing the child with the parent present.
- Barry and Therese have expertise to consult with parents regarding a wide variety of typical life challenges, such as: stress, divorce, separation, school underachievement, gifted and ADHD issues, anger, depression, anxiety, trauma, grief and loss, abuse, and sibling rivalry.

Counselling

- Counselling focuses on helping individuals, couples and families resolve personal or interpersonal issues. By embracing fear and difficult life events new capacities and strengths can emerge.
- Sometimes we may be troubled by habits of the mind or ingrained ways of seeing the world. It can take a lot of energy to hold onto these old patterns of behaviour and thought which no longer serve us. This troublesome mindset can keep us stuck in a state of tension manifested by negative emotions, poor self-esteem and angry reactions.
- Therese and Barry specialize in assisting individuals, couples, and families to learn new patterns of relating while building on existing strengths. Insight combined with action is a powerful combination for change and growth.

Coaching

- Coaching is for individuals who want to achieve their full potential and extraordinary results in their personal or professional life.
- Seek coaching to: blend families, transition into a new job or career, overcome challenging relationship dynamics, attain athletic and educational goals, or simply making your dreams come true.
- At each meeting you will choose the focus of conversation, while Barry or Therese contribute observations and questions. This interaction creates clarity about how to turn your insight into action. Coaching accelerates progress by providing greater focus and awareness of choice, concentrating on where you are now and what you are willing to do to get where you want to be.

Fees

- Our rates are subject to 5% GST and are consistent with the fee schedule set out by the BCACC for *Registered Clinical Counsellors*.
\$120 (50 minute meeting) = \$114.29 + \$5.71 GST. Follow-up telephone contact is charged in 10-minute time segments.
- Payment is by cheque or cash to Sagepoint Consulting Inc. Unless negotiated, payment is to be made at each session.
- With advance payment a telephone consultation can also be arranged anywhere in Canada or the U.S.A.

To schedule an appointment email: sagepoint@telus.net or info@mentoringboys.com