



Services provided by Sagepoint Consulting Inc.

Therese & Barry MacDonald

Registered Clinical Counsellors

Consultation

- Consultation provides immediate feedback to help you respond to life challenges – getting to the point with wise & 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 & Barry MacDonald believe that what works best is to provide parents & 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 & Therese have expertise to consult with parents regarding a wide variety of typical life challenges, such as: stress, divorce, separation, school underachievement, gifted & ADHD issues, anger, depression, anxiety, trauma, grief & loss, abuse, & sibling rivalry.

Counselling

- Counselling focuses on helping individuals, couples & families resolve personal or interpersonal issues. By embracing fear & difficult life events new capacities & 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 & 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 & angry reactions.
- Therese & Barry specialize in assisting individuals, couples, & families to learn new patterns of relating while building on existing strengths. Insight combined with action is a powerful combination for change & growth.

Coaching

- Coaching is for individuals who want to achieve their full potential & extraordinary results in their personal or professional life.
- Seek coaching to: blend families, transition into new career positions, overcome challenging relationship dynamics, attain athletic & 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 & questions. This interaction creates clarity about how to turn your insight into action. Coaching accelerates progress by providing greater focus & awareness of choice, concentrating on where you are now & 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.

Individuals: \$110 + \$5.50 GST = **\$115.50** **Couples:** \$120 + \$6 GST = **\$126**

- 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