

Clinical counselling for individuals and couples

IMAGE SLIDER

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ABOUT ME (Short Version)

Lauren provides professional, non-judgmental, collaborative support to individuals and couples in Vancouver. By offering a safe and warm therapeutic environment for exploring your unique life challenges, Lauren can help you to increase your self-awareness and break free from painful patterns. Lauren is a Registered Clinical Counsellor (RCC) and a Registered Social Worker (RSW), and her services are covered by most extended medical insurance providers in BC. **READ MORE...**

AREAS OF PRACTICE

ICON

TRAUMA
& ABUSE

ICON

RELATIONSHIPS

ICON

HEARTBREAK
& SEPARATION

ICON

SEX THERAPY

ICON

NON-STANDARD
SEXUALITY

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IMAGE
OF LAUREN

IMAGE
OF TREATMENT
ROOM

ABOUT ME (Long Version)

Lauren Shay, MSW RCC RSW

Hello. My name is Lauren Shay and I am a Registered Clinical Counsellor (RCC) with the BC Association of Clinical Counsellors (BCACC) and a Registered Social Worker (RSE) with the BC College of Social Workers.

I obtained my Bachelors and Masters degrees at the University of British Columbia. I have also obtained advanced clinical training in Emotionally Focused Therapy (EFT), Dialectical Behavioural Therapy, Narrative Therapy, Somatic Therapy, Sex Therapy, and Sexual Health Education. My work background is mostly with non-profits, with a focus on trauma therapy for women who have experienced violence.

I recognize how difficult it can be to take the step of contacting a therapist for help, and the courage that it takes to look at our own patterns of relating with ourselves, our loved ones, and the world as a whole and I am passionate about helping my clients to access that courage to do this brave work. I also recognize that each person who walks through the door to my counselling office carries with them unique life circumstances and challenges. I acknowledge that you are the expert of your own experiences, and I would be honoured to collaborate with you in your journey of personal growth.

[Counselling BC Profile](#)
[Psychology Today Profile](#)

RCC
Logo

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AREAS OF PRACTICE

TRAUMA AND ABUSE

Trauma is damage to the mind and body that occurs as a result of an event (or series of events) that is so stressful that it exceeds one's ability to cope or integrate the emotions involved with that experience. While it is widely recognized that dramatic events like war, severe accidents, or sexual assault can lead to trauma, many are unaware that less dramatic events may also lead to trauma if they are experienced as threatening to survival. Some examples may include rejection, humiliation, or abandonment.

Through my work with the Stopping The Violence program at agencies throughout British Columbia, I have worked with countless individuals who have experienced intimate partner violence, sexual assault, and childhood sexual abuse. I have focused on sexual violence and gender-based violence, as well as the long-term impacts of trauma on relationships, sense of self, and sexuality.

Whether immediately after the event or years later, support and connection are essential for healing from overwhelmingly stressful and distressing events. I understand the importance of creating a safe and secure relationship with you, which is the foundation for trauma recovery.

For some individuals, I incorporate Somatic Experiencing, a mind-body approach to trauma recovery that fosters nervous system healing and body awareness.

RELATIONSHIPS

I am trained in in EFT (Emotionally Focused Therapy) which views emotions as important indicators of the normal and healthy needs that people experience in relationships. Although these emotions can sometimes feel overwhelming, I believe that it is the act of honouring them, not overcoming them, that can help people to achieve relationships that are peaceful, caring, and passionate.

I am experienced in working on relationship concerns with individuals and couples, and both monogamous and non-monogamous relationships.

SEX THERAPY

Sex therapy is specialized talk therapy which focuses on addressing sexual concerns, either as an individual or as a couple.

Concerns about an aspect of your sexuality or sex life can often be difficult to understand and resolve because of the culture of shame and silence that surrounds sex and sexuality in our society. This shame is often internalized by us as individuals, making it difficult to find opportunities to work through a sexual issue.

I offer a safe, comfortable, non-judgemental space to discuss any sexual concerns, including:

- sexual anxiety
- low sexual desire or unequal interest in sex between partners
- sexual arousal and performance issues
- inability or difficulty with orgasm
- healing from sexual abuse or sexual

HEARTBREAK & SEPARATION

Breakups are painful. After a relationship separation, people often feel sad, lost, empty, alone, and angry. Expecting yourself to just “bounce back” after heartbreak is unrealistic.

Recovering from the loss will take time and support. Seeing a counsellor is an effective way to learn to cope with the stressors associated with the loss.

NON-STANDARD SEXUALITY

I am experienced in working with sexual minorities, including those in the LGBTQ+ community, and people practicing non-monogamy and BDSM.

In my experience, I have seen many clients who have faced judgment for their sexual orientation or sexual practices in mainstream mental health services. For this reason, it is important to find non-judgmental professional support.

The journey of sexual self-discovery is not an easy or straightforward one. In some cases, clients can find it helpful to have a professional validate that their sexuality is not unhealthy and support them on this journey. In other cases, clients with non-standard sexualities seek counselling for issues that are not directly related to their sexual orientation and behaviour, however they find it helpful to have a non-judgmental and informed counsellor so that when they are discussing whatever issues they want to work on, they do not have to censor themselves or be judged on this part of their life.

FEES

Individual Counselling - \$130/hour

Couples' Counselling - \$130/hour

Is the price the same for a couple as it is for an individual?

The fee is the same for individuals, couples and any subject matter.

Will my extended health insurance plan cover your services?

Probably. Most extended health plans will cover either RSW or RCC services, and because I have both designations, your plan will probably cover some sessions. Check with your HR department or extended health carrier to be sure; it's also good to know what your yearly maximum is, so that we can plan accordingly. If you have any questions about this, please feel free to ask me by phone or email.

If I have extended health insurance coverage, do I still need to pay at the time of the appointment?

Yes, payment is due on the date of each counselling appointment. The process around extended health claims is that clients pay me directly and I issue an official receipt that they submit to their insurance, either by mail or online.

FAQ

Is everything we discuss confidential?

+

The only exceptions to this are:

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What is your cancellation policy?

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What are your counselling credentials?

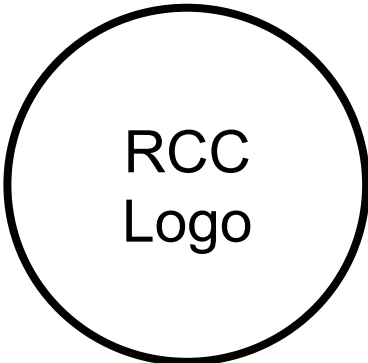
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FAQ

Is everything we discuss confidential?

As a Registered Clinical Counsellor and as a Registered Social Worker, I have a professional obligation to keep all of your information confidential, including your identity and status as my client, as well as information about what we discuss in sessions. None of this information will be released to anyone without your informed, voluntary, and written consent.

The only exceptions to this are:

If you disclose a plan to imminently harm yourself or someone else
Disclosure of abuse of a vulnerable person, such as a child or elderly person
In the highly unlikely event that my records are subpoenaed by court order

What is your cancellation policy?

I require 24 hours notice for the cancellation of appointments. If less than 24 hours of notice are given, a portion of the session fee will be charged. If an appointment is missed with no notice given, the full session fee will be charged.

What are your counselling credentials?

I am a Registered Clinical Counsellor (RCC) #13221 with the BC Association of Clinical Counsellors and a Registered Social Worker (RSW) #10631 with the BC College of Social Workers. I have a Master of Social Work Degree (MSW) from the University of British Columbia and have completed numerous advanced clinical trainings in couples counselling, sex therapy, somatic therapy, Dialectical Behavioural Therapy and narrative therapy.



RESOURCES

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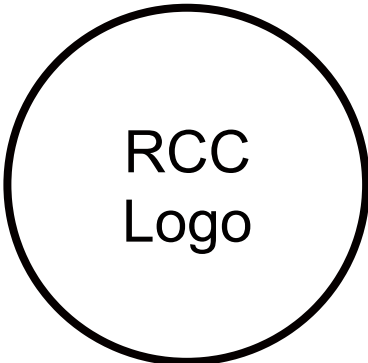
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I would like to hear from you!

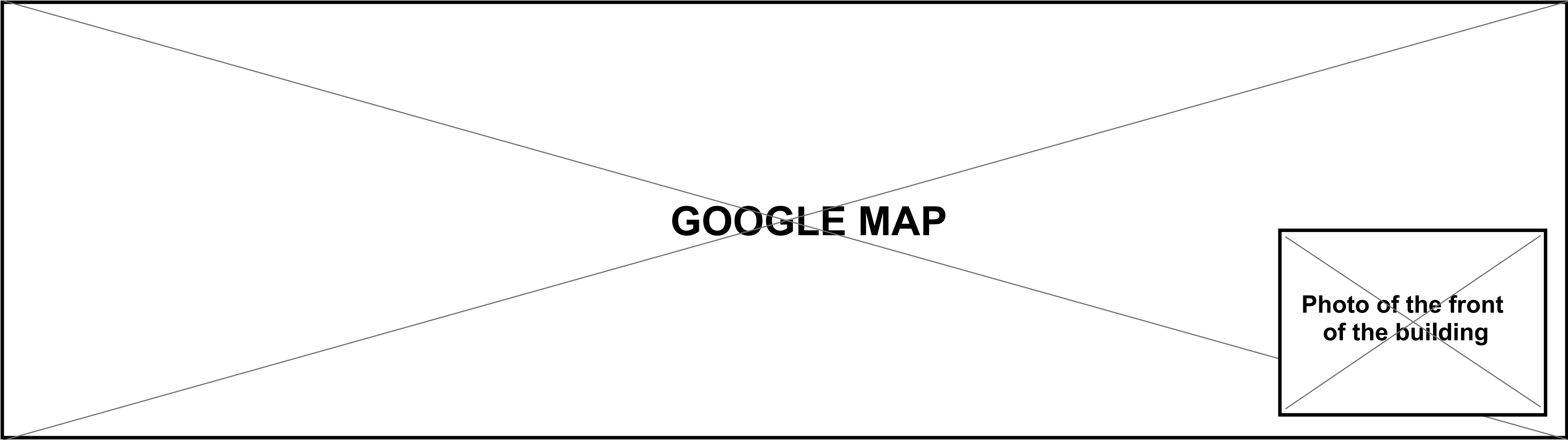
Please feel free to contact me with any questions.
To reach me directly, you can call, text message, or e-mail me.

Phone: 604-341-4467 **E-mail:** shay.laur@gmail.com

Office Hours: Tuesday evenings and Saturday daytimes at East Vancouver Counselling

Address: 1750 East 10th Ave, Suite 505

Directions:
The building is just behind the Broadway-Commercial Skytrain station in the East Van Medical Building.



CONTACT ME

Name:

Phone:

E-mail:

I'm interested in help with... *

- ☐ Trauma

☐ Heartbreak or Separation

☐ Mood
- ☐ Individual counselling for relationship concerns

☐ Anxiety

☐ Other
- ☐ Couples counselling for relationship concerns

☐ Stress Management

Message:

Submit

