

Referral Guide: Clinical Counsellor

What they do, how they can help with your patients

Summary:

The Primary Care Network (PCN) Clinical Counsellor offers time-limited counselling therapy to patients who need support in managing mild to moderate mental health and/or substance use concerns. * The overall goal is to enhance patients' biopsychosocialspiritual well-being by addressing sources of emotional distress, including:

- Mild to Moderate Depression and/or Anxiety
- Trauma Education and Stabilization
- Substance Use/Substance Affected
- Grief and Loss
- Stress Management
- Building Resilience
- Self-Esteem
- Work-Life Balance
- Anger
- Life Transitions
- Families and Relationships Challenges
- Identity/Role Transitions
- Sexual/Gender Identity
- Finding Meaning and Happiness

The Clinical Counsellor service is **not suitable** for patients experiencing:

- Active Psychotic Symptoms
- Significant Impairment due to Substance Use
- Significant Cognitive Impairment
- Severe Impulsivity
- Active Suicidality (with Plan and Intent)
- Current/Recent Violent Behaviour
 - The above chronic and complex difficulties will require specialized and longer-term services

Reason for referral	Can provide
Brief Psychotherapy	• Biopsychosocialspiritual approach to individualized and group-based, evidence-based, psychotherapeutic treatments for behavioural, emotional, relational and social sources of distress

VANCOUVER PRIMARY CARE NETWORKS

Mental Health Education (for patients, friends, family members)	• General information about the most common MH diagnoses and available treatments • Specific information about the most common evidence-based psychotherapeutic treatments for MH diagnoses • Psychoeducational group programming around mental health issues and treatments
Substance Use Education (for patients, friends, family members)	• Information about the nature of substance use, addiction, and concurrent disorders • Information about the various approaches and treatments available, including relapse prevention, harm reduction, counselling therapy, outpatient programs, residential support recovery, treatment centres, peer support groups, etc. • Psychoeducational group programming around substance use models, issues and treatments

*A mild to moderate mental health and/or substance use concern is one that impacts a person's ability to engage in their regular life activities such as work, participating with family and friends and carrying out their daily tasks and routines. Typically, they are able to engage in these activities to some degree, but not to their usual levels.