



## Counselling Staff

### Intake



**Liz Overton, BSW, RSW**

**Registered Social Worker**

### Child, Youth, and Family Services



**Mia Golden, BJus, DipCYC**

**Child, Youth and Family Counsellor/ Coordinator Crime Reduction & Education (CRED) Program**

Mia has been with PCFSA for 21 years. She is currently the coordinator of our crime reduction and exploitation diversion (cred) program. A counsellor and parent educator, Mia's passion is working with and supporting youth and their families. When Mia is not at work, she is busy with her film career which includes acting, writing, producing and directing.



**Julia Leggett**

**Youth & Family Counsellor**

Julia Leggett has a MA in Counselling Psychology. She's worked with youth in helping capacity since 2012. She's currently a part of the Crime Reduction Exploitation Diversion team.



**Stephanie Patterson, BA**

**Child, Youth, and Family Counsellor**



**Jonathan Percy-Brother, BSW**

**Child, Youth, and Family Counsellor**

Jonathan offers counselling and support to children, adolescents and their families. In working with clients, Jonathan offers practical strategies and ideas to expand their coping skills and make positive changes in their lives. Jonathan's areas of interest and experience are depression, anxiety, low self-esteem, communication issues, parental separation, grief and loss. Jonathan provides in-office sessions, group support, school consultations as well as sessions in natural settings whenever possible. Jonathan is passionate about nature-based approaches to healing and has experience in both adventure-based therapy and wilderness therapy with youth. Jonathan received a Bachelor of Social Work degree from the University of Victoria and is currently completing his Master of Counselling Programme with Athabasca University. In his free time Jonathan enjoys surfing, hiking, training at the gym, yoga, and playing his guitar.



**Sara Radford, MA, RCC**

**Child, Youth, and Family Counsellor**



**Lianne Kirby, MA, RCC**

**Clinical Counsellor, Child Therapist**

Lianne has worked at PCFSA since 2015. She has worked in a variety of roles, including Intake, Stopping the Violence Program (SAIP), and her current role is Child and Youth Therapist with the Sexual Abuse and Intervention Program. She graduated in 2015 from Athabasca University, Graduate Centre for Applied Psychology with a Masters Degree in Clinical Psychology, and she is now a Registered Clinical Counsellor (BCACC). Her approach is Trauma Informed and Person Centered, while also incorporating other modalities depending on the needs of the client, which may include play and art therapy, and narrative approaches. Lianne also has a private practice where she sees children, youth, families, and adults, and in her spare time she spends her time with her own children and family.



**Owen Russell, MA**

**Child, Youth, and Family Counsellor**

Owen has worked for the past 27 years as a Child, Youth, and Family specialist in a variety of different roles. After beginning his career as a community-based Youth Worker he joined the BC Public Service where he worked as a Youth Corrections Officer, Intensive Support & Supervision Officer, and Probation Officer. He has earned many certifications and received specialized training to help support and educate traumatized and marginalized youth, culminating in receiving his Facilitator/Practitioner Certification in Therapeutic Crisis Intervention from Cornell University. Owen had a desire to do more for children and families and decided to transition to counselling, joining the Sooke School District 62 in 2014 as Youth & Family Counsellor where he worked for three years. Owen proudly joined PCFSA in 2017 and works currently as a Child, Youth, and Family Counsellor with a specialization in crisis intervention and parent-teen mediation. Owen believes that change happens when people are given the guidance, they need to draw on their own strengths and realize their potential to live happy, fulfilling lives. Owen's hobbies and interests include playing sports, hiking, biking, the great outdoors, and his amazing family and friends.



**Jen Holm, BCYC, CCPCPR**

**Youth, & Family Counsellor**

Hello! My name is Jen Holm. I was born and raised on Vancouver Island and have lived more than half my life in Victoria. I have traveled and considered living elsewhere, but this island and the natural playground it provides is home! Upon completing my final practicum at Pacific Centre Family Services, and graduating from the Child & Youth Care undergraduate program at the University of Victoria in 2005, I was fortunate to be hired into this amazing agency. Over the course of my career at PCFSA I have had the privilege of working in many of our incredible programs having the opportunity to support children and youth, families, individual adults, and groups in areas including parenting and attachment, family conflict, domestic violence, trauma, mental health and addictions. My practice has become strongly rooted in a Person-Centred, Relational, Trauma Informed approach. I have continuously engaged in training and clinical consultation to ensure my ongoing professional growth, including my completion of the 3-year Professional Somatic Experiencing Training through the Somatic Experiencing Trauma Institute. Additionally, I am a registered member of the Canadian College of Professional Counsellors and Psychotherapists (CCPCP). I feel grateful to work for an agency within which I feel truly supported to offer high quality support to my community. Every day I feel honoured to engage with profoundly courageous people who allow me to enter their lives in a very raw and vulnerable way, as determination for growth, healing and wellness guides them. There is no stronger act than to be vulnerable and I am privileged to witness vulnerability every day. This work fills my heart.

### **Adult Counselling**



**Caroline BATTERY BFA, DVATI**

**Adult Program Counsellor /Art Therapist**

Caroline BATTERY is an Art Therapist working in the Stopping the Violence Program. Caroline is an advocate of the therapeutic benefit of expressive arts in the support of growth and healing. Having grown up on a small gulf island, Caroline appreciates the value of a relationship with the natural world and understands the importance of nurturing connection within community. Caroline is a visual artist with an undergraduate degree from the Nova Scotia College of Art & Design and a post-graduate diploma in Art Therapy from the Vancouver Art Therapy Institute. Caroline has been with Pacific Centre since 2014.



**Caroline Creighton, MA, RCC, Cert. Con. Res.**

**Addictions Counsellor / Clinical Counsellor**

I have been with PCFSA for over twenty years. With a background based in Adlerian Psychology, Cognitive Behavioural, and Solution Focused Therapies I believe in using the opportunities that our difficulties create to learn and move forward through life in a positive and productive manner. I have experience working with individuals, couples, and families in the following areas: Substance Misuse, Anxiety/Depression, Mood Disorders, Parenting, Family Conflict (including Parent/Teen mediation), life transitions, Relationship Issues, and Separation/Divorce.



**Natasha Carville, MA, CCC**

**Clinical Counsellor / Addictions Counsellor**

Natasha has worked at Pacific Centre Family Services since November 2017. She has worked in both the Intake and Community Counselling programs and is currently working in the Substance Use Program in addition to external private practice work. Natasha graduated with a Masters in Counselling Psychology from UVIC and is a Certified Clinical Counsellor (CCC) with the Canadian Counselling and Psychotherapy Association. In her practice she uses a biopsychosocial, strength-based approach incorporating elements of EMDR, CBT, and solution focused therapy to support clients through their counselling journey. Natasha is also a student of yoga and meditation and brings many mindfulness concepts and practices of those disciplines into her counselling work. She was fortunate to have been born and raised on the Island so when she is not in the office she is spending as much time out in nature as she can!



**Jennine Downie, BA, BSW**

**Counsellor**



**Patricia Nasmyth, MA, RCC**

**Clinical Counsellor**



**Sinead Neary, MA, CCC**

**Clinical Counsellor**

Sinead has been apart of the Pacific Centre Family Services team for one year. She holds a master's degree in Counselling Psychology from the University of Victoria and is a Canadian Certified Counsellor (CCC). Sinead has professional experience working with children, youth, adults and families who experience trauma, abuse and violence, as well as an array of other mental health concerns such as depression, anxiety, self esteem and emotional regulation difficulties. She is also a CVAP, RHAP and EMDR trained therapist. Sinead brings enthusiasm and warmth to her work, and counsels in both an individual and group capacity