

## On Counselling:

People are often apprehensive when they consider seeing a counsellor and nervous at the beginning of the first appointment. It usually becomes easier. Taking that first step may be difficult, but people generally feel relieved to be facing their concerns.

One of the most important predictors of success in counselling is the quality of the relationship between counsellor and client. Your counsellor should be someone with whom you feel comfortable and whom you trust.

Counselling is a commitment to yourself to explore thoughts, feelings, or behaviours. It is a chance to actively solve a problem or develop more satisfying relationships. It is your commitment to your personal growth as an individual.



Problems are solutions that don't work anymore...

I have worked with hundreds of individuals and couples since 1980, helping them to have fulfilling lives and relationships, and find solutions that work. We can work on short or long term goals. The approach we can use is one that will fit how you learn and how you live your life. My training includes EMDR, Emotionally Focused Therapy for Couples, Cognitive Behavioural Therapy, Brief Solution Focused Therapy, Critical Incident Stress Management, and Hypnosis.



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**Peter S. Silin, MSW, RSW**

**Counselling and coaching for  
individuals, couples, and  
business**

## Counselling

**Counselling for individuals:** depression \* self esteem and self image  
\* internet and sex addiction \* compulsive shopping, gambling, online gaming \* shame  
\* anxiety \* anger management \* caregivers \* grief and loss \* aging

**Counselling for couples:** communications \* problem solving \* trust \* respect

\* intimacy \* new patterns **Coaching for personal growth and business:**  
vision development \* goal attainment \* business relationships

## Why Counselling?

**Well maybe...** you are a healthy person who thinks you can function more effectively...there are little things you have always said you would deal with, but never got around to...your relationship could use some work or more satisfying communication and patterns of interacting.

**Or maybe it's...** past traumas, events, or experiences, that you need to resolve ...ineffective patterns in your life which always take you where you don't want to go...work relationships or issues that are holding you back.

## What They Said

“He helped us understand our communication styles and gave us direction and guidance as well as support and encouragement  
Thank you Peter!” – Toni M.



“You helped me do in a few months what would have taken me years on my own.” – Colin M.

“Before I found Peter, I had been to almost a dozen therapists and none of them could help me. A year after seeing Peter my life was completely anxiety free and I have continued to experience joy and peace for many years since. He was the first therapist who really listened to me.” – Anne C



“Peter showed me compassion and respect. Our work was practical, concise, and results oriented. It helped me incredibly in my personal and professional life.” – Andrew B.

“What you gave me more than anything else is peace of mind.” – Alison B.