

Rebecca J. Scott - Bio

Rebecca Scott, MA, CCC is a Canadian Certified Counsellor and Owner of In Balance Counselling Ltd. She has more than 10 years of experience working with youth and families on the north shore in various roles. In her private practice, Rebecca works with youth and young adults struggling with issues such as eating disorders, substance use/abuse, addictive behaviour, self-esteem, self-harm, relationship/family struggles (divorce, separation), sexuality, and anxiety. In Balance Counselling provides a safe environment, where clients can discuss any issues they may be struggling with in their lives.

Rebecca believes in identifying uniqueness and innate strengths in an individual. These strengths, along with new tools, encourage clients to take an active role in the counselling process, and ultimately their success. Rebecca puts great emphasis on achieving mental health stability and integral wellness.

Rebecca feels a strong connection with the community enhances its quality and the lives of those in it. She volunteers her time with the Diabetes Education Clinic with Vancouver Coastal Health. Rebecca has also co-facilitated psycho-educational groups such as Why Weight for families and Girl Power pre-teens on the North Shore struggling with eating disorders. Rebecca has a calm, kind approach, while ensuring that clients achieve the most success possible from their counselling. She believes that for change to occur, individuals are responsible to “make it happen”.