

HEALTH PRACTITIONERS RESOURCE FOR VICTORIA PELVIC HEALTH PHYSIOTHERAPISTS

Name	Specialty	Comfortable treating Vaginismus, Dyspareunia, Birth Trauma, Pelvic Pain*	Contact
Rhiannon Web	Somatic Sex therapy Relationship coaching Perinatal services	Yes	info@ravencoastwellness.com http://ravencoastwellness.com/index.html http://corvidawellness.com/index.html
Tia Larkin	LGBTQA+, unconventional relationships, gender expression, gender fluidity, anxiety, trauma, grief, relationships		https://www.tialarkin.com/
Joss Hurtig-Mitchell	trauma, stress, addiction, relationship conflict, parenting challenges, grief and loss, depression, anxiety, life transitions.	Yes	http://www.josshurtigmitchell.ca/
Vanessa Bailey	General counselling, Gender and sexuality (including pelvic pain), Reproductive health	Yes	http://baileycounsellingtherapy.ca/
Jill Culver	Pregnancy, Post-partum, relationships, personal development, infant sleep consulting, birth trauma, anxiety (general and related to sex)		https://www.jillculver.ca/
Dr. Marjon Blouw	Sexual medicine	Yes	http://blouw.moneomed.com/
Dr. Sherri Hancock Dr. Trevor Cohen	OB/GYN – special interest in vulvar issues, sexual pain, and prolapse GYN	(Yes, states in bio)	https://www.victoriaobgyn.com/

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Kristin Bulger	Trauma, abuse, Grief and loss, reconnection with one's body		https://acaciahealth.ca/team/kristin-bulger/
Dawn Cox	Anxiety, painful sex, grief and loss, birth trauma, various trauma, general counselling	Yes	www.dawncoxcounselling.ca
Hannah Caradonna	Body image, relationship issues, self-worth, anxiety		https://www.originscounselling.com/our-team/hannah-caradonna/
Jill Davoren	Pregnancy related issues (infertility, pregnancy, pregnancy loss, relationship changes), grief and loss		http://www.seasidecounselling.com/
Kendra Mulgrew	Trauma, anxiety, grief, couples work	Yes	http://www.kendramulgrew.com/
Traci Magee	Trauma, anxiety, depression, sexual issues, orientation, relationships	Yes	http://www.tracimcgee.ca/ (Handy post partum resources as well) http://www.tracimcgee.ca/post-partum-resources-victoria-bc
Lisa Hartwick	Trauma, somatic therapy, relationships, anxiety, grief, loss, couples counselling, addiction		https://risehealth.ca/
Dr. Katie Elmhurst Allison Peace Theresa Jackson Lisa Buss	Various specialities depending on practitioner	Yes (for all members of the team)	https://www.thebuddingelm.com/
Amanda Turner	All things women's health, generalized counselling	Yes	https://www.fernwoodcounselling.com/
Jacqueline Nikolejsin	Anxiety, depression, trauma, boundaries, sexuality, couples counselling, etc.	Yes	www.jacquelinecounselling.ca **WAITLIST RE-OPENS DECEMBER 1, 2020**

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Tessa Sivak	Anxiety, trauma, grief, addiction, gender identity, pain management, etc.	Yes	http://naturalbalancemassagelangford.com/about-us-2/tessa-sivak/
Esther Kane	Depression, anxiety, grief/loss, body image, self-esteem, relationship issues	Yes	https://www.estherkane.com/
Amy Gordichuk	Sex therapy, issues related to gender identity, desire, sexual fluidity, etc		https://www.amygordichukcounselling.com/
Danelle Barnard	Trauma, gender identity, LGBTQA+, unconventional relationships (polyamory, kink), gender transition, parents of LGBTQA+ youth		https://outsidetheboxcounselling.ca/
Geoff Plint	Couples sex therapy, individual counselling related to relationships, anxiety, stress and depression. Parent and teen services as well.		https://www.geoffplint.com/
Cherish Donnington	Sex therapy, relationships, shame, intimacy, sexual awareness, unconventional relationships, couples therapy related to sex	Yes	https://www.cherishdorrington.com/
Caitlin Roberts	Somatic sex education for help with trauma, sexual shame, vaginismus, birth trauma, boundaries, etc.	(specifically says in website these conditions are treated)	https://caitlinkroberts.com/

** "Yes" indicates the practitioner(s) confirmed their comfort/competency with the women's pelvic health conditions mentioned in the heading, but does not mean others on the list are not competent in these areas.*

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OTHER RESOURCES

Name	Services	Contact
Victoria Sexual Assault Centre	Trauma and other conditions related to sexualized violence	https://vsac.ca/
Island Sexual Health Society	Education, testing, birth control, access to Physicians who can diagnose/treat pelvic health conditions **also have a sex toy shop which have a reduced mark up on products	https://www.islandsexualhealth.org/
Island Health	PPD, links to resources, access to mental health and public health services	https://www.islandhealth.ca/learn-about-health/pregnancy-birth-babies/baby-blues-postpartum-depression
Women MD	Sexual medicine, counselling, PT	https://www.womenmd.ca
Vancouver Island Queer Resource Collective	Resources for and by the Queer community	https://viqueercollective.com/health-services/
Elements of Health Centre Stephanie Curran, R.TCM.P, FABORM	Acupuncturist who does a lot of work with pregnancy, women's health, pre/post partum	https://www.elementscentre.ca/

This is certainly not an exhaustive list, but at least a start for patients and practitioners to connect to a therapist who can assist in the recovery process. If you have any additional names, do not hesitate to add them to your own resources.