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DARCY HARBOUR

BEd, MA, RCC

PROFILE

I have over 23 years experience supporting the wellbeing of children and parents as an educator, school counsellor, and therapist. My approach is client-centred, strengths-based, and solution-focused. I work with clients to build their self-awareness and equip them with skills to manage their emotions more effectively. I have been most successful in promoting positive change within families by teaching parents and children, together and separately, emotional regulation skills and self-compassion in order to strengthen their inner coach. I am a strong group facilitator and an interactive listener, adept at guiding clients to expand their perspective.

RELATED PROFESSIONAL EXPERIENCE

PARENT GROUP PROGRAM FACILITATOR

- trained in the Caught in the Middle program offered by Family Services of Greater Victoria.
- created Chaos to Calm, a 12-week online course designed to help parents identify and manage their emotional triggers, regulate intense feelings, and guide their children to do the same - this program is rooted in Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), mindfulness, Internal Family Systems (IFS), Emotionally-Focused Therapy, and self-compassion practices.

MENTAL WELLNESS EDUCATION PROGRAM CREATOR

- complimentary to Chaos to Calm, created Mood Managers, an 8-week online group program designed to help children between 8-11 years of age learn skills and strategies to manage their emotions more effectively.
- created Worry Warriors for elementary school-aged children, and Mind Masters for middle school-aged children/youth to assist in learning how to manage anxiety.
- regularly develop mini-workshops for parent education and to support mental and emotional wellness in families.

EMPLOYMENT HISTORY

Private Practice

Registered Clinical Counsellor (Victoria, BC/Remote)

2020 - PRESENT

Arbour Counselling Center

Registered Clinical Counsellor (Victoria, BC)

2016 - 2020

EDUCATION

Master of Arts (MA) Counselling Psychology
University of Victoria

Bachelor of Education - (BEd) Elementary Education
University of Victoria

PROFESSIONAL DEVELOPMENT & APPROACHES

COGNITIVE
BEHAVIOURAL
THERAPY (CBT)

ATTACHMENT-BASED
THERAPY

COMPASSION-
FOCUSED THERAPY

DIALECTICAL
BEHAVIOUR THERAPY
(DBT)

FAMILY SYSTEMS
THERAPY

INTERNAL FAMILY
SYSTEMS THERAPY (IFS)

STRENGTH-BASED
THERAPY

EMOTIONALLY-
FOCUSED THERAPY

MINDFULNESS & SELF-COMPASSION