

Ricardo T. Pickering MC (Counselling Psych.), R.P, C.C.C, C.C.CS



Ricardo is a master clinical counsellor, supervisor, and EMDR therapist who shares his practice between the towns of Kamloops, Cache Creek, Ashcroft, Clinton, and other surrounding rural areas. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He lived and understood the effects of colonization in his native country. Ricardo migrated to Canada in 1984. He then undertook his Master of Counselling in Counselling Psychology, following graduate degrees in Psychology and a BA in Political Economy. After 26 years of work in the resources organizational environment he worked as an adult, school, and youth counsellor, starting his private practice in a small office in Ashcroft. He has lived and worked within Canadian Aboriginal Communities for 14 years.

During the last fourteen years, he has worked as Mental Health Counsellor for First Nation Band Organizations in Ontario and BC; as debriefing counsellor for the RCMP and for First Responders in Fire Halls across northern BC. Ricardo is a contractor in support of Disaster Psychosocial Recovery teams in BC and a former itinerant school counsellor for rural schools (K-12 grades). Ricardo was a Canadian delegate to the International Conference in Psychosocial Disaster Recovery in 2016. He suffered from the wildfires of 2017 in Cache Creek. Ricardo is always aware of the (unfair) privilege's society lends to white people. As a common man, he accepts he can make mistakes. He constantly seeks for culturally safe solutions for his clients. In doing so, he always remembers that despite past accomplishments in professional life, he still puts his pants on "one leg at a time". He enjoys talking about fishing, hunting, and boating.

Ricardo is a happy and thankful husband, and father of three and grandfather of three awesome children. An approved FNHA service provider, a Registered Psychotherapist from the College of Registered Psychotherapists of Ontario (CRPO), a Canadian Certified Counsellor at the Canadian Counselling and Psychotherapy Association (CCPA, Ottawa), a Certified Canadian Clinical Supervisor (CCC-S) at the CCPA, and an EMDR trauma therapist level I and II (Eye Movement Desensitization and Reprocessing) from the BC School of Professional Psychology. He is the former Regional Director for BC and the Yukon Territory at the Canadian Counselling Psychotherapy Association, (2015-2017 tenure, CCPA, Ottawa).

Ricardo on Aboriginal Youth

Ricardo believes that "the hope of the World rests with our Youth". Accordingly, he has worked for Youth Mental Wellness with several First Nations within Canada, sponsored by FNHA. He enjoys discussing issues with Aboriginal Youth and its challenges and opportunities. In particular, he wants to talk about how to detect, prevent, and recover from Trauma and its damaging effects.

**For more information please contact Nlaka`pamux Health Services
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