

Sophia Sorensen, BBA, MA, RCC

Sophia is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors and has over ten years experience providing mental health support to individuals, families, communities, and organizations. She is trained in suicide awareness and suicide prevention (through ASIST, CIST, safeTALK), is a trained traumatic loss + grief facilitator, with additional credentials and experience in cognitive behaviour therapy (CBT), collaborative, single session therapy (through Houston Galveston Institute in Texas) and narrative therapy.

Sophia is entering a third year of providing ongoing mental health services to the province and Emergency Management BC (EMBC) staff through virtual/phone/in-person 1:1 counselling, in person at the Provincial Emergency Coordination Centre, weekly Wellness group workshops, small counselling team sessions, event debriefings and presentations and consultation to Leadership.

Sophia has been a BC Disaster Psychosocial team member for over 9 years (deployed throughout BC and to High River, Alberta), is on the DPS provincial Board, is a trained facilitator to deliver psychological first aid.

She deployed to Lytton, Kamloops, Merritt and First Nations communities in response to the 2021 fire events, continues to provide support to those impacted by the floods and all events of 2021. Part of this has included providing group and individual support to staff at the Ministry of Agriculture, Food and Fisheries, Squamish-Lillooet Regional District, Health Emergency Management, and many volunteer responders.

Sophia was the first and only Crisis Counsellor for the First Nations Health Authority often deploying in response to crises, to Indigenous communities (rural, remote, and urban) throughout Vancouver Island. She is currently the Clinical Counsellor for the Kwagiulth First Nations in Fort Rupert, has completed specialized substantial cultural awareness training (including San'yas) and is a proud Métis with family roots in Lytton, BC.

Proud Family Connections to Agriculture

Maternal great grandfather Antonio Cenname immigrated from Italy and settled in Lytton, BC in the early 1900's. Antonio created a farm and business in Gladwin, on the outskirts of town and this farm was passed down to Sophia's grandfather Denny and became the cornerstone of a large extended family.

Additional family settlers include great great grandparents Frederick and Catherine Watkinson, Foster's Bar Ranch, Lillooet, who were farming pioneers in 1864. Generations later, this farm, which has been a BC Century and Farm Award Recipient, is still operated by Sophia's Watkinson cousins.

Sophia's paternal family lineage is Danish, and her grandfather Christian Sorensen spent his entire career as a farm and estate manager in Denmark, with over 25 years on the Skafogaard country estate, where Sophia's father and family lived and worked.