



June 27<sup>th</sup>, 2022

We are thrilled to announce that Vivica Steer B.A., M.A., RCT-C has joined Spectrum Therapeutic Solutions as a Counselling Therapist. She has had a passion for people as far back as high school. She started her career in customer service, community development, eventually landing in counselling.

Vivica is from Jamaica where she completed her BA in Guidance and Counselling with some Applied Behaviour Analysis Training, and diplomas in customer service and marketing. Along the way, she trained in sign language and was accredited Jamaica Sign Language 1-3. Through all that training and education, she continued to notice that people “gravitate to me for guidance and valued the support I gave.” We sensed that in her interview.

Ms. Steer completed her MA at Yorkville University and started counselling in Ontario. She gained experience working with individuals, groups, couples, and families experiencing anxiety, depression, grief and loss, physical and sexual abuse, trauma and family related issues, using Cognitive Behavioural, Solution Focused, and Client Centred theoretical approaches.

We will be tapping into her unique experience and skills to examine ways we can reach under served populations and communities in Nova Scotia. Spectrum believes all people need access to counselling, no matter their challenges. Not surprisingly, sign counselling.

Vivica aims to pursue more training in three key areas of interest, Traumatology, Grief, and Addiction counselling. Not only for her accreditation, but as she said, “From the moment I started training as a counsellor I felt like I finally found my life’s purpose.” We hope she has also found a home; we do have the beautiful Atlantic Ocean. Nova Scotia welcomes you.

Vivica Steer can be reached directly [vivicasteer@spectrumtherapeuticsolutions.ca](mailto:vivicasteer@spectrumtherapeuticsolutions.ca) or by calling 902-932-2395 or 902-304-4935.