



Allan Heinricks

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Allan Heinricks is a man of many talents. He is a professional counsellor and therapist and holds a bachelor's degree in Psychology as well as a Certificate of Counselling Science. Allan also enjoys travelling the world and is an award-winning international arm wrestling competitor.

Hat's off to Allan for winning the bronze medal at the 2008 World Arm Wrestling Championships in Kelowna, B.C. Allan now has the goal to represent Canada in 2010 at the World Arm Wrestling Championships in Las Vegas, and this time he has his eye on the gold.

Having accomplished so much, it's clear that Allan doesn't let his physical restrictions stop him from trying anything. Neither the accidental gunshot wound in 1988 that left him paralyzed on his left side or the stroke in 1995 that confined him to a wheelchair have kept Allan from the activities he enjoys.

As a counsellor, Allan utilizes a solution-focused approach to therapy that he calls "Brief Therapy." Allan explains that with this therapy, "Every session is the first and every session is the last. . . Every session is the first session to the extent that I am looking for positives, the exceptions, and solutions; and to the extent that I am promoting change by maintaining rapport and offering positive feedback and encouragement. . . Every session is the last to the extent that I am asking what this client needs to be doing differently at the end of this session to be on track toward what s/he wants."

Although Allan provides office sessions for clients in his own community of Terrace, BC, he delivers approximately 50% of his business entirely online from his website. As owner of OnlineBriefSolutionCounselling.com, Allan views himself as a guide who helps people arrive at their own solutions. He says, "People have all they need to solve their own problems."

To help ensure his counselling practice would succeed and prosper, Allan looked for ways to further his education. He wanted to pursue a master's degree in his field of expertise but was hindered due to a lack of online educational programs at the master's level. With online education being the only realistic option, Allan started looking at other options available online. Eventually he found IBDE and enrolled with the goal of bringing his existing counselling service online.

Allan found the IBDE program to be both challenging and exciting with instructors he describes as "very helpful and professional." IBDE has given Allan a comprehensive knowledge of web design and e-commerce and the skills necessary to design and operate his own website. He has achieved his goal and now counsels clients online in real time from as far away as Latvia.

What advice does Allan have for others? He says, "Never give up. You have to realize that you need to work through your problems." That's great advice, Allan. Thank you, and from CSSD and your IBDE alumni, good luck in Vegas!

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