

CRISIScare



Wei Ji

This Chinese word is an amazing linguistic combination. The top character, Wei, means "danger" and the bottom character, Ji, means "a crucial point". Together they form the word crisis.

A crisis is that "crucial point" where one is physically, emotionally, psychologically and spiritually vulnerable. Coping mechanisms have failed and the individual is faced with impending danger. Our goal

at CrisisCare therefore, is to help you navigate the pre-crisis and crisis events in your life. This is accomplished through our three fold purpose of providing professional clinical counselling, prevention training and post-trauma services.

Help for:

Addictions
Abuse (Spiritual, Physical and Emotional)
Other Emotional and Spiritual Problems
Divorce Recovery
Employee Assistance
Marriage Preparation and Enrichment
Marriage Conflict Regulation
Problem Assessment and Referral
Spiritual Issues
Trauma
Victimology

Specializing In Couples Therapy



Living "happily ever after" is possible! Through couples counselling, I will help you assess and discover why you are having difficulties and I will also assist you in finding concrete solutions. I will help you develop strategies to achieve a long-term healthy relationship. So, I can honestly say, living "happily ever after" in your marriage is possible!



Meet Dr. Ross Plews

Dr. Plews, is an ordained clergyman and clinical pastoral counsellor. He is a Certified Professional Counsellor (CPC) and a Certified Gottman Couples Therapist (CGT). He is a member of PACCP (Professional Association of Christian

Counsellors and Psychotherapists) and adheres to their Code of Ethics.

Approximately thirty years ago, Ross left the field of professional photography and entered the pastoral ministry. He has worked as a volunteer police and hospital chaplain, and has pastored six churches.

From 1998-2005, he served as Coordinator of Midwest Victim Services Program, a police-based agency that responds to victims of crime and traumatic events and is presently the director of CrisisCare Ministries.

Dr. Plews holds an earned doctorate with a crisis intervention specialty and while serving with Victim Services, was accredited as a "Certified Trauma Responder" with the International Traumatic Stress Specialists Association. He also held the role of clinical director for the Lloydminster Critical Incident Stress Management Program.

Ross served 12 years as an Auxiliary Constable with the R.C.M.P.

Professional Accountability

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Appointments

Counselling is provided by appointment only.

Pastoral Counselling

Pastoral Counseling is a unique form of counseling which uses spiritual resources as well as a psychological understanding for healing and growth. It is provided by Pastoral Counselors who are not only mental health professionals but persons who have in-depth religious and theological training. Most pastoral counselors are ordained clergy or persons otherwise endorsed by a religious faith group. If you are not faith-based, you will be respected and your counsellor will journey with you in a non-judgmental manner.

Grief and Loss



At CrisisCare we acknowledge that the loss of someone close is a very painful and perplexing time in one's life. You may experience many different reactions and will need a safe place to explore your loss. CrisisCare seeks to provide an atmosphere of empathetic listening so you can effectively tell your story of loss. When you are ready, we will seek to guide you towards the creation of new meanings, new relationships and a sense of acceptance regarding the loss.

Pre-Marital Counselling



Prior to the first premarital session, couples will complete an online Taylor Johnson Temperamental Analysis (TJTA). The first session will focus on the interpretation and implications for the future relationship. In sessions two to four, couples are lead through an exciting journey which explores the following topics:

- Men and Women: Enjoying the Difference
- Emotional Bank Account and Love Bids
- Communication and Conflict Regulation
- Relational and Sexual Intimacy
- The Power of Life Dreams

Trauma



Prevention and Post-Trauma Follow up

Professional Clinical Counselling
Professional Training
Professional Trauma Services



Dr. Plews specializes in training para-professionals for the work of trauma intervention. Several different workshops can be provided for faith-based or secular agencies.

The following are just a few of the available topics being offered.

- *Basic and Advanced Counseling Skills
 - *Basic and Advanced Crisis Intervention Skills
 - *Bereavement and Notification of Next of Kin
 - *Clergy and Trauma
 - *Conflict in the Workplace
 - *Coping Mechanisms For Those Diagnosed With a Chronic Illness
 - *Developing a Community Based CIS Management Program
 - *Families in Crisis: Systemic Intervention
 - *Group Dynamics/Group Psychotherapy
 - *Post Traumatic Stress and Families
 - *The Power of Secondary Trauma
 - *Unemployment & the Power of a Positive Attitude
 - *Victim Services Basic and Advanced Training (Based on the Alberta & Saskatchewan Training Modules)
- Other:**
- *Marriage Enrichment
 - *Pre-Marital Counseling
 - *Using the Taylor Johnson Temperamental Analysis



CrisisCare
#205 5101 48 Street
Lloydminster, Alberta T9V 0H9
crisiscare@shaw.ca
www.crisiscare.ca