

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



Couples who consider their relationship to be in good shape, sometimes need a refresher, a tune-up, so to speak. Gottman couple's therapy is suited just for that. However, sometimes relationships are in rough shape. The greatest joy for me is to watch a couple on the brink of disaster, learn how to engage and regulate conflict, acknowledge their differences, emotionally connect and move forward in success. This success often transcends their relationship as a couple, and effects their immediate and extended family as well. What is even more exciting, is when these couples tell others about their success. Success breeds success!



Meet Dr. Ross Plews

Approximately forty 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

Dr. Plews, is an ordained clergyman and clinical pastoral counsellor. He is a Certified Professional Counsellor Supervisor (CPCS) and a Certified Gottman Couples Therapist (CGT). He is a member in good standing with the Professional Association of Christian Counsellors and Psychotherapists (PACCP) and The Association of Counselling Therapy of Alberta (ACTA) and adheres to their Code of Ethics.

Appointments

Counselling is provided by appointment only.

CrisisCare

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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.

At CrisisCare, we hope 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.



**Trauma Prevention
and Post-Trauma Follow up**

Research verifies that people groups who utilize the services of trained CISM personnel, recover more quickly and effectively from trauma incidents. CrisisCare provides trained personnel who will assist in Critical Incident Stress Management. This may include defusings, debriefings, referral, education or other C.I.S.M. services.

Now scheduling video appointments



Pre-Marital Counselling

Prior to the first premarital session, couples will complete an online assessment. This will either be the Taylor Johnson Temperamental Analysis (TJTA) or the SYMBIS relational Road map assessment. The TJTA is a personality test designed to measure nine common personality traits for the assessment of individual and couple adjustment.

SYMBIS is a 15 page report that has information on each

persons attitude toward marriage, their goals, personality dynamics, role expectations, strengths and weakness, relationship with in-laws, relational well being, communication patterns, how they handle conflict, money, sex, and spirituality (if applicable).

The first pre-marital session will focus on the completed online assessment and will include 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
- Other important research based topics



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.

- *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 etc.
- *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 etc.

