



## PROFESSIONAL STATEMENT

Clinical Counsellor with 10+ years of mental health, addictions, crisis and outreach work in a variety of counselling settings. Grounded in Narrative Therapy, I embrace an integrative approach to counselling which is both client-centred and directive.

I draw on a wide range of therapeutic modalities with the goal of meeting the unique needs of each client. The touchstone of my approach to therapy is a collaborative strengths-based perspective which emphasises each client's resilience, human assets, and capacities.

## PROFILE

### Name:

Al N. Roemer

### Location:

Legacy Community SE  
Calgary, AB

### Phone:

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### Email:

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### Web:

[www.alroemer.ca](http://www.alroemer.ca)  
[www.thecompassionatecouch.ca](http://www.thecompassionatecouch.ca)

## SKILLS

- ✓ A collaborative, client centered therapist with strong abilities in case conceptualisation and treatment planning.
- ✓ An ethical professional committed to lifelong learning.
- ✓ Aware of personal and professional competencies and limitations with knowledge of self in the context of diversity.
- ✓ Skilled in public policy, advocacy, and community collaboration with extensive experience with complex and diverse communities.
- ✓ Skilled manager, communicator, writer, and public speaker focused on engagement and collaboration.

## EXPERIENCE

### COUNSELLING THERAPY

- ✓ Providing Individual, Group (Process and Psychoeducational modalities), and Relationship / Family counselling therapy
- ✓ Intake and Assessment, Treatment Plan development, Short / Long-Term Intervention, and Client Care Team participation as necessary to achieve positive outcomes
- ✓ Therapeutic interventions for Sexuality and Gender Identity, Addiction (substance and process), Trauma, Life Transitions, Relationship, Anxiety, Crisis Intervention, and various additional client-specific issues as presenting
- ✓ Broad demographic including Child and Youth, Adult, Seniors, Indigenous, and Gender Diverse individuals
- ✓ Theories of Practice include: Narrative, CBT, DBT, Psychodynamic, Positive Psychology, Self-Regulation and Gottman

Dr. J.J. Miles and Associates (Associate Practice) <b>Psychotherapist / Clinical Counsellor</b>	2020 - Current
The Compassionate Couch (Private Practice) <b>Psychotherapist / Clinical Counsellor</b>	2019 - Current
CONNECT Counselling (Kelowna) <b>Therapist (Practicum)</b>	2019 - 2020
Veteran's Affairs Canada, Government of Canada <b>Resource Intervention Counsellor</b>	1990 - 1992

### BUSINESS AND MANAGEMENT CONSULTING

- ✓ Management Consulting roles; personally responsible for optimisation and management of production, revenue, joint venture, IT, and shared services variously.
- ✓ Management, direct supervision, and training of staff as required by position.
- ✓ Strategic planning, process mapping, presentation development, public speaking, marketing, and additional responsibilities as required.

Newalta Corporation <b>Manager, Production and Master Data</b>	2009 - 2016
DPS Group (Owner and Principal) <b>Consultant In Management Operations</b>	1983 - 1989, 1993 - 2008

## EDUCATION

- ✓ **Intensive Sex Therapy Training Program** Current  
University of Guelph
- ✓ **Master Of Arts In Counselling Psychology** 2019  
Yorkville University
- ✓ **Advanced Narrative Therapy Practice** 2020  
**Narrative Therapy Practice (Intensive)** 2020  
Vancouver School for Narrative Therapy
- ✓ **Certificate In Public Participation** 2010  
International Association for Public Participation
- ✓ **Bachelor Of Arts, Sociology (Criminology)** 1989  
University of Calgary

## PROFESSIONAL ASSOCIATIONS

- ✓ CCPA, Canada Certified Counsellor
- ✓ CMHA, Professional Member
- ✓ AAECT, Professional Member
- ✓ Centre for Positive Sexuality Professional Member
- ✓ ACTA, Professional Member



## EDUCATION DETAIL

University of Guelph *Guelph, Ontario*

### INTENSIVE SEX THERAPY TRAINING PROGRAM (Current Study)

- Specialised training in sex counselling and therapy
- Theory, research, assessment, and clinical interventions in sex counselling and therapy
- Explores the relationship between issues in sexual development and sexual functioning
- Addresses "self-as-therapist" and the intersection of social location (class, gender, culture, sexual orientation, etc.)
- Designed to meet professional AASECT accreditation core competencies

Yorkville University *Fredericton, New Brunswick*

### MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

- Biopsychosocial Approaches in Counselling
- Theories of Personality
- Psychological Assessment
- Counselling Methodologies – Psychodynamic and Humanistic Modalities
- Counselling Methodologies – Behavioural and Cognitive Modalities
- Cultural Differences in Counselling
- Psychopathology
- Addiction Counselling
- Human Sexuality
- Marriage and Family Systems
- Ethical Standards for Mental Health Service Providers
- Research Methodology
- Group Counselling
- Counselling Skills and Competencies
- Cognitive-Behavioural Interventions

Vancouver School For Narrative Therapy *Vancouver, British Columbia*

### ADVANCED NARRATIVE THERAPY PRACTICE

- Understanding complex Relational Ecologies involved in the Receiving Context
- Counter-story Interviewing
- Relational Externalizing, Re-authoring Values, Narrative Questioning
- The creative art of Therapeutic Questioning

Vancouver School For Narrative Therapy *Vancouver, British Columbia*

### NARRATIVE THERAPY PRACTICE (Intensive)

- Foundations of Narrative Therapy Practice
- Grief, Dying and Loss
- Relational Externalizing, Re-authoring Values, Narrative Questioning, The *Absent but Implicit*, Double Listening
- Queer Informed Narrative Therapy, Gender violence
- Trauma, Violence, Masculinities, Moving Beyond Gender Binaries

International Association For Public Participation

### CERTIFICATE IN PUBLIC PARTICIPATION

University Of Calgary *Calgary, Alberta*

### BACHELOR OF ARTS, SOCIAL PSYCHOLOGY (*Criminology*)

## CONFERENCES / TRAINING / TALENTS

- Understanding and Treating Narcissistic Personality Disorder (2020)
- Drug Addiction & Detox (2016)
- Gender Identity – Beyond the Binary (2016)
- Addictions and Attachment Seminar (2016)
- Non-Violent Crisis Intervention (DVA) – (1992)
- Suicide Intervention Training Protocols (DVA) – (1992)
- Emergency First Response Instructor / Trainer – Advanced CPR / AED
- Computer skills: Office Suite, Adobe Suite, OWLPractice, Horton CMS, Various
- Intermediate training in American Sign Language
- Volunteer hosting several international students in our home, to help them learn/adapt to Canadian life and culture

## VOLUNTEER ASSOCIATIONS

- Calgary Crime Stoppers, DIRECTOR (2019 – 2020)
- Simon House Residence Society, DIRECTOR (2015)
- Industry Benefits Committee, CHAIR and DIRECTOR (2013-2016)
- Calgary Masonic Temple Limited, PRESIDENT and DIRECTOR (2012 – 2018)
- The PREP Program, DIRECTOR (1998 – 2002)