



## PROFESSIONAL STATEMENT

Clinical Counsellor with 25+ years of mental health, addictions, crisis and outreach work. 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:

The Compassionate Couch  
Suite 205  
259 Midpark Way SE  
Calgary, AB

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403.818.6368 cell

Email:

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Web:

[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.
- ✓ Extensive experience working with complex and diverse communities.
- ✓ Skilled arbitrator, manager, communicator, writer, and public speaker.

## 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 issues, Addictions (substance and process), Trauma, Life Transitions, Relationships, 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

The Compassionate Couch (Private Practice) Psychotherapist / Clinical Counsellor / Psychosexual Therapist	2019 – Current
Dr. J.J. Miles and Associates (Associate Practice) Psychotherapist / Clinical Counsellor / Psychosexual Therapist	2020 - Current
EHN Canada, Sandstone Addictions Treatment Facility Clinical Counsellor	2020 - 2021
CONNECT Counselling (Kelowna) Therapist (Practicum)	2019
Veteran's Affairs Canada, Government of Canada Resource Intervention Counsellor	1990 – 1992

### BUSINESS AND MANAGEMENT CONSULTING

- ✓ Management Consulting roles; management of production, revenue, joint venture, IT, and shared services variously.
- ✓ Management, recruiting, and training of staff as required by position.
- ✓ Strategic planning, process mapping, presentation development, public speaking,

Newalta Corporation Manager, Production and Master Data	2009 - 2016
DPS Group (Owner and Principal) Management Consultant	1983 – 1989, 1993 - 2008

## EDUCATION

- ✓ Advanced Professional Sexuality Practices  
Graduate Certificate in Sex Therapy  
University of Guelph  
2024  
2020
- ✓ Master Of Arts In Counselling Psychology  
Yorkville University  
2019
- ✓ Advanced Narrative Therapy Practice  
Narrative Therapy Practice (Intensive)  
Vancouver School for Narrative Therapy  
2020  
2020
- ✓ Certificate In Public Participation  
International Association for Public Participation  
2010
- ✓ Bachelor Of Arts, Sociology/Psychology (Criminology)  
University of Calgary  
1989

## PROFESSIONAL ASSOCIATIONS

- ✓ CCPA, Canada Certified Counsellor
- ✓ CMHA, Professional Member
- ✓ AAASECT, Professional Member
- ✓ ACTA, Professional Member
- ✓ CACCF, Professional Member
- ✓ CPS, Professional Member



## EDUCATION DETAIL

University of Guelph *Guelph, Ontario*

### APPLIED PROFESSIONAL SEXUALITY PRACTICES

- Advanced application of sex therapy practices
- Advanced theory, research, assessment, and clinical interventions in sex counselling and therapy
- Models, Interventions, Techniques, and Treatments within Individual and/or Relational Contexts
- Gender, Sexual, Erotic and Relational Diversity Affirming Therapy Practice, and Trauma-Informed Sex Therapy Practices
- Designed to complete professional AASECT accreditation core competencies

University of Guelph *Guelph, Ontario*

### GRADUATE CERTIFICATE IN SEX THERAPY

- 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
- Psychodynamic and Humanistic Modalities
- 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

- Virtual International SAR – School of Sex Therapy (2024)
- 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)