

Accessible

ACTS offers the flexibility of daytime and evening appointments, and provides services in various location in Ottawa and Eastern Ontario. All services are available in English, French, and Spanish (but not at all locations).

Affordable

Services are covered by most insurance programs and some EAP's. A sliding fee scale is also used to determine fees based on client's household income, number of dependents, and extenuating circumstances.

Lower-income clients may qualify for services below our minimum fee. In this case, subsidies may be arranged with a client's church, or a client may benefit from our internship program or from the ACTS Assistance Fund.

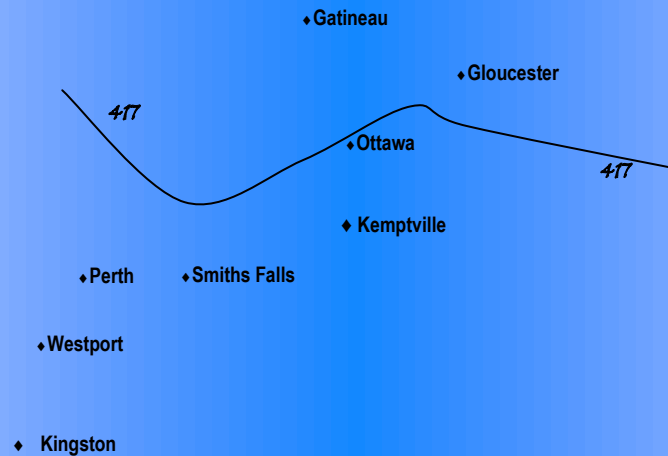
Accountable

ACTS offers the highest standard of professional and Biblical accountability for Christian therapy services in the Eastern Ontario/Western Québec area.

All cases are monitored for clinical progress by an accredited supervisor/trainer in keeping with OAMFT and OTSTCFQ ratio requirements, and exceeding these standards depending on the complexity of the case.

For information on professional intervention models, please call Laure-Marie Carignan, Clinical Director, at 1-800-417-6966, ext 227.

Associates in Christian Therapy Services (ACTS)



1-800-417-6966

www.acts927.ca

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*Being Relevant
in
Today's Hurting Community*

*Capital National Region
Eastern Ontario*

1-800-417-6966

ACTS

Couple and Family Therapy:

- pre-marital issues and marriage preparation
- enhancement of communication patterns
- conflict resolution skills
- emotional, spiritual, and physical connection & intimacy
- faith dimensions in marriage, including roles and biblical decision-making principles
- life transitions
- reconciliation after separation
- impact of the following issues on the couple or family:
 - mental illness
 - major losses
 - infidelity
 - addictions
 - prior trauma of either or both partners
 - impact of church injury
 - trauma or major loss occurring within relationship
- family therapy with teens and adult children (family roles, interaction styles, attachment issues)
- family therapy with younger teens
- parenting issues
- blended family issues
- post-separation, divorce, or bereavement in family

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Christian therapy services

Our Services

- full range of individual psychotherapy services (ages 10 +)
- full range of couple therapy services
- family therapy services
- community education services (workshops, retreats, seminars on counselling-related topics)
- professional support for pastoral counsellors
- professional supervision and training for therapist candidates completing accreditation requirements of CCPA, OACCPP, OAMFT, and OTSTCFQ

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Individual Psychotherapy

- self-awareness
- decision making
- life transitions
- faith integration, particularly in relation to God-image, redemption, and restoration
- church or Christian community injury
- bereavement, grief, multiple losses
- anxiety, phobias, obsessions, compulsions, social anxieties, and other anxiety disorders
- depression and other mood disorders
- mental health issues, self or family member
- anger management
- addictions: substance abuse, gambling, co-dependency issues, sexual addictions
- adult trauma, including assault, harassment, invalidation
- boundaries in relationships
- career transition
- employment stress, harassment, invalidation, burnout
- relationship concerns, including issues related to domestic violence, mental illness, or infidelity
- post-separation/divorce
- childhood trauma, including sexual abuse and other violence
- family-of-origin work (including genogram and attachment issues)
- country-of-origin work (war trauma, persecution)
- cross-cultural and cultural adaptation issues