

Do I need professional help?

Consider seeing a psychologist if you are experiencing any of the following problems and they are not getting better in spite of your efforts and help from friends and family. Talking to someone who is qualified to help, a good listener, non-judgemental, and not directly involved can make a world of difference.

- You worry and are overwhelmed by a sense of sadness and helplessness
- You are a victim of crime, abuse, or other violence. You have witnessed a traumatic event
- Day to day activities and work-related responsibilities are difficult to complete.
- Your actions are harmful to yourself and others.
- You are having problems with spousal and family relations.
- You or members of your family are experiencing major life changes.
- Your children are having problems at school.

How do I choose a psychologist that is right for me?

It's all about finding the right fit. You're both going to have to work together and so you must be comfortable and at ease in that relationship. There must be a rapport, so ask lots of questions on your first visit. These can include:

- What kind of training and accreditation do you have? How long have you been practicing?
- What experience do you have with problems like mine?
- What approach would you take with my problems?
- How long will it take before I begin to see results?
- What happens if you feel I need medication?
- What are your views about religious faith, abortion, sexual orientation, etc.?
- How much does each session cost, and what are the terms of payment?

Where Do I Go from Here?

Contact me to arrange for a free, no-obligation, introductory session.

Telephone:

Abbotsford: **604.852.4818**

Fax: 604.855.1156

Maple Ridge: **604.463.3026**

Fax: 604.463.2014

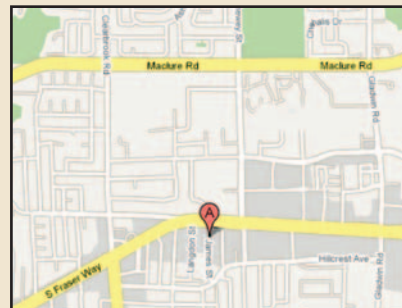
Email:

asmitt@valleytherapycentre.ca

For more information, visit:

alansmitton.com

ABBOTSFORD



2663 James Street,
Abbotsford, BC V2T 3L6

MAPLE RIDGE



200-11841 224th Street,
Maple Ridge, BC V2X 0P1

Family Counselling and Psychological Services

Dr Alan Smitton, R. Psych.
Abbotsford Maple Ridge



Compassion • Insight • Integrity

604.852.4818 (Abbotsford)
604.463.3026 (Maple Ridge)

alansmitton.com



Dr Alan Smitton

I haven't always been a registered psychologist. For much of my life I pursued other interests, which, as it turns out, inform my practice.

I taught elementary school for four years in the Kootenays, followed by eight years as a counsellor in rough urban schools in Surrey. My experiences provided plenty of insight into the challenges that children and young people face today.

As a husband and parent, I'm familiar with the stress of modern-day relationships and family life.

My time as an emergency services worker brought me into close contact with many of the causes and effects of psychological and physical trauma. I have worked extensively with emergency services personnel — and their families — who are coping with posttraumatic stress disorder (PTSD). This area of my practice holds a special interest for me.

My commitment to each of you, my clients, is to bring all of my professional training to bear in order to help you confront and overcome the challenges you are facing. To listen carefully and maintain a balanced approach, all within a relationship characterized by empathy and caring.

CREDENTIALS AND PROFESSIONAL AFFILIATIONS

- Registered Member, College of Psychologists of B.C. (R. Psych # 1653)
- Member, B.C. Psychological Association
- Board Certified Expert in Traumatic Stress (B.C.E.T.S.), American Academy of Experts in Traumatic Stress

*“Life always bursts the boundaries of formulas.”**

Life often throws things at us that we don't understand, we're not prepared for, and more importantly, we don't know how to deal with. We find ourselves unable to cope and looking for help.

Divorce, difficulties in family relationships, the loss of a loved one, workplace burnout, financial problems, depression, trauma — if you are dealing with problems that fall outside the formulas of your life, I may be able to help you develop the understanding and skills to manage and overcome them.

Areas of Specialization

Family Relationships

This includes all issues related to couples in committed relationships — pre-marital counselling; marital stress related to depression, addiction, and financial strain; marriage breakdown; and dealing with divorce.

I also work with members of blended families and individuals making a transition to being a single parent.

Parent / child relationships, specifically father /son relationships, are of particular interest to me, and a subject of much of my research.

Adult Issues

Typical among these are depression and difficulty in making life's transitions, such as from the work force to retirement.

They also include work-related issues, such as coping with work place burnout, returning to work after a lengthy absence, and career assessment.

I also help men with anger management and their unique challenges of fathering and building strong relationships.

“I offer you a professional relationship based on compassion, insight, and integrity.”

Children and Youth

I counsel young people facing all sorts of challenges. Many of these are school-related, such as stress over poor grades and being unmotivated, or moving to a new school.

Family relationships can be a great cause of anxiety for young people — getting along with their parents and siblings, often in the midst of other family problems.

When working with children and youth, I take a balanced, developmental approach that includes working with other members of the family.

Individuals Dealing with Trauma

This includes emergency services personnel — police, fire, ambulance, hospital, and military — who have been exposed to traumatic events. It also includes their family members. I have extensive experience in this area.

Free Initial Consultation

If you'd like to meet and see if I can help you, give me a call or email me. I offer a free, 30-minute no-obligation introductory consultation so that we can talk and see if we're a good fit for each other — at no cost to you.

* Antoine de Saint-Exupéry