



CROSSROADS
COLLECTIVE

CONNECTIONS

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From the Editor's Desk

Summer is upon us! Yet, during this time of year, individuals may neglect their mental, emotional, and spiritual health just because the weather has changed for the better. In fact, sometimes summer can bring with it more stress than other times of the year because we are spending more time on holidays.

That being said, utilizing the services at Crossroads can provide relief from those summer stressors. Talking with a counsellor over these stress factors can help reduce anxiety and depression. Or, having a massage by one of our registered massage therapists can help alleviate pressures.

It is also exciting to mention that our Kelowna office is now open to provide services in the Okanagan and if you would like more information about any of our services or happenings check out our Crossroads Collective website.

- Michael Zibauer

Happenings and Information

Crossroads Collective continues to focus on being a place of holistic wellness—where mind and body are nurtured and healed in one healthcare clinic.

The Collective is pleased to introduce our new speech and language pathologist, Ainslie Conti.

A Speech and language pathologist can help assess and treat a variety of speech and language disorders.

Ainslie has a passion for working with children and supporting them to become successful and confident communicators. Ainslie is now accepting new patients, please contact the office if you are interested in booking an appointment with her!

- Chelsi Callard

Introducing The High Conflict Team

The intense emotional journey of separation or divorce is incredibly stressful for families. It can be even more stressful when a family is dealing with a highly conflictual dynamic and is involved with the court.

High conflict separation or divorce can be devastating for all family members—especially children who are particularly vulnerable. Seeking support from specialized professionals can help to minimize the stress that separation or divorce has on children and families.

At Crossroads, we recognize the importance of additional training and knowledge in this specialized area to best support your needs. When there is high conflict, and the court is involved—or has been involved—the process of separation or divorce can become even more stressful and overwhelming.

The high conflict team at Crossroads Collective consists of caring professionals who have specialized training and knowledge in this area and understand the tremendous impact this challenging time has on families.

A therapist can help you to navigate this transition, offer support, provide assessments and reports such as, “Hear the Child Report” or “Section 211 Reports”, offer coparent counselling, help with parenting plans, litigation support or with managing child resistance or refusal dynamics. The high conflict team of specialized professionals at Crossroads is here to support you through this challenging time. Please connect with us if you would like more information about our team or to book an appointment.

- Chelsi Callard

Getting Connected to The Management Team

Marianne Cottingham is the clinical director of Crossroads Collective.

Marianne works with people who desire to get themselves “unstuck” from their current situations and better themselves. Her expertise extends to working with court-involved clients and families to ensure the best outcomes in these situations.

She approaches clients with various psychoeducation interventions and different ideas, perspectives, and modalities. She then challenges them to think critically about how these may fit in and assist them in reaching their goals.

During her research on high conflict separation and divorce, Marianne was most surprised that parents often do not believe the professionals or the research when we explain how their actions and behaviours are damaging their children. Her efforts to inform her clients helps them create new modes of living and helps them to adapt.

As Crossroads clinical director, Marianne is a lifelong learner and continues to add to her skills set. Yet, she is also aware that therapists can't know everything. However, she attends multiple conferences and continuing education opportunities in-person and online every year, primarily focused on court-involved work.

Marianne wants people to know that as counsellors, there is so much commitment and time spent to be a good therapist beyond the hours we spend with people face to face. She places much emphasis on the fact that all the Crossroads' therapists put in 110% to be the best they can for their clients. - Jamie Johnson



An Interview with Marianne

Jamie: What roles do you have at Crossroads, and in what circumstances would a client come to you for a session?

Marianne: I am a counsellor as well as the clinical director which entails a lot of work behind the scenes with the professionals that provide services at Crossroads. I also work with those experiencing separation/divorce, court involvement, anger issues, or just feeling “stuck” in some area of their life.

Jamie: Why are you passionate about supporting families, couples, and parents? And, when did you know you wanted to specialize your training in these areas?

Marianne: Relationships comprise so much of our lives, and because I conceptualize through a family systems lens, it is important to me to not see people in isolation but to understand them in the context of their relationships. I always knew from the time I started my master's degree that I intended to work with couples and families, and I began seeing couples while on my very first practicum.

Jamie: What are you currently most excited about in your career and Crossroads?

Marianne: I am most excited about the counsellors and other professionals at Crossroads who dedicate their time and effort to being the best they can be for their clients. Together we can help so many more people than we can alone.

Jamie: What has been your greatest unexpected surprise since beginning Crossroads?

Marianne: It makes me so happy to hear from clients about how Crossroads has helped them and also to read the reviews of clients that have been to Crossroads. This is very rewarding to know that our mission to help lots of people is happening!

Jamie: Do you have any pets?

Marianne: Yes! My favourite animals are bunnies, and I have many of them. They do not live in cages, and they largely act like dogs, such as coming when they are called. I love them very much!”

- Jamie Johnson