

## From the Editor's Desk

Starting at the beginning of May, we are welcoming a group of interns that are working out a variety of post-secondary institutions at the Collective.

That being said, I think that working with an intern is a great way to meet your personal wellness objectives while still keeping your costs down.

Interns that are starting their practicum have gone through much training to get to this point in their career so you need not fear that the counsellor is not adept at their practice. Further, all interns receive regular supervision from experienced counsellors at the Collective to ensure best practices and quality treatment delivery.

The point here is that Crossroads is dedicated to providing services to all members of the community regardless of monetary constraints. Our mission is to support those on their journey to optimal wellness and health.

As spring turns to summer, why not work with an intern to help you to develop mental acuity, healthier living habits, and explore how you can better your life and world.

- Michael Zibauer

## Big White Retreat Recap

April was a busy month for our team at the Collective.

Many staff were able to participate in the annual Crossroads retreat at Big White. The weekend was packed full of self care, team building and professional development opportunities.

Feedback was overwhelmingly positive with staff reporting: "It felt really nice connecting with the others, learning more about the founders of Crossroads and building and strengthening working relationships". Although some might argue that the session with Melissa the medium was the real show stopper.

On the first night, the team played a exciting game of jumbo Jenga that a was enjoyed by all. In addition, those that attended got to soak in the hot tub or relax in the hot steam room. Many also hit the slopes at Big White. Some received a Thai massage. All were then treated to a gourmet vegetarian dinner prepared by Matt Richmond, NM, BHM, RSE, a professional chef (see the update below).

During the retreat, staff contributed in a meaningful way to the formation and development of the Ethos of Crossroads. Further, attendees also got to learn more about their own personalities and explore the various fusions of personal attributes in how they manifest themselves within the collective.

Staff are looking forward to following up with a BBQ and pool party late May to keep promoting the staff connections and strengthening the collective. - Colleen Vantol

**OUTSIDE  
THE BOX  
UPDATE**



Matt Richmond, NM, BHM, RSE has joined the Collective. He is a nutrition manager (CSNM), has his Bachelor of Hospitality Management, and is a Red Seal Chef. If you would like to find out more information about Matt, email us at [info@crossroadscollective.ca](mailto:info@crossroadscollective.ca)



## MASSAGE THERAPY AT CROSSROADS

Here at Crossroads, we believe in taking a holistic approach to health and wellness, meaning caring for body, mind and spirit. While most people love to receive a massage to induce a state of relaxation, not everyone is aware that massage therapy is also closely connected to mental wellness as well as physical wellness. Author Bessel van der Kolk wrote a book titled "The Body Keeps the Score" (A great read if you're into reading!). In his book, van der Kolk connects how our bodies react and respond to external stressors and trauma. Research continues to show that massage therapy is effective along with counseling to manage stress, depression and anxiety. So, while a massage may bring you to a place of relaxation, it is also a therapeutic tool for deeper healing.

Crossroads has a number of experienced registered massage therapists and bodyworkers to meet therapy needs. These therapists have gone through vigorous training to understand the inner workings of the body and to implement effective interventions and treatments to provide relief and assist you on the journey to become your best self. Check out the website for additional information or to book your appointment! - Stacy Zimmermann

Prices of massage therapy:  
\$70 for a 30 minute session  
\$95 for a 45 minute session  
\$120 for a 60 minute session



## TALKING WITH AN RMT

Erin McKay is our featured Registered Massage Therapist for this month's newsletter. I had the opportunity to get to know Erin and her passion for massage therapy and the benefits that it can provide.

**Stacey: How long have you been an RMT and where did you go to school?**

Erin: I went to school at West Coast College of Massage Therapy in New West. And received my diploma in Aug of 2017, 4.5 years as an RMT.

**Stacey: What made you choose to pursue massage therapy?**

Erin: Marianne Cottingham, clinical director, had mentioned it to me for years as she was an RMT. I have always worked in health care; ( I was a medical lab assistant for 7 years) and was ready for a change. I wanted to be able to help people.

**Stacey: What do you love the most about the work that you do?**

Erin: I love getting to know my clients, and puzzling through the conditions that they present with. Offering solutions and modifications to do in their lives when not in my massage room.

**Stacey: Can you share a favourite client success story of yours?**

Erin: I have a client who had a stroke in 2017. It was his first experience with massage and he had a lot of deficits he presented with due to the stroke. He had a lot of weakness in the areas affected by the stroke as well as his speech. He is now almost 100% physically as he was prior to the stroke. He is self conscious about his speech so we talk a lot in treatment so that he's comfortable when talking in his life. It isn't so much a massage success story as an overall success.

**Stacey: In your own words describe the health and wellness benefits of massage therapy**

Erin: Health and wellness is so subjective! In general though it plays a huge role in the release or decrease of muscular tension that most of us hold in different parts of our bodies. Touch is very therapeutic so a lot of people with anxiety or difficulty relaxing find it very beneficial as well.

**Stacey: What is one thing about massage therapy that you wished everyone knew?**

Erin: I wish that everyone knew that harder pressure doesn't mean "better". A lot of times people request more pressure but when applied the body is actually saying "no" by tensing up or we unintentionally hold our breath.

**Stacey: What do you do for fun?**

Erin: I like to go to the gym. I read quite a bit and I like hanging out with my sister and my niece and nephew :)