

WEST COUNTY PSYCHOLOGICAL
ASSOCIATES' PHILOSOPHY

We believe that individuals and systems:

- Are capable of permanent change.
- Function best with clearly defined authority that stems from a family systems hierarchy.
- Are accountable for both positive and negative aspects of behavior.
- Achieve success by conscious choices that lead to strength and development of personal responsibility.
- Control their environment by establishing boundaries consistent with their values.

We assist individuals/systems to implement change by:

- Helping to establish order within the environment.
- Meeting consistently in a collaborative relationship to achieve identified goals.
- Helping to identify and process significant issues.
- Aiding in resolving issues as they arise.

The result for the individual/system is the development of a strong sense of self that allows for the achievement of goals.

**WEST COUNTY
PSYCHOLOGICAL
ASSOCIATES**

**COMPREHENSIVE SUPPORT
SERVICES FOR CHRISTIAN
COMMUNITIES**

*Promoting individual growth and
family wellness*

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The Need for a Comprehensive Approach

Today's pastoral duties have increased within the administration of the church and tending to the needs of the congregation. Members of the congregation with individual and/or family needs are seeking the assistance of the pastor. In addition, the members of the congregation may be experiencing difficulties dealing with depression, anxiety, divorce and parenting. Pastors are being asked to assist with the counseling of their congregation or the referral to a mental health professional.

Our comprehensive program was developed to create a collaborative approach between the clergy, the church family and their faith.

Presentations and Retreats

Presentations/retreats are available for any sized group of youth, parents, and/or clergy.

Presentation length can vary from one hour to full-day workshops, depending on topic.

West County Psychological Associates' consultants include Psychologists, Licensed Counselors, Clinical Social Workers, and Substance Abuse counselors who specialize in educating and consultation.

Please call our office (314) 275-8599, if you are interested in any of our presentations.

Pastoral Consultation

Clergy are often asked by individuals/families in their church to provide counseling and to refer to a mental health professional. Pastoral/Clergy consulting is offered on a case by case basis and on a consistent basis individually or in a group format.

- The consultant guides the clergy in developing a solution focused approach to determine the most appropriate response to each case discussed.
- The consultant insures that all cases presented are approached in a manner that is consistent with denominationally focused doctrine.
- The consultant insures that all cases presented are dealt with as completely and effectively as possible.

WCPA offers denominationally focused training/consulting groups for clergy on mental health issues.

Topics for Men's and Women's Groups

- Creating balance in your life
- Living through a career change
- Coping with stress
- Grief support
- Self-care
- Stop waiting for self-esteem
- Forgiveness & trust

Topics for Couples Groups

- Managing your marriage
- How kids change the couple
- Communication skills
- Conflict resolution
- Blended families
- Growing old together

Topic's can also be adapted for a singles group or for retired couples.

Topics for Parents

- Parenting survival skills
- How to set limits and give consequences
- How to talk with your kids about drugs and alcohol
- Your child's self-esteem
- De-stressing kids' lives

Topics for Youth Groups

We have exciting presentations and role-playing programs to assist with development of appropriate behavior. Frequently requested topics include:

- Self-esteem
- Friendship skills
- Creating healthy boundaries
- Drug and alcohol resistance
- Teasing and bullying
- Handling anger and conflict