

*“We will assist you to recognize and find your supports centered in the knowledge of your community and helpers.”*

**Founder and Clinical Director  
Rey T. Singh MSW, RSW, CACII, RCS  
Clinical Social Worker/Therapist**

## London Middlesex Counselling & Addiction Services

Situated in London, On. OCAAS was founded by Rey Singh, a clinical social worker who has specialized his counseling practice to work with First Nations communities for 15 years. He is Health Canada FNIHB approved for providing counselling to the Residential School Health Support and Short-term Crisis Counselling to First Nations Individuals. He has extensive experience working with individuals from diverse communities in Northern Ireland, including First Nations from BC, Alberta and both rural and urban environments throughout Ontario. Currently Rey Singh also works as a Mental Health Clinician for London Family Court Clinic in London providing mental health services for individuals involved in the court system.

### Other fee-for-services offered:

- Crises counselling—Grief and loss
- Marriage Counselling
- Transitions and New Relationships
- Parenting
- Codependency
- Addictions—youth and adult
- Domestic violence
- Vicarious trauma for health professionals
- Familiar with Indo-Canadian, Asian and First Nation cultures
- Family Dispute resolution
- Mental health
- Cultural reclamation
- Gender identity and sexual identification
- Family counselling
- One on one or family-based support
- Sessions at home or in office.
- Solution-focused holistic approach

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**Rey T. Singh** RSW, MSW, CAC II, RCS

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## London Middlesex Counselling and Addiction Services (LMCAAS)



**Specialized Addictions Training**

**T.519.204.3886  
[www.lmcaas.com](http://www.lmcaas.com)**

*“Trust our  
trainers,  
counsellors and  
addictions  
specialists to  
empower you and  
your community  
to heal addiction in  
your community”  
RTS*



#### *LMCAAS Addictions Specialist*

Rey T Singh MSW, RSW, CACIL, RCS has over 15 years experience in Addictions and Mental Health Field working with First Nations Communities across Canada. He has assisted individuals in Northern BC, Ft. McMurray AB, Toronto/Scarborough, Ontario and also the Southwest London Area.

“Thank you for inviting us to your journey to recovery! Everyone needs counseling support to create balance and maintain a healthy lifestyle or seeking a change or a way out of addictions. Let us provide you with professional non-judgmental support. Seeking the counsel of others is essential to developing an approach to your life which centers you on your healthy path.”

### **Client learning:**

#### **Phase 1: Understanding addiction**

- What is Complex PTSD
- What is addiction
- Physiology of addictions
- transition model vs disease model
- Drugs as self-medication
- Drugs of choice
- Removing the stigma of addiction

#### **Phase 2: Healing Addiction**

- Stages of recovery
- Why is there no bottom?
- Barriers and hurdles to healing
- Finding your voice: Moving through the trauma together
- Storming vs norming for change
- Calming the limbic system
- Creating health in space/ritual
- relapse prevention
- maintaining recovery
- recognizing co-occurring disorders

#### **Phase 3: Treatment Pathways**

- Working with a collaborative/integrative mental health model
- Pathways to health
- Community health/prevention strategies

### **Fees and Scheduling Policies**

Each of the three phases runs for three days.

We bring an guest addiction specialist from the local First Nations to share their story. Workshop day runs from 9 to 5 with lunch and two breaks (supplied by host) for up to 25 participants

**Per diem rate  
1600.00**

#### **LMCAAS Services offered:**

- *Online Addictions Counselling (Via Skype LMCAAS1 in London Ontario; high speed internet required)*
- *Mental Health and Intensive Counselling Referral Services (Covered for First Nations through FNIHB)*

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