



PROFESSIONAL STATEMENT

Clinical Counsellor with 10+ years of mental health, addictions, crisis and outreach work in a variety of counselling environments. I am deeply rooted in a profound respect for the beauty, uniqueness and dimension of humanity. Grounded in Narrative Therapy, I embrace an integrative approach to counselling which is both client-centred and directive, drawing on a wide range of therapeutic modalities with the goal of meeting the unique needs of each client. I work from a collaborative strengths-based perspective, emphasizing each individual's resilience, strengths, and capacities.

PROFILE

Name:
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SKILLS

- ✓ A collaborative, client centered therapist with strong abilities in case conceptualisation and treatment planning.
- ✓ Skilled in public policy, advocacy, and community collaboration with extensive experience with complex and diverse communities.
- ✓ Skilled manager, communicator, writer, and public speaker focused on engagement and collaboration.
- ✓ An ethical professional committed to lifelong learning.
- ✓ Aware of personal and professional competencies and limitations with knowledge of self in the context of diversity.

EXPERIENCE

CONNECT Counselling (Kelowna) / Willow Creek Psychology 2019 - 2020

THERAPIST (Practicum)

- ✓ Provided Individual, Group (Process and Psychoeducational modalities), and Relationship/ Family therapeutic interventions
- ✓ Assessment, Treatment Plan development and ongoing Intervention monitoring and modification as necessary to achieve positive outcomes.
- ✓ Treatment provided for Anxiety, Addictions, Trauma, Life Transitions, Relationship, and various additional client-specific issues as presenting
- ✓ Broad demographic including Child and Youth, Adult, Seniors, European, Indigenous, and Gender Diverse individuals.
- ✓ Theories of Practice include: Narrative, CBT, DBT, Psychodynamic, Positive Psychology, Self-Regulation and Gottman

Newalta Corporation 2009 - 2016

MANAGER, PRODUCTION ACCOUNTING AND MASTER DATA MANAGEMENT

- ✓ Effectively designed and lead Production, Regulatory and IT initiatives, and implementations in both Canada and the US.
- ✓ Responsible for oversight and administration of \$1.5M budget annually
- ✓ Personally responsible for all management, training, and development of two supervisors and a staff of 23.

DPS Group 1992 - 2009

CONSULTING, MANAGEMENT OPERATIONS AND ACCOUNTING

- Owner and Principal of an independent management consulting company.
- ✓ Management consulting roles responsible for optimisation and management of production, revenue, joint venture, IT, and shared services variously.
 - ✓ Management, direct supervision, and training of staff as required by position.
 - ✓ Strategic planning, process mapping, presentation development, public speaking, marketing, and additional responsibilities as required.

Veteran's Affairs Canada, Government of Canada 1990 - 1992

RESOURCE INTERVENTION COUNSELLOR

- ✓ Responsible for assessment and first stage intervention for clients on an as need basis. Responsible for timely delivery of appropriate interventions and services as required by situation.
- ✓ Crisis intervention and mediation.

Alcoholics / Narcotics Anonymous 1997 - Current

SPONSEE / SPONSOR / SPEAKER

- ✓ Alcoholic/Addict 22 years in abstinent recovery.
- ✓ Sponsor/Counsellor/Mediator with a strong focus on substance and process addictions counselling and intervention.
- ✓ Core systems mediations (spouse/children/parent).
- ✓ Crisis interventions, parent and/or significant other support, psychoeducation, and group facilitation.

PROFESSIONAL ASSOCIATIONS

- ✓ Canadian Counselling and Psychotherapy Association
PROFESSIONAL MEMBER
- ✓ Canadian Mental Health Association
PROFESSIONAL MEMBER
- ✓ Centre for Positive Sexuality
PROFESSIONAL MEMBER
- ✓ Canadian Association for Spiritual Care
MEMBER
- ✓ The Association of Counselling Therapy of Alberta
MEMBER



EDUCATION DETAIL

YORKVILLE UNIVERSITY Fredericton, New Brunswick

MASTER OF ARTS IN COUNSELLING PSYCHOLOGY

- Biopsychosocial Approaches in Counselling
- Theories of Personality
- Psychological Assessment
- Counselling Methodologies – Psychodynamic and Humanistic Modalities
- Counselling Methodologies – Behavioural and Cognitive Modalities
- Cultural Differences in Counselling
- Psychopathology
- Addiction Counselling
- Human Sexuality
- Marriage and Family Systems
- Ethical Standards for Mental Health Service Providers
- Research Methodology
- Group Counselling
- Counselling Skills and Competencies
- Cognitive-Behavioural Interventions

VANCOUVER SCHOOL FOR NARRATIVE THERAPY Vancouver, British Columbia

FOUNDATIONS OF NARRATIVE THERAPY PRACTICE (Intensive)

- Foundations of Narrative Therapy Practice
- Grief, Dying and Loss
- Relational Externalizing, Re-authoring Values, Narrative Questioning, *The Absent but Implicit*, Double Listening
- Queer Informed Narrative Therapy
- Trauma, Violence, Masculinities, Moving Beyond Gender Binaries
- Gender Violence
- Non-Essentialist Approaches in Therapy
- Power/knowledge, Subjectification and Problematization

INTERNATIONAL ASSOCIATION FOR PUBLIC PARTICIPATION

CERTIFICATE IN PUBLIC PARTICIPATION

UNIVERSITY OF CALGARY Calgary, Alberta

BACHELOR OF ARTS, SOCIAL PSYCHOLOGY (*Criminology*)

CONFERENCES / TRAINING / TALENTS

- Drug Addiction & Detox and Gender Identification Awareness Seminar –Various Doctors (2016)
- Addictions and Attachment Seminar (2016)
- Non-Violent Crisis Intervention (DVA) – (1992)
- Suicide Intervention Training Protocols (DVA) – (1992)
- Emergency First Response Instructor / Trainer – Advanced CPR / AED
- Computer skills: Office Suite, Adobe Suite, Horton CMS, Various
- Intermediate training in American Sign Language
- Some knowledge of French
- Volunteered hosting several international students in our home, to help them learn/adapt to Canadian life and culture
- Minister of Music / Youth Leader Calgary Foursquare Gospel Church

VOLUNTEER ASSOCIATIONS

- Calgary Crime Stoppers, DIRECTOR (2019 – Current)
- Simon House Residence Society, DIRECTOR (2015)
- Industry Benefits Committee, CHAIR and DIRECTOR (2013-2016)
- Calgary Masonic Temple Limited, PRESIDENT and DIRECTOR (2012 – 2018)
- The PREP Program, DIRECTOR (1998 – 2002)