

# ARCH

## Psychological Services

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### **ACADEMIC**

Master of Counselling - University of Calgary/University of Lethbridge/Athabasca University 2010  
Advanced Clinical Supervision - University of Calgary 2015  
Certificate in Career Counselling - Athabasca University 2005  
Bachelor of Arts (Honours) - Athabasca University 2003 - Major Psychology/Minor Communications

### **PROFESSIONAL**

**Registered Psychologist, ARCH Psychological Services (independent contractor) 2019-present**

- Providing therapy and assessments to Alberta Child and Family Services
- Provide individual and group therapy to children, adults, families
- Approved mental health service provider, FNMI Non-Insured Health Benefits

**Registered Provisional Psychologist, Aurora North Medical Clinic 2019-2020**

- Counselling and assessments for Alberta Child and Family Services as contract provider for ARCH Psychological Services
- Provide therapy to individuals, families, children as part of the clinic health team

**Alberta Legislative Assembly 2015-2019**

*MLA for Peace River / Deputy Speaker and Chair of Committees*

- Represent and advocate for constituents in the Legislature and to Government
- Perform legislative, administrative and ceremonial duties as Speaker of the House
- Alberta Steering Committee Representative, Commonwealth Women Parliamentarians; build relationships with elected counterparts across Canada
- Chair, Northern Alberta Development Council (NADC)
- Chair, Ministerial Panel on Child Intervention (comprehensive 18-month review of Alberta's child welfare system to develop recommendations for change)
- Develop Private Member's Bill 205: Supporting Accessible Mental Health Services Act
- Advocacy and support for agencies providing FASD services, mental health and addiction treatment, 60s Scoop survivors (SSISA), LGBTQ community

- Develop strong relationships with First Nations and Metis communities and work closely with Chiefs/council; participate in Powwow, cultural gatherings, education events, etc.
- Manage and supervise staff in three offices
- Travel extensively throughout northwest Alberta

**Registered Provisional Psychologist, Alberta Health Services (Northwest Health) 2014-2015**

*Mental Health Therapist, Families First Program Coordinator*

- Provide assessment and generalist mental health therapy (adult, children, family) for addictions, family violence, sexual assault, historical abuse/trauma, interpersonal relationships, cross-cultural issues
- Member of solution-focused therapy team for weekly walk-in mental health clinic
- Plan, implement, review & evaluate the Families First in-home early intervention program
- Coordinate & monitor provision of Families First program services, provide clinical supervision to the Home Visitation Early Intervention team
- Assessment & crisis intervention for hospital emergency and acute care admissions
- Comprehensive assessment and diagnosis using DSM-V and other clinical tools
- Clinical consultation with partner agencies, community liaison and referrals

**Almasana Wellness (Professional Consulting & Counselling) 2005-2015**

*Counsellor / Group Design & Facilitator / Mental Health Consultant*

- Individual & group counselling using creative arts therapies to promote mental wellness
- Counselling and cross-cultural therapy for addiction, family violence, sexual assault, childhood sexual abuse, trauma, life & career planning, relationships, cult exit counselling
- Provide clinical and peer supervision for colleagues and team members
- Develop and facilitate educational workshops and group therapy
- Sexual assault centre: assessments/intakes; crisis intervention, referrals, group therapy
- Family support: crisis counselling, enhancement/education, liaison, referrals
- Autism services: develop and monitor individual service plans, in-home family support
- Addictions: group/individual counselling, family support, tobacco cessation

**Government of Alberta 2006-2014**

*Alberta Health, Financial Accountability/Strategic Services - Analyst*

- Analyze and organize complex equipment purchase and infrastructure project data from Alberta Health Services to support ministry reporting and fiscal responsibility
- Prepare internal/external health briefing reports, manage files and databases
- Research health service delivery issues, support development of health policy initiatives

*Alberta Legislative Assembly-Hansard Input Editor / House Support (sessional/part-time)*

- Transcribe, research and edit *Alberta Hansard* under strict deadlines
- Operate Legislature sound system
- Project development and team lead for *Hansard* back issues project
- Maintain knowledge of parliamentary process, statutes, parliamentary protocol, government policies, public policy issues, current events

**OTHER EMPLOYMENT**

**Alberta Health Services (Capital Health) 1999-2005**

*Addictions/Tobacco Cessation Counsellor - Capital Health Link/AADAC*

*Research Assistant - Alberta Cancer Board Population Health & Information*

*Administrative Support - Capital Health Link/Community Care and Public Health*

**Columnist/Freelance Writer** 2001-2015

**Athabasca University** 2001-2005

*Development Consultant and Project Manager, Graduate Student Association  
President, Athabasca University Students' Union*

**Playback Entertainment** (Professional Musician self-employed) 1983-2003

*Entertainer/teacher/music coach/accompanist*

### **COMMUNITY ACTIVITIES**

Alberta Psychologists Association member 2012-present

Vice-Chair, Chinchaga Adult Learning Society 2014-2015

Board of Directors, Canadian Mental Health Association, Edmonton Region 2004-2008

Canadian Psychological Association, student affiliate and campus representative 2002-2013

High Level Theatre Troupe member 2014-2015

Task Force Chair, Middle States Accreditation Self-Study, Athabasca University 2002-2005

Student rep and member: 2001-2005

- President & Vice-President Search Committees, Athabasca University
- Athabasca University Governing Council and Academic Council
- Athabasca University Strategic University Planning Committee

Edmonton Spanish Association, Board member, treasurer, entertainment manager 1990-1994

### **PROFESSIONAL DEVELOPMENT & ADDITIONAL TRAINING**

- Motivational Interviewing Foundations (2015)
- Group Counselling Process, Theories & Strategies. St. Stephen's College (2007)
- Suicide Intervention Certificate (CMHA), Addictions/Tobacco Cessation certification (AADAC)
- Non-violent Crisis Intervention training
- Standard First Aid CPR-C, AED (2014)
- Policy 101: Introduction to Government Policy Making (2012)
- Commissioner for Oaths for the province of Alberta (2005-present)
- Call Centre and Customer Service certificate (NAIT)
- Fluent spoken and written Spanish, basic French
- Alberta Drivers' License, Class 5,6

### **OTHER SKILLS, STRENGTHS & INTERESTS**

- Excellent computer software and troubleshooting abilities
- Advanced research skills, well organized, attention to detail
- High achiever, striving for excellence
- Strong interpersonal, verbal and written communication skills
- Skilled at multitasking, working independently and under pressure
- Creative and innovative
- Adaptable, flexible, dependable
- Thrive on learning & challenge, self-starter, independent learner
- Foster parent and foreign exchange student hosting experience

**REFERENCES** Available on request