

Highlights of Qualifications

- Energetic, passionate, and dedicated with excellent interpersonal skills and leadership ability
- 18+yrs experience counselling and providing psychological services in areas of employment, education, justice, community mental health, and private practice.
- Experienced in therapeutic modalities such as: EMDR, progressive exposure therapy, CBT, SFT, EFT for couples and individuals, AEDP for individuals and couples, and trained CBT and Trauma group therapist.
- Specialize in trauma-informed strengths-based framework in counseling, group, and workshop facilitation including health Canada provider for residential school support program.
- Demonstrable coordination, negotiation, and conflict resolution skills
- AB & NWT Registered Psychologist and member of the Canadian Psychological Association (CPA)

Education

Campus Alberta Applied Psychology Program**Jan 2008 – April 2011**
University of Calgary, Graduate Degree in Counselling Psychology

- Masters of Counselling – Counselling Psychology specialization
- Coursework: theoretical interventions & interventions for change, ethics, working alliance, group process, assessment, research, multicultural counselling practice, biological bases of behaviour, and human development.
- Skills-based courses at University of Calgary: working alliance skills, group process, solution focussed assessment, life-role analysis and risk assessment practice.
- Clinical Practicum - Alberta Health Services, Mental Health & Addiction Services Grande Prairie, Alberta (Sept 2010–April 2011).

Graduate Level Counsellor Training.....**2011– Present**

- 2011 - Level I Emotion-Focussed Therapy (EFT) Certificate (4 days) *York University - Toronto, ON*
- 2011 - Narrative Therapy Intensive Certificate (1 week) ~ *Vancouver School for Narrative Therapy*
- 2012-2014 – NWT Psychologist Registration process (1600hrs clinically supervised hours of practice) ~ *Yellowknife, North Slave Young Offenders and Hay River, Community Counselling Services.*
- 2012 - Certification for working with youth that sexually abuse (5 days) ~ *University of Colorado, Denver*
- 2013 – Child & Youth Therapy Training (3 days) ~ *Lana Lowenstein ~ Ft. Smith, NT*
- 2014 – Emotion Focussed Therapy (EFT) Couples Externship (5 days) ~ *Calgary, AB*
- 2014-2015 - Accelerated Experiential Dynamic Psychotherapy (AEDP) for healing trauma and attachment - Immersion Course (5 days) and Essential Skills Training (5 weekends). ~ *Vancouver, AEDP Institute*
- 2014 –Applied Suicide Intervention Skills (ASIST) Train the Trainer ~ *Yellowknife, NWT*
- 2015 –Eye Movement Desensitization Reprocessing (EMDR) basic training ~ *Grande Prairie, AB*
- 2015-16 – AEDP for healing trauma and attachment – Core Skills Training (5 weekends) ~ *Vancouver, BC*

- 2016 – July – AEDP Couples Immersion & Essential Skills training (5 days) for working with couples and trauma ~ Columbia University, New York, NY
- 2017 – March – Art of EMDR training (5 days) Niagara, ON
- 2017 – April - EMDR trauma training and conference (3 days) ~ Banff, AB
- 2017 – Oct - Trauma and attachment training conference (4 days) ~ New York, NY
- 2018 – Feb – Art of EMDR Training (5 days) Costa Rica
- 2019 – Mar – Prolonged Exposure Therapy Training (4 days) ~ Calgary, AB
- 2020 – Feb – EMDR 2.0 – Intensive 8 -trauma treatment program review (2 days) Boston, USA
- 2019-20 – 6-days of leadership training modules through HRHSSA leadership team training
- 2020 – Nov – 1 day One at time stepped care training – self-study modules on-line
- 2021 – Feb – 3 -day AEDP transformation workshop ~ on-line training
- 2021 – April – 2 days Master trauma counselling training working with first nations and trauma interventions such as EMDR (Bruce Perry, Shelley Pompano, Sandra Paulsen presentations) ~ on-line

Mt. Royal University..... **Jan 2004 – April 2006**
 Calgary, AB (on-line) Advanced Studies in Mental Health After-Degree Certificate

- After-degree Certificate in Advanced Studies in Mental Health including coursework in mental health interventions I & II, crisis counselling, psychopharmacology, and DSM IV diagnosis and assessment.
- Completed 210 Hours of Clinical Supervision (Practicum) ~ Fort Smith Wellness Centre. Under clinical supervision developed and facilitated 8 week assertion training counselling group with women in territorial corrections facility.
- Provided supervised counselling sessions for clients with depression, anxiety, and addictions issues.

Specialized Training and Certifications ~ Government of NWT (GNWT)..... **Oct 2001 – Mar 2011**
 Inuvik & Yellowknife, Northwest Territories

- Team Building & Problem Solving, Effective Supervision Level I & II, Verbal Judo, Language of Leadership, Stepping up to Leadership ~ Aurora College Certificates
- Suicide intervention, Crisis Intervention, Effective Interviewing, Offender Risk Assessment Management System (ORAMS), Case Management, Access to information and Protection of Privacy (ATIPP), Self-defence, Child & Adolescent Behaviour ~ Dept. of Justice Corrections Training Program
- Anger-management facilitation, Crisis Management, Youth Officer Training in Youth Criminal Justice Act (YCJA), YCJA Sentence Calculation, Case Management ~ GNWT Corrections Training Certificates
- FASD Awareness Workshop ~ Community Justice Workshop
- Level I & II training in Control Theory Application ~ Crime Prevention Fund Workshop
- YLSSMI/CMI & LSI ~ Risk Assessment Training ~ Dept. of Justice
- Journey Program for At Risk Youth ~ North Slave Young Offenders, Dept. of Justice

University of Alberta & Grande Prairie Regional College..... **Sept 1996 – Dec 2000**
 Edmonton & Grande Prairie, Alberta

- Completed Bachelor of Arts Degree in Psychology, minor Sociology/Criminology

- Coursework in psychology: personality, abnormal psychology, cognitive Psychology, human development, educational psychology, psychometrics, clinical psychology, behavioural psychology and neuro-psychology.
- Completed courses in Sociology: Canadian criminal law, crime and deviance, juvenile delinquency, social inequalities, social psychology, media & social influence, family & marriage.

Diamond Jenness Secondary School**Sept 1991 – April 1996**
Hay River, Northwest Territories

- Graduated with advanced diploma & President of the Graduation Class.
- Won highest grade in Biology and Reg Townsend Award for most community involved student.
- Coached Volleyball and actively played hockey, volleyball, basketball, and track & field

Work Experience

NORTHWEST TERRITORIES HEALTH & SOCIAL SERVICES – 1yr term

Regional Clinical Supervisor Mental Health & Addiction Services..... Nov 2020 – Aug 2021 (term position)

- Provide supervision of operations for community counselling office, out-patient psychiatry, and adult services for NTHSSA Yellowknife region (includes rural communities of Lutsel’ke & Fort Resolution).
- Provide clinical supervision for 7 mental health & addictions counsellors, 3 psychiatric nurses, and 2 social workers.
- Attend mental health and addictions planning meetings for integrated health services.
- Assist with integrating larger community agencies and government departments with access to mental health and addictions services within NTHSSA departments and/or in community of Yellowknife.
- Work closely with psychiatry, child and family services, justice, victim services, and NGO’s that provide support services to widen scope of mental health services available to NWT residents.
- Oversee leave, human resources, and purchasing systems within community mental health including some budget administration.
- Provide human resources functions such as hiring, orientating new staff, performance development planning with staff, and providing guidance and/or meeting with staff regarding any employee conduct issues.
- Liaise with larger GNWT and NTHSSA departments such as department of health and social services and Stanton Territorial Hospital.

TRUE NORTH COUNSELLING & CONSULTING SERVICES

Private Practice, NWT Psychologist**Jan 2015 – Present**
Hay River & Yellowknife, Northwest Territories

- NWT Registered Psychologist, maintain Professional Registration, Certification, and Ethics with (CPA) Canadian Psychological Association.
- Sole-Proprietorship provided full-time private practice in Hay River & Yellowknife (Oct 2015-2018), part-time practice April 2018-present.
- Provide psychological assessment and treatment for Health Canada - Indian Residential School Resolution Healing Program, Employee Assistance Programs, Worker’s Safety & Compensation Commission, Health Benefits, and private practice clients.

- Provide mental health support for Fostering Open Expression of Youth (FOXY) youth retreats at Blanchford Lodge, NWT. Including supporting both youth and staff while on retreat. Provided trauma-informed practice training for FOXY. Awarded CAMH 150 difference maker for this.
- Provided trauma-informed practice staff training and workshops for South Slave Divisional Education Council, GNWT Victim Services, GNWT health and social services, Kat'lodeeche First Nation, GNWT Housing Corporation.
- Facilitated Domestic Violence Treatment Option for GNWT Justice for 4 years – 8 week group with offenders of domestic violence.
- Facilitated CBT Depression and Anxiety Groups through contracts with Education
- Provided clinical supervision to counsellors employed by schools & GNWT and/or staff seeking NWT internship psychologist hours, and to Masters' students.
- Provide and receive consultation with colleagues as and when need arises.

HAY RIVER HEALTH & SOCIAL SERVICES

Clinical Supervisor Community Counselling Services.....July 2019 – Nov 2020

- Manage Operations of community counselling office, including providing satellite community services for clients from Ft. Resolution and Enterprise on occasion.
- Manage 3 registered mental health & addictions counsellors, 2 community wellness workers, and 1 administration assistant.
- Provide Clinical supervision to all staff and Intern-Psychologist supervision for 2 mental health and addictions counsellors.
- Oversee client case loads of 5 staff including providing guidance on interventions, trauma-informed practice, crisis intervention, and psychiatric consultation when needed.
- Attend NWT health and social services committees: mental health quality forum, crisis response team, problematic substance use recovery committee, suicide prevention committee.
- Collaborate with government organizations, first nations and non-for-profit organizations to increase pathways for care for client and/or for mental health and addictions support.
- Provide crisis debriefings for HRHSSA, government, public, and/or private organizations as or when needed.
- Provide monthly stats and reporting to DHSS and HRHSSA
- Manage client database and files in confidential, ethical and aligned with community counselling program standards.
- Liaise and provide consultation to ER, Acute Care, Medical Clinic, Public Health, Mid-wifery, and Social services on mental health and/or addictions needs of clients.
- Liaise and provide consultation to Justice, Income Support, Housing, Friendship Centre, Women's Shelter, Justice Committee, Victim Services and other inter-agencies regarding mental health and wellness in community of Hay River.
- Facilitate workshop and groups for various mental health and addictions needs such as CBT depression & Anxiety group, trauma groups and workshops, DVTO.
- Provided intern-psychologist supervision for mental health and addictions counsellor.

DENE WELLNESS & DEVELOPMENT CENTRE

K'atloodeeche First Nation, Executive Director.....April 2018 – July 2019
Hay River Dene Band, Northwest Territories

- Plan, Co-ordinate indigenous focussed wellness programs and/or workshops based on NWT needs.
- Writing research grant proposals and funding proposals successfully attaining, \$300,000 from Indigenous Services Canada (programs) & 1.8million capital funding for renovation to the centre
- Facilitate workshops such as 2-day learning about trauma, 2-day becoming a trauma-informed parent, various mental health topics such as self-care, stress management, coping skills, depression, anxiety, self-harm.
- Facilitate counselling groups when funding permits such as trauma group for persons with victim services, depression group, (DVTO) Domestic Violence Treatment Option Program (for GNWT Justice), youth sharing circles.
- Creating partnerships with indigenous organizations, government, and non-for-profits to develop capacity and wellness opportunities for people in the NWT.
- Supervise and Manage support staff for the building as well as administration staff and contractors working in the building.
- Provide clinical consultation and supervision as and when needed for (SSDEC) South Slave Divisional Education Council for trauma-informed education and counselling support when needed.
- Meet with Elders Advisory team, Chief and Council for direction on program administration.
- Support youth justice coordinator and victim services coordinator with client needs.
- Clinical supervision for masters of counselling student.

HAY RIVER HEATH & SOCIAL SERVICES

Mental Health & Addictions Counsellor.....Mar 2013 – Oct 2016
Hay River, Northwest Territories

- Using a best practices model, provide clinical counselling services for elders, children, adolescents, adults, couples, families and groups in all areas of mental health and addiction.
- Conduct screening, and biopsychosocial intake assessment with clients for a variety of conditions including, but not limited to: addictions, family violence, suicidal ideation, grief and loss, residential school and intergenerational trauma, FASD, concurrent disorders, sexual/physical assault, as well as problems and interpersonal issues with work, school, family, relationships, personal growth, or other important areas of function causing distress.
- Provide leadership and advocacy with and for clients working with other agencies when needed.
- Complete intake and clinical case notes, referral letters, and other case management documentation as required by the Department of Health and Social Services, Clinical Supervisor, and as requested by other agencies with client's consent.
- Facilitator for counselling groups and psychoeducational workshops such as cognitive behaviour therapy (CBT) group for depression & anxiety, trauma workshop and processing group, Applied Suicide Intervention Skills Training (ASIST), conflict resolution workshop.
- Completed 900 of 1600 hours for NWT Psychologist registration.

GNWT JUSTICE DEPARTMENT

Intern Psychologist ~ North Slave Young Offenders Facility.....Jan 2012 – Mar 2013
Yellowknife, Northwest Territories

- Under clinical supervision provide therapeutic intervention, program development and counselling services to assess and improve the mental and emotional health of youth in the justice system.
- Completed 500 of 1600hrs Internship for NWT Psychologist Registration.
- Provide individual counselling to youth in custody and on community supervision.
- Coordinate up to 4 programs a year and provide group counselling programs as and when required.
- Support to Case Management by attending case conferences, inter-disciplinary team meetings, develop and implement case plans, and release planning.
- Complete screening and assessment tools such as Beck Youth Inventories, MAYSI-II, and SASSI-A2, to identify needs of client for case management and counselling purposes. Including trained in using LSCMI with adult and youth offenders. Introductory training EVT, PPVT, and WAIS and WISC.
- Provide substance abuse and vocational counselling, and crisis intervention with clients as required.
- Provide staff education and training to address identified needs of client population.
- Keep confidential client records in compliance with GNWT policies and procedures and Canadian Psychological Association Code of Ethics.
- Completed Certification for working with sexually abusive youth (Gail Ryan Training University of Colorado, Denver) – JSOAP assessment training ~ June 2012

ALBERTA HEALTH SERVICES

Addictions Counsellor III ~ Northern Addiction Centre.....May – Jan 2012 (Mat leave term)

Grande Prairie, Alberta

- Provide group counselling and case management in 21-day treatment rotation including completing written treatment summaries for clients and referral agents upon completion or discharge.
- Use Group process strategies with a strengths-based counselling focus such as solution and emotion focussed therapy, to transition groups through stages of group development and change.
- Incorporate diverse expressive counselling tools such as letter writing, mask painting, and collage as therapeutic mediums.
- Facilitate psychoeducational workshops: anger-management, concurrent disorders, relapse and recovery, and family program to clients in 21-day treatment program.
- After-care planning in addictions models of recovery such as: abstinence, harm-reduction, biopsychosocial, and moral model as interventions to facilitate change and maintenance in recovery.

GRANDE PRAIRIE REGIONAL COLLEGE (GPRC)

Aboriginal Programs Coordinator ~ Workforce Development.....Aug 2008-March 2011
Grande Prairie, Alberta

- Develop and Coordinate employment programs for high risk Aboriginal youth with GPRC, Service Canada, Northern Alberta Development Council (NADC), Alberta Employment & Immigration (AEI), Industry, Metis Nations of Alberta, and First Nations in that region.

- Responsible for project management and administration of operational budgets for funding proposals to \$900,000, including reconciliation and reporting for fiscal agreements with federal and provincial governments.
- Course development, evaluation, and facilitation of life and employability skills, specifically targeting career self-efficacy for high risk Aboriginal Youth.
- Provide Crisis, Career & Guidance counselling for 12-18 Indigenous students with barriers to employment, including case management and program support during 5 month employment program.
- Supervise and manage 2-5 staff during program deliveries and 12-18 Indigenous youth; demonstrating leadership and management skills that promoted a positive working environment.
- Liaise with community resources for students to assist with their career development process.
- Write proposals for funding, including conducting research to identifying employment needs in Peace Country Region.
- Coordinate, consult, and network with local Aboriginal and community organizations to identify program and community needs as part of program application and delivery process.
- Developed and facilitated career counselling group for high risk Aboriginal youth focused on increasing career self-efficacy.
- Won “most rewarding partnerships” award from the Alberta Chamber of Resources and Certificate of Appreciation for work with the Aboriginal Student Job Shadow Program on behalf of GPRC.

AURORA COLLEGE

Campus Counsellor ~ Aurora Campus **July 2005 – July 2008**
Inuvik, Northwest Territories

- Provide counselling for students experiencing mental health concerns, family violence, addictions, physical and sexual abuse, residential school abuse, learning disabilities, FASD, financing, child-care & parenting issues, and other personal concerns.
- Provide guidance counselling, including familiarity with a variety of vocational assessment tools.
- Facilitated workshops on various topics such as College survival skills, FASD, Family Violence, AIDS awareness, Stress Management, Healthy Relationships and boundaries, drug and alcohol awareness.
- Provide support, assistance and advocate for students utilizing government and community resources such as income support, child care subsidy, Student financial assistance, social services, and daycare.
- Co-ordinate and facilitate support groups and sharing circles with various student groups for grief and trauma related incidences such as suicide, residential school abuse and deaths in the community.
- Co-ordinate and manage College Student Council and Graduation Committees and various student orientated events such as orientation, Aurora College week, and convocation.

GNWT JUSTICE DEPARTMENT

Senior Youth Worker ~ Arctic Tern Young Offenders Facility (ATYOF) **Oct 2001 – July 2005**
Inuvik, Northwest Territories

- Supervised team of four Youth Officers and up to 10 youth on daily basis.
- Wrote Standard Operating Procedures for facility and facilitated Correction Training Program prior to opening of ATYOF.

- Facilitation of cognitive behavioural focussed anger-management & cognitive skills training groups with adolescents in custody.
- Formal and informal assessment of client suicide risk, risk to reoffend, and program needs.
- Crisis Response on regular basis, resolving high-risk situations in the facility.
- Conflict resolution with youth and families during reintegration process to the community.
- Case management supervision ensuring case plans, progress reports, and aftercare plans are accurate, clear, comprehensive, and submitted in a timely fashion.
- Familiarity of Youth Criminal Justice Act, Young Offenders Act, Criminal Code of Canada, Corrections and Conditional Release Act, and Child and Families Act.
- Successful Acting assignments as Manager and Program Coordinator.

ALBERTA GOVERNMENT SOLICITER GENERAL

Correctional Service Worker ~ Edmonton Young Offenders & Youth Attendance Centre...April – Sept 2001
Edmonton, Alberta

- Youth worker in corrections facility and at community attendance centre, providing support and intervention to youth to assist with successful reintegration to community.
- Maintain effective offender relations within the unit, centre and community, to promote harmony, alleviate tension, and encourage positive behaviour.
- Completed the (COPAT) Correctional Officer Physical Abilities Test.
- Assisted with (ISSP) Intensive Support and Supervision of youth, including completing fine options, surveillance, conducting house visits, curfew checks, telephone contacts, and ensuring conditions on probation orders followed.
- Provide support to youth and parents for successful completion of probation orders, including diffusing situations in the home, providing community resources for assistance such as counselling centers, youth emergency shelters, alternate safe homes or temporary places of residence.

Practical Experience & Clinical Supervision

North Slave Young Offenders Facility..... Jan 2012-Mar 2013
Yellowknife, NT

- 911 Intern-Psychologist hours completed for NWT Psychologist Registration

Hay River Health & Social Services..... April 2013-April 2014
Hay River, NT

- 688 Intern-Psychologist hours completed for NWT Psychologist Registration

Alberta Health Services

Grande Prairie Mental Health Services ~ 300 Clinically Supervised Hours.....Sept 2010 - April 2011

- Completed 140 hours of general practicum with Assertive Outreach Services (AOS) including doing weekly review of client progress on psychiatric unit of QEII hospital, attended case plan file reviews for client discharge, met with AOS client on regular basis monitoring daily management in community.
- Counsellor in single-session (solution-focus model) reflective team walk-in clinic and provided one to one and group counselling intervention with DSM IV-TR diagnosed clients

- Co-facilitated bridging drop-in group and Dialectical Behavioural Therapy Graduate group (drop-in)
- Completion of 160hrs advanced practicum, including completion of an integrated client case study using emotion-focussed intervention treatment plan for client with trauma

Fort Smith Health Authority

Community Wellness Centre ~ 210 Clinically Supervised HoursOct – Dec 2006

- 8 week practicum under supervision of a Family & Mental Health Therapist.
- Facilitated 6 week group counselling program on self-respect and assertion training with women in Territorial Corrections Facility.

Edmonton Young Offenders Center

Programs Facilitator (Practicum & Volunteer).....Sept 1999 – Dec 2000

- Worked with high-risk adolescents with mental health issues including, addictions, conduct disorder, oppositional defiance disorder, fetal alcohol spectrum disorder & alcohol related birth defects, family violence, and anger-management, as part of Child Development course.
- Provided one to one, substance abuse programs in co-operation with the addictions counsellor.
- Provided one to one anger-management with the co-operation of the facility psychologist.
- Provided one to one literacy skills training with youth in custody.
- Nominated for Wild Rose Foundation Award ~ Volunteer Commitment.

Family Counselling Centre Board Member

Inuvik Family Counselling Centre.....Jan 2006 – Oct 2006

- Attended regular board meetings regarding the operations of non-for-profit organization.
- Participated in Human Resources operations such as conducting job interviews, consultation of staff disciplinary action, and provide assistance with job description development.
- Wrote funding proposals including budget, program criteria, and measuring success rates.