

ARCH

Psychological Services

Claudia Vasquez

(B.A, M.C. Provisionally Reg. Psych)

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Summary

Provisionally Registered Psychologist practicing at ARCH Psychological Services.

Summary of Skills and Experiences

- Experienced in working with children, adolescents, and adults with a wide range of mental health concerns.
- Eye Movement Desensitization and Reprocessing (EMDR) certified.
- Gottman couples therapy certified.
- Current first Aid and CPR certification.
- Trauma Focused Lens Approach.
- Fluent in both English and Spanish, with the ability to read and write.

Professional Affiliations

College of Alberta Psychologists

6441p

Relevant Employment History

Registered Provisional Psychologist

January 2023 – Present

ARCH Psychological Services

Edmonton, AB

- Psychotherapy services for children, adolescents, adults, couples, and families, as well psychological assessments.
- Skilled in providing therapy through a trauma-informed lens as well as through a Narrative Therapy, Acceptance and Commitment Therapy, Internal Family Systems Therapy approach solution Focused Brief Therapy, Gestalt, Mindfulness, Play Therapy, Art Therapy.
- Areas of specialization are mood disorders, school issues, stress, relationships issues, coping skills, family conflict, PTSD Substance-Related and addiction issues, Conduct Disorders, Neurodevelopmental Disorders, Gender Dysphoria, Obsessive Compulsive disorders, as well as Grief and Loss, Attachment Disruptions and women's issues.
- Ability to provide EMDR therapy.
- Skilled in working with Members of the Canadian Armed Forces
- Ability to provide various assessment work within the areas of

psychoeducational, psychological and parent observations.

- Ability to provide couples therapy through a Gottman therapy lens approach.
- Skilled in working with clients from different cultural settings.
- Ability to provide services in Spanish.

Mental Health Therapist

Mar 2022 – Dec. 2022

ARCH Psychological Services

Edmonton, AB

- Working Psychotherapy services for children, adolescents, adults, couples, and families, as well psychological assessment.

Human Resources Assistant

2014 – 2021

Excel Society

Edmonton, AB

Not-for-profit organization that helps individuals with developmental disabilities

- Filtering and processing all internal applicants for our internal positions.
- Assisted with interviews.
- Prepare all employee work contracts.
- Attend and hosted job fairs to recruit and provide information about the company.
- Processed and entered all Human Resource documentation on spreadsheets.
- Participate in client-centered activities that included strength-based community-building events such as talent nights and bingo.
- Volunteered to help at our day programs and summer camps.

Education

Master of Counselling

2019 – Fall 2022

City University of Seattle

Edmonton, AB

- Enrolled in a three-year Master of Counselling Program.

Bachelor of Arts

2007 – 2012

University of Alberta.

Edmonton, AB

- Attended the University of Alberta and majored in Sociology with a minor in English.

Training/Workshops

Gottman Therapy Level 1 and 2

Jan. 2023

Gottman institute

Edmonton, AB

EMDR Certified

Jan. 2022

Personal Transformation Institute

Edmonton, AB

- 20 hours of didactic, 20 hours of practicum & 10 hours of consultation totaling 50 hours

Volunteer Activity

Support and Information Line Volunteer

Sept. 2017 – 2022

Sexual Assault Centre of Edmonton

- Providing phone, text and chat support on the SACE Support and Information Line and Alberta's One Line for Sexual Violence.
- Participated and trained through a 65-hour support and information line training.
- Topics covered included communication and support skills, information regarding sexual violence, cultural contexts, Indigenous oppression, and sexual assault within the criminal code. Other topics covered included vicarious trauma, family supports, stalking, suicide intervention, learning about local community resources, intimate partner violence and self-care.
- Attend monthly meetings.
- Previously participated in community outings to Zebra Foundation, Women's Health Options Clinic, Edmonton Police Division for Sexual Assault and Child abuse.
- Before COVID-19, I participated in community booths within the city to provide education, support and raise awareness of sexual violence.
- Some booths have included Queer Prom 2018, Girls Empowered (Elizabeth Fry Association), Edmonton Comic Expo 2018.

Community Booth Worker

2017 – 2022

YWCA – formally Compass Centre for Sexual Awareness

- Engaged in a 30-day information and booth training.
- Topics covered included information on sexually transmitted infections, contraceptive information, pregnancy options and resources, sexual health education, and multicultural outreach.
- Participated in community booths throughout the city such as Taboo Edmonton, Pride week, Homeless Connect and Queer Prom.
- Participated in seminars and workshops such as Prevent it workshop through Zebra Foundation, LGBTQ seminars, healthy relationships.

References and Documentation Available Upon Request