

An Experienced, Dynamic Psychotherapist, Wellness Consultant & Educator

Professional Experience

2013 to present

City of Toronto

EAP Clinical Counsellor and Senior Human Resources Consultant
Employee Health, Wellness & EAP and Team Central

A highly professional vibrant team player providing short-term, solution-focused, client-centred clinical counselling, management and employee HR consultations, and training to over 3000 City of Toronto employees and family members.

- Responsible for initiating, developing, and facilitating a wellness initiative to foster a healthier workplace culture within the City of Toronto upon joining the team
- Provides management consultations and coaching, critical incident sessions, extensive referrals, and monthly intake coordination of all requests for clinical services, and record keeping
- Develops educational programming, training, workshops, and website materials for employees and managers on various mental health and workplace wellness issues including personal wellness, intimate partner violence, mindfulness, community and internal resources, managing and supporting people experiencing mental and physical health issues and accommodation needs
- Offers consultations, needs assessments, and analysis on workplace human resources issues to managers, colleagues, and employees
- A team leader who performs all tasks with meticulous attention to detail
- Demonstrates strong writing, administrative, organization, and computer skills

1996 to present

Ceresne Therapy and Consulting Services

Registered Psychotherapist, Wellness Consultant, and Educator

A compassionate, effective and experienced private practice registered psychotherapist working with individuals, couples and families.

- Master's level registered psychotherapist extensively trained in a variety of approaches including: CBT, CBT, EFFT, psychodynamic, and mindfulness-based psychotherapy
- Delivered short-term, solution-focused, and long-term psychotherapy
- Experienced in working with corporate and government Employee Family Assistance programs with survey results indicating a high degree of client satisfaction
- Provided effective crisis intervention, case management, guidance, and advocacy including mental health referrals, community liason and meaningful client follow-up
- Primary designer, facilitator, trainer of workshops and training sessions for groups of 20-200 on workplace wellness, work-life balance, team building, clinical training, crisis management, intimate partner violence, with consistently high ratings

2002-2003

Halifax Regional Police

Counsellor, Victim Services (Halifax, Nova Scotia)

Provided crisis intervention, individual counselling, high risk case coordination, on-scene response, response, case management, advocacy, education and training.

- Assisted in writing agency protocols for community collaborative response when women are determined to be at high risk for lethality
- Organized a province-wide conference with renowned family violence expert, Dr. Jacqueline Campbell (2003)

- 2001 **Nova Scotia Advisory Council on the Status of Women**
 Researcher, Policy Advisor (Halifax, Nova Scotia)
 A limited-term position providing research, policy advice and communications.
 • Initiated, managed and executed a full revision of a widely-used accessible publication *Making Changes, A Book for Women in Abusive Relationships*
 • Provided consultation, research and policy direction on social justice issues such as violence against women, custody and access, child and family poverty
- 1997-2000 **Project New Start**
 Coordinator and Women's Counsellor, Project New Start (Halifax, Nova Scotia)
 Provided individual and group counselling, psychoeducation and advocacy with abused women within a government-funded domestic violence intervention and partner support program. Oversaw program design, administration, budget preparation and staff and student supervision.
 • Promoted to Coordinator/Team Manager in September 1998
 • Supervised clinical therapists, Master of Social Work students and volunteers
- 1997-1998 **Bryony House/Halifax Transition House Association**
 Facilitator and Educator, Youth Outreach Project (Halifax, Nova Scotia)
 Designed and implemented a youth outreach domestic violence project, oversaw budget expenditures, and final report for project funded by the Canadian Women's Foundation.
 • Independently designed and delivered an innovative in-school domestic violence and healthy relationship program and support group for grade 8/9 students
- 1996-1998 **Kachina Health Centre**
 Psychotherapist (Halifax, Nova Scotia)
 • founding member of a holistic, multi-disciplinary health centre with a team of psychotherapists, a physician, and massage therapist
- 1994-1995 **Dr. Toni Laidlaw and Dr. Cheryl Malmo**
 Principal Research Assistant (Halifax, Nova Scotia)
 Oversaw a Canadian Federal Government funded project: *Adult Survivors of Childhood Sexual Abuse: Coping and Healing Strategies* as researcher and coordinator. Responsible for liaison with therapists and participants throughout Canada and data analysis.
 • Co-presented results with principal academic researchers at Canada-wide conferences
- 1990-1993 **Bill Attewell, Member of Parliament**
 Special Assistant, Communications (Ottawa, Ontario)
 A communications assistant to an MP, responsible for all primary communication such as speeches, articles, and press releases.
 • Initiated research, provided policy analysis and summarized policy and legislation
 • Event planning for visiting politicians, business people and constituents, organizing events for 30-300 people
- 1990-1991 **Dorothy Dobbie, Member of Parliament**
 Member's Assistant, Communications (Ottawa, Ontario)
 A communications assistant to an MP, writing speeches, articles and press releases.
 • Researcher, provided policy analysis and government liaison
- Education**
- Fall 1995 **Harvard University**
 Harvard Graduate School of Education, Human Development and Psychology
 Studying Relational Psychology with Dr. Carol Gilligan at the Doctoral level
- 1995 **Dalhousie University**
 Master's of Arts in Education, Educational Psychology

1990 **Carleton University**
Bachelor of Journalism, High Honours, Journalism and Political Science

Accreditation

2017 to present Registered Psychotherapist, Registration #006746
College of Registered Psychotherapists of Ontario

1996 to present Member in Good Standing
Canadian Counselling and Psychotherapy Association

Selected Invited Presentations

“So You’re Sick of Your Mom Telling You to Exercise: Doing Wellness Your Way” Developed and delivered a Youth and Mental Wellness Workshop to UFA High School Students, Toronto, March 24, 2021

“Women’s Path to Wellbeing” Developed and delivered a women’s mental health and wellness training session for International Women’s Day, to City of Toronto employees, March 8, 2021

“Embracing Wellness: Finding Resilience in Ordinary and Extraordinary Times” Developed and delivered a COVID-19 Pandemic wellness training session for City of Toronto employees, 2020-2022

“Being Resilient: Our Search for Wellness at Work and Home” Developed and delivered a Pandemic focused wellness and work-life balance training session for City of Toronto employees, 2020-2022

“Let’s Talk About Parenting During a Pandemic: Supporting Your Children’s Mental Health Now and Always” Developed and delivered a Pandemic focused parenting workshop for City of Toronto employees, January-February 2021

“Caring for Ourselves and Promoting Wellness: Finding Work Life Balance”
Designed and delivered a series of dynamic workshops to City of Toronto divisional teams including directors, senior managers, and employees, 2014-present

“Enhancing Safety and Mobilizing Community Support to End Violence Against Girls and Women in Sydney”
Keynote Address for Cape Breton Take Back the Night Concert and March event. Sydney, NS July 28, 2012

“Managing Stress to Promote Wellness: Finding Balance”
Facilitated a workplace wellness session with provincial Department of Justice employees, Sydney, NS February 22, 2012

“Working and Playing Together as a Team: Team Building Workshop”
Facilitated a half-day workshop for Federal government employees, Glace Bay, NS November 17, 2009

“Therapeutic Approaches: Supporting Women Who Have Been Sexually Abused”
Facilitated a full-day training workshop for transition house workers across Nova Scotia, Sydney, NS May 27, 2009

“Reflections for Women: A Commemoration for Women Living with Violence”
Cape Breton University, Sydney, NS, December 6, 2006

A complete list of invited workshops and presentations from 1995-2018 is available upon request.

Selected Professional Development

EFFT Complex Trauma Training by Lisa McCaskell, MSW, RSW
Online, February 21-22, 2022

EFFT Core Training with Dr. Adele LaFrance
Online, March 4-5, 2021

Critical Incident Response by Sarah Earl, MEd, CCC, RP
FSEAP, Kingston
Online, June 29, 2020

Introduction to Emotion-Focused Family Therapy by Dr. Adele LaFrance, PhD
SickKids Centre for Community Mental Health-Learning Institute
Toronto, Ontario March 19, 2019

Canadian Domestic Violence Conference 5
Halifax, Nova Scotia March 20-23, 2018

ASIST Applied Suicide Intervention Skills and Training with Toronto Paramedic Services
TPS Headquarters, December 3-4, 2017

EFFT Caregiver Workshop with Dr. Mirisse Foroughe
Kindercare Psychology Toronto, Ontario November 23-24, 2017

Beyond Kale and Pedicures: What Works In Managing Compassion Fatigue with Francoise Mathieu, MEd, RP, CCC
Hinks Dellcrest Centre, Toronto Ontario, May 20, 2015

DBT with Lyndsey Davies, MSW, RSW
Hinks Dellcrest Centre, Toronto, May 20, 2015

Canadian Domestic Violence Conference 4
Toronto, Ontario, June 3-4, 2015

Violence, Victimization & Trauma with Dr. Lori Haskell, PhD
Toronto, Ontario June 2, 2015

Canadian Domestic Violence Conference 3
Toronto, Ontario, February 27-28, 2013

EastWind Institute, Advanced Training in Counselling and Psychotherapy
Intensive training for professionals in Mindfulness based Contemplative psychotherapy and Transactional Analysis
Halifax, NS, 1997-1998

A detailed list of professional development from 1996 to 2020 is available upon request

Community Experience

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| May 2014 to present | Camp Ooch/Sporting Life 10k (Toronto, ON)
Fundraising and Race Participant <ul style="list-style-type: none">Recruited friends and family members, ages 10 and up, to train, fundraise, and successfully complete the annual race |
| 2013 to 2017 | City Shul (Toronto, ON)
Volunteer/Organizer, Special Events |
| July-August 2012 | Cape Breton Take Back the Night Concert and March (Sydney, NS)
Chief Organizer, Director of Promotions, Fundraising and Community Outreach <ul style="list-style-type: none">initiated widespread community support and endorsement of an event to raise awareness regarding violence against women with over 200 people attending the July 28, 2012 event (a record in Sydney for an event of this kind)initiated a successful fundraising initiative for this event when 2 high profile murders of young women in Cape Breton warranted immediate community mobilization and support to work towards ending violence against women |

- proposed a university scholarship fund for African Nova Scotian women in Cape Breton with the proceeds from the event
- worked with Cape Breton University Faculty Association to endow a CBU scholarship fund for a female African Nova Scotian student to attend university

2003-June 2012

Cape Breton Interagency for Family Violence (Sydney, NS)
Committee Member and Management Committee, 2003-2011

2006-2013

CIBC Run for the Cure (Sydney, NS)
Annual race participant and fundraiser
• effective fundraiser, ranked among the top 10 on-line fundraisers for Cape Breton

1997-2003

Halifax Metro Interagency Committee on Family Violence (Halifax, NS)
Chair (October 2000 to August 2003); Vice Chair (1999-2000)
• organized and secured funding for a province-wide conference for 200 participants

Awards

2012 Kripalu Association Teaching for Diversity Grant for “*Yoga Rocks, Peaceful Talks*”
2012 Northside Rotary Club Grant for “*Yoga Rocks, Peaceful Talks*” program
2011 Cape Breton Community Health Board Wellness Fund Grant: “*Overcoming Violence and Trauma Through Mind Body Healing, or: Yoga Rocks, Peaceful Talks*”
1996 Fulbright Canadian-US Scholar (Declined)
1995 Harvard Graduate School of Education Grant
1995 Dalhousie Graduate Studies Research Development Grant
1994 Dalhousie Alumni Association Women’s Division Bursary
1990 Carleton University Deans' Honour List
1986 Ontario Scholar

Special Interests

Reading, Writing Poetry, Art, Running, Hiking, Films, Theatre, Yoga