

RESUMÉ

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ART THERAPY/COUNSELLING EXPERIENCE

March 2020-
present

Art Therapy Private Practice, Saskatoon, SK

Individual, parent/child dyad, and group counselling with a humanistic lens for people of all ages with various concerns and challenges including complex trauma, grief, anxiety, behavior and emotional disturbances, attachment disruptions, mental illness, and addictions. Participate in case management meetings and submit progress reports for referring organizations; provide referrals to community supports; and maintain counselling records. Ongoing participation in clinical supervision.

Individual, parent/child dyad counselling for Ministry of Social Services Child and Family Programs, Saskatoon Open Door Society, Autism Services Saskatoon, Ministry of Justice Victims Services, Eagle's Nest Youth Ranch, Cognitive Disability Strategy.

Groups for Sask Abilities, OUT Saskatoon, Saskatoon Open Door Society, Eagle's Nest Youth Ranch, Elmwood Residences, Light of the Prairies.

December 2018-
August 2019
(term position)

Youth Mental Health Clinician

Ki-Low-Na Friendship Society, Kelowna, BC

As part of the youth services team, deliver individual and group, culturally-safe counselling for urban Indigenous youth, parents and children, and families. Conduct intakes, maintain client records, and help families with Jordan's Principle applications. Develop community partnerships to deliver outreach counselling in schools, a low-barrier shelter, a group residence, the Foundry, and homes. Participate in First Nations cultural practices.

August 2017-
September 2018

Aboriginal Child and Youth Mental Health Clinician

Nisga'a Child and Family Services, Gitlaxt'aamiks, BC

Deliver culturally-responsive mental health support for children and youth through: individual and group counselling; family sessions; parenting workshops; intake and screening; referrals to mental health service providers and physicians. Develop treatment plans with clients and families experiencing disrupted attachment, children in care, mental health concerns, suicidal ideation, behavioural issues, addictions, and trans-generational trauma.

May 2013-
July 2017

Art Therapy Private Practice, Regina, SK

Group counselling for Paper Crane Community Arts/Ranch Ehrlo Society, Balgonie Elementary School, Canadian Mental Health Association Members Club (Regina Branch), Raising Hope (Street Workers Advocacy Project), Chip and Dale Homes, Riverbend Crossing Memory Care, SOFIA House, and Early Childhood Intervention Program

Cont'd...

Individual counselling for Cognitive Disability Strategy, Regina Children's Justice Centre, Creative Options Regina, Early Childhood Intervention Program, Saskatchewan Social Services, Touchwood Agency Tribal Council, Ranch Ehrlo, YWCA Kids in Transition Shelter, and self-referrals

EDUCATION

- 2012 Art Therapy Honours Post-Baccalaureate Diploma, Kutenai Art Therapy Institute, Nelson, B.C.
Thesis – Reflection Cards as an Opening Circle Activity
- Graduate-level program with coursework in psychotherapy, human development, clinical issues, ethics, mental health disorders, cultural identity, case studies, qualitative research, and thesis. Counselling techniques, biopsychosocial intakes, screening using DSM-IVTR, treatment plans, summary reports, maintaining client files. Over 400 direct client practicum hours and 160 hours of clinical supervision.
- 2002 Master of Arts (*English, Film, Women's Studies*), University of Regina, SK
- 1997 Bachelor of Arts (*Art and Culture*), University of Regina, SK

ONGOING PROFESSIONAL DEVELOPMENT

- 2025 *Clinical Supervision & Consultation of Creative Arts Therapists and Counsellors*. Vancouver Arts Therapy Institute (VATI), 3 credit, 30-hour, graduate-level course
- 2021/23/25 Canadian Children's Grief Symposium, Canadian Alliance for Children's Grief, (2 days)
- 2022 *Addictions Studies Extension Certificate*, Mount Royal University, Calgary (120 hrs)
- 2022 *ASK: Assessing for suicide in kids*. ABK Wellness Consulting, (8 hrs)
- 2021/22 Threads: Cultural Conversations, Saskatoon Open Door Society, (2 days)
- 2020 *ASIST: Applied Suicide Intervention Skills and Training*. ABK Wellness Consulting (2 days)
- 2019 *Water Teachings*, Okanagan Nation Alliance, (1 day)
- 2019 *Strengthening Our Youth*, Westbank First Nation, (1 day)
- 2018 *8th International Research Conference Adults & Adolescents with FASD*, University of BC, (3 days)
- 2018 *Neurosequential Model of Therapy*, Dr. Emily Wang, Hull Services (2 days)
- 2017 *Indigenous Tools for Living*, Justice Institute: Aboriginal Focusing Oriented Therapy (3 days)
- 2017 *Vicarious Trauma: Prevention and Resilience Strategies*, Thrive (2 days)
- 2015 *Practical Tools for Helping Children*, Crisis & Trauma Resource Institute Inc. (2 days)
- Ongoing National Institute for the Clinical Application of Behavioral Medicine (NICABM), online

PROFESSIONAL ASSOCIATION MEMBERSHIPS

College of Registered Psychotherapists of Ontario (CRPO) registered psychotherapist (qualifying) #18234

Canadian Art Therapy Association (CATA) registered and insured professional member #223-R-17 (CATA standards of practice). Registration requires 1,000 client contact hours, 50 hours supervision, insurance, and ongoing professional development.