

RESUMÉ

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SUMMARY

I chose to be an art therapist to connect with and help people experiencing difficulties and because I was intrigued by how art therapy reveals helpful insights to a person wanting to change their way of being in the world. Their journey is informed by art therapy weaving the symbolic and literal content of what they've made with their observations and insights about their experience. I guide the process with a therapeutic approach that is eclectic with a humanistic emphasis, attachment- and trauma-informed, and strengths-based.

ART THERAPY/COUNSELLING SKILLS

- Individual, parent/child dyad, family, and group counselling
- In-person, outreach, and virtual sessions using NousTalk
- Populations: children, youth, adults with cognitive disability, 2SLGBTQ+, neurodiversity
- Psychoeducation that informs, normalizes, and destigmatizes mental health experiences
- Knowledge of graphic indicators including human development and trauma
- Experience and knowledge of material use to support client outcomes and goals
- Professional development in the areas of trauma, grief, addictions, ADHD, suicide risk, decolonization
- Cultural humility and awareness learned while working for Indigenous organizations and participating in cultural practices such as feasts and sweats
- Intakes, clinical notes, client records, progress reports, participation in case management meetings
- Referral recommendations to community supports and mental health allied professionals
- Partnerships with community organizations to facilitate service delivery
- Participation in clinical supervision
- Clinical supervisor for art therapists seeking registration with the Canadian Art Therapy Association

ART THERAPY/COUNSELLING WORK EXPERIENCE

March 2020-present	Art Therapy Private Practice , Saskatoon, SK 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 Group counselling 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 Mental health support for urban Indigenous children and youth
August 2017-September 2018	Aboriginal Child and Youth Mental Health Clinician Nisga'a Child and Family Services , Gitlaxt'aamiks, BC Provided mental health support for children and youth in four remote communities

- May 2013- **Art Therapy Private Practice**, Regina, SK
- July 2017 **Individual parent/child 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
- 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

EDUCATION

- 2012 Art Therapy Honours Post-Baccalaureate Diploma, Kutenai Art Therapy Institute, Nelson, B.C. Graduate-level coursework in psychotherapy, human development, clinical issues, ethics, mental health, cultural identity, case studies, qualitative research, and thesis. Practice skills including 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

PROFESSIONAL DEVELOPMENT

- 2026 Canadian ADHD Resource Alliance (CADDRA) membership
- 2025 *Clinical Supervision & Consultation of Creative Arts Therapists and Counsellors*. VATI
- 2021/23/25 Canadian Children's Grief Symposium, Canadian Alliance for Children's Grief, (2 days)
- 2022 *ASK: Assessing for suicide in kids*. ABK Wellness Consulting, (8 hrs)
- 2021 *Addictions Studies Extension Certificate*, Mount Royal University, Calgary (120 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 NICABM online psychotherapy training

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: 1,000 client contact hours, 50 hours supervision, insurance, and professional development)