

Education

Master of Social Work, 2019

University of Northern British Columbia, Prince George

- Relevant coursework: Family Therapy, Clinical Social Work, Alternative Approaches to Wellness, Advanced Practice with First Nations, Northern and Remote Social Work
- Practicum Thesis titled: Meeting Here and Now: A Social Work Framework Serving Child and Family Welfare Within a Colonized Context

Bachelor of Social Work with Distinction, Child Welfare Specialization, 2013

University of Victoria

- Relevant coursework: Directed Studies in Becoming an Ally with Dr. Robina Thomas, Working with Trauma, Collaborative Conversations (introduction to counselling theories), Indigenous Perspectives on Social Work, Indigenous Policy Analysis, Addictions Theory and Practice, Family and Child Welfare Policy and Practice

Play Therapy Certificate Program, 6 weeks 2021 and 2022

Canadian Association for Play Therapy, Toronto (live virtually)

- Completed all coursework required toward certification as a Play Therapist:
 - Introduction to Play Therapy
 - Play Therapy History, Models and Process
 - Ethical Practice in a Play Therapy Setting
 - Assessment & Treatment Planning in a Play Therapy Context
 - Family Play Therapy
 - Non-Directive Play Therapy and Introduction to Filial Therapy
 - Theraplay as a Play Therapy Model
 - Attachment Theory and Therapy in a Play Therapy Setting
 - Sandtray Therapy
 - Brain Research and Child Development in a Play Therapy Setting
 - Understanding Traumatized Children
 - Applying Play Therapy Tools in the Treatment of Trauma in Children
 - Play Therapy with Abused Children – Physical, Emotional, Sexual Abuse
 - Creating an Inclusive and Culturally Competent Play Therapy Practice
 - Storytelling in a Play Therapy Session
 - Understanding and Treating Anxious Children
 - Treating Disruptive Behaviour Problems in a Play Therapy Setting
 - Puppetry in a Play Therapy Setting
 - Play Therapy with Adults
 - Group Therapy
 - Play Therapy for Children and Families Coping with Loss
 - Art Therapy in a Play Therapy Setting
 - Vicarious Trauma and Self Care in a Play Therapy Environment

Helping Children with ADHD: A CBT Guide for Practitioners, Parents and Teachers, 2022, Training Manual

San'yas Indigenous Cultural Safety Training, December 2022, San'yas Anti-Racism Indigenous Cultural Safety Training Program & Provincial Health Services Authority (online)

CADDRA Introduction to ADHD for Healthcare Professionals, October 2022, CADDRA (online)

Nowh Guna "Our Way" Foot in Both Worlds Carrier Agility Training, May 2022, Carrier Sekani Family Service, Prince George (live virtually)

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood DC:0-5 Clinician Training, 2022, ZERO TO THREE: National Center for Infants, Toddlers and Families (online)

Trauma-Focused CBT (with children and caregivers), March 2022, TF-CBT Web 2.0 (online)

Foundations in Infant and Early Childhood Mental Health (IMH) Certificate Lecture Series, March 2022, Infant Mental Health Promotion and SickKids Learning Institute (online)

Solutions-Focused Brief Therapy, September 2021, Dr. Glen Schmidt, Prince George

Dialectical Behaviour Therapy Skills with Adolescents, 2021, Psychwire (online)

CBT-Anxiety & Related Disorders in Kids & Teens (CBT-A), 2020, CBT Connections, Vancouver

Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians, 2019, American Association of Suicidology, Prince George

Emotion-Focused Family Therapy Core and Advanced Training Certificates, 2018 and 2019, Mental Health Foundations, Prince George

Response-Based Practice Certificate, 2016, Centre for Response-Based Practice, Cowichan Valley

Complex Care Intervention Coach Training, 2015, Complex Trauma Resources, Prince George

Narrative Therapy Certificate, 2013, Vancouver School for Narrative Therapy

Applied Suicide Intervention Skills Training, 2015, LivingWorks Education Inc, Prince George

200 Hour Yoga Teacher Certificate, 2017, Vinyasa Yoga School, Rishikesh, India

Children's Yoga Teacher Certificate, 2018, Cosmic Kids Yoga, online

Trauma-Informed Yoga Certificate, 2020, Yoga Outreach, Prince George

Relevant Professional Experience

Child and Family Mental Health Therapist (Private Practice) February 2022 - Present
Arnica Counselling Inc., Summit Child and Family Therapy Clinic, Small Magic, Prince George

- Provide intake, assessment, psychotherapy, and referral services for children and their caregivers.

Child and Youth Mental Health Therapist (Public Agency) April 2019 – August 2022
Intersect Youth and Family Services Society, Prince George

- Provide intake, assessment, psychotherapy, and referral services for children aged 0-19 and their caregivers. Design and facilitate therapeutic groups. Collaborate with community services and family supports. Active member of the Infant and Early Childhood Team and the Inclusion and Diversity Committee.

Child and Youth Mental Health Practicum Student May – December 2018
Aboriginal Child and Youth Wellness Program, Prince George Native Friendship Centre

- Provided psychotherapy for children aged four to thirteen and their caregivers. Designed and facilitated an emotional literacy group for children ages three to five. Worked collaboratively with community professionals.

Children's Librarian Assistant October 2017 – May 2019
Prince George Public Library

- Delivered children's programs, such as "story time," "baby time," and "yoga adventures." Created new programming for children with sensory sensitivities. Developed library resources. Provided information to patrons inquiring at the reference desk. Acted as in-charge staff member and responded to patrons in need of assistance, and to facilities and staff problems.

Generalist Social Worker and Complex Care Intervention Program Coach October 2014 – May 2017
B.C. Ministry of Children and Family Development, Burns Lake

- Conducted child protection intakes, investigations, and Family Development Responses. Provided voluntary support services for youth and families. Made applications to court and developed out-of-court agreements. Worked with families, community services, and First Nations to resolve child safety problems. Conducted guardianship duties, including permanency and cultural safety planning. Developed care teams and trauma-informed plans.

Leaders in Transition (LIT) Coordinator, Counsellor, and Personal Support Worker 2010 - 2014
BC Easter Seals Camp Shawnigan and Squamish

- Provided recreational programming and care to campers with various support needs. Provided personal care and lifts and transfers. Planned and facilitated leadership programs and a wilderness expedition for young adults with disabilities. Hired and trained staff. Assessed applicants' readiness. Evaluated staff members and participants. Mediated conflicts. Managed budgets and kept formal records. Liaised with wider camp programs and community partners.

Respite Worker, Caregiver September 2010 – May 2014
Foster families, Victoria

- Cared for teen girls and young women with various support needs and communication abilities. Assisted with daily activities of living, provided behavioural and emotional support, and programmed activities.

Languages Fluent (verbal and written) in English and French