

EDUCATION

- Master of Education, Counselling Psychology, **Simon Fraser University**, 2022
- Bachelor of Arts, Honours Psychology, **Simon Fraser University**, 2018

PROFESSIONAL DEVELOPMENT/TRAINING

- Internal Family Systems Immersion: Applications Across Clinical Settings, 2024
- Gottman Method Couples Therapy Level 1, 2023
- Motivational Interviewing Course, 2022
- Compassion in Therapy Summit, 2022
- Trauma Informed Practice Training Level 1 and 2, 2022
- Effective Intercultural Communication Training, 2021
- Non-Violent Crisis Intervention Training, 2019

RELEVANT WORK EXPERIENCE

Clinical Counsellor

Re: Function Health Group Inc, 2024 - Present

- Conducts clinical assessments to determine psychosocial factors that may impact the client's recovery (i.e., anxiety, depression, pain avoidance or catastrophizing)
- Provides client-centred, strength-based, trauma-informed individual psychotherapy to build a strong therapeutic relationship and support clients in the program
- Collaboratively works within an interdisciplinary team to support clients to successfully complete the OR2 program and make a graduated return to work

Y Mind Group Facilitator

YMCA of Greater Vancouver, 2023 - Present

- Co-facilitates two 7-week groups grounded in Acceptance and Commitment Therapy (ACT) and mindfulness for young people aged 13-30 with mild to moderate anxiety to support the learning of effective coping strategies and connection with peers in a safe environment
- Supports marketing and promotion of the program to young people and potential referrers in the local area and completes intake of program applicants at information sessions
- Provides administrative support such as tracking phone and email inquiries, registering participants, maintaining databases, and processing program evaluation paperwork

Employment Counsellor

Newton WorkBC, Options Community Services Society, 2022 - 2023

- Worked with a high volume of diverse clients to develop a collaborative return-to-work action plan including resume development, job search activities, and long-term interventions
- Conducted employability and formal needs assessments to determine client's needs and the next steps in supporting clients to find long-term, sustainable employment
- Followed WorkBC policy and ICM requirements with high precision to ensure accurate data entry, record keeping, and collection of statistical information

Student Counsellor

Student Affairs and Services, Douglas College, 2021-2022

- Provided personal and career counselling to support students with academic and career concerns, mental health issues, managing transitions, interpersonal conflicts, and more
- Co-facilitated an 8-week group for international students (the International Café) to foster students' sense of belongingness to the college and cultural adjustment to living in Canada
- Co-facilitated workshops to enhance students' mental wellness and academic success (e.g., Mental Well-being, Time Management, Test Anxiety, and Career Exploration workshops)

Community Support Worker

Sources Community Resources Society, 2018-2019

- Developed and followed individualized plans for clients living with developmental disabilities, autism spectrum disorder, and other mental health concerns to help clients reach their goals
- Taught and supported the development of daily life skills, including interpersonal skills, vocational training, money management, nutrition, and community access
- Prepared meals, maintained the residence, handled petty cash, and administered medications
- Prepared written reports of client progress on a daily and quarterly basis in Microsoft Word

Crisis Line Volunteer

Fraser Health Crisis Line, Options Community Services, 2016- 2019

- Responded to a high volume of calls in a fast-paced environment using crisis interventions and counselling skills while multitasking and being empathetic and sensitive to diversity
- Handled sensitive confidential information and provided information about community resources and emergency assistance as needed
- Maintained service records of each phone call using note taking, word processing, and computer software with a high degree of accuracy

DEMONSTRATED COMPETENCIES

- Excellent intake, assessment, case management, crisis intervention, group facilitation, and clinical counselling skills
- Clinical knowledge and competence working with a variety of presenting issues to support individuals and groups with their mental health