
PARM PARMAR, MA, RCC (C)

EDUCATION

- Master of Arts, Counselling Psychology, Adler School of Professional Psychology, 2003.
- Bachelor Of Arts Degree, Sociology, University of Victoria, 1998.

PROFESSIONAL DEVELOPMENT/TRAINING

- Certificate in EMDR, 2023.
- Certificate in Professional Coaching, 2023.
- Enrolled in Clinical Counselling Hypnosis, 2021.
- Dealing With Anger, 2018
- Foundations of Collaborative Conflict Resolution, 2018
- Substance Misuse Training, 2007
- Cognitive Behavioral Therapy, 2002
- Solution Focused and Motivational Interviewing, 2002
- Emotion Focused, 2001
- Stopping The Violence Feminist Counselling Core Training, 2001.
- Sexual Assault Intervention Training: Working with Survivors of Recent Sexual Assault, 2000.

RELEVANT WORK EXPERIENCE

Registered Clinical Counsellor (RCC)

Re: Function Health Group Inc, 2022 - Present

- Conduct clinical assessments to determine psychosocial factors that may impact the client's self-recovery (i.e.. anxiety, depression, pain avoidance, catastrophizing, etc.)
- Provide client focused, strength based, trauma informed individual therapy based to build a strong therapeutic relationship to supporting individuals in the program
- Collaboratively work within an interdisciplinary team to support clients to successfully complete the program and make a gradual return to work
- Provide crisis intervention as needed

Critical Incident (CI) Counsellor/ Registered Clinical Counsellor (RCC)

TELUS Health, 2017– Present

- Provide on-site counselling, brief intervention and consultation to organizations following traumatic worksite events.
- Assist clients in navigating the aftermath of incidents, delivering expert support and interventions to foster recovery and resilience.
- Provide immediate support during unexpected workplace events such as accidents to employee deaths and manage anticipated changes like organizational restructuring.
- Assist organizations maintain resilience and ensure continuity during critical moments.

Registered Clinical Counsellor (RCC)/ EAP Counsellor**TELUS Health, 2016 – Present**

- Specializing in various programs such as Addictions, Depression Care, Workplace Support, Trauma Assist, Work Referral Program to Employee Assistance Program (EAP)
- Engage in solution-focused therapy, CBT to using different therapy modalities in supporting a diverse range of clients to address various psychosocial factors (i.e. Addiction, relationship difficulties, parenting, family conflict, grief, depression, and anxiety)
- Utilize a strength-based approaches to empower clients throughout the change process.
- Effectively manage intake processes, conduct thorough assessments, and develop effective treatment plans

Counsellor/Psychotherapist**Mountainview Health and Wellness Centre, 2016 – 2020**

- Provided counselling to clients involved in car accident-related trauma
- Conducted clinical assessments and treatment plans for clients experiencing and suffering physical and psychological consequences that may impact the client's recovery (i.e.. anxiety, depression, avoidance of driving, may develop PTSD)
- Provided client focused, strength based, trauma informed individual therapy based to build a strong therapeutic relationship to supporting individuals
- Provided timely written and/or verbal communication of assessment findings and treatment outcomes.

EAP Affiliate Counsellor/Self Manager**Humana Care, 2015-2023****Family Services Employee Assistance Program, 2015 -2023****Ceridian, 2015-2019**

- Provided short-term counselling services within brief treatment, solution focused counselling framework to address various psychosocial factors (i.e.. depression, anxiety, interpersonal skills, workplace challenges, relationship issues, stress management and addictions) with the clients (individuals, couples, and families)
- Collaboratively developed SMART goals and service plans with clients
- Referred and bridged clients to community resources for specialized and/or intensive services
- Maintained clinical recordings and documentation via an online portal that is consistent with Companies policies

DEMONSTRATED COMPETENCIES

- Experienced Psychotherapist and Counsellor with 20+ years of practical experience in a variety of environments and capacities
- Exceptional intake, assessment, case management, crisis intervention and clinical counselling and psychotherapy skills.
- Excellent organizational and communication skills with the ability to establish rapport and create a trusting and safe environment for clients.
- Clinical knowledge and competence working with a variety of presenting issues to support individuals and groups with their psychosocial factors
- Provide counselling in Punjabi and Hindi