

SUMMARY OF QUALIFICATIONS

- Registered Psychotherapist [RP] and Certified Canadian Counsellor [CCC]
 - Over 8 years' experience as a counsellor/psychotherapist providing both group and individual counselling services in a variety of addictions programs at the Centre for Addiction and Mental Health [CAMH] and in private practice
 - Over 7 years' experience teaching Addictions and Mental Health courses at Durham College
 - Masters level education, with academic focus on counselling psychology, addictions counselling and psycho-education
 - Advanced Skills Certificate in Cognitive-Behavioural Therapy from OISE/University of Toronto
 - History of being recognized for exceptional performance, resulting in special recognition and recruitment for leadership roles within academic institutions and places of work
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RELEVANT PROFESSIONAL AND VOLUNTEER EXPERIENCE

PSYCHOTHERAPIST

April 2014 to present

Private Practice – Jeff Packer MSW and Associates Inc. – Oshawa, Ontario

- Manage a small caseload of individual clients seeking psychotherapy for a range of issues, including addictions, mild to moderate anxiety, mild to moderate depression and anger management
- Develop marketing materials for personal practice and for Jeff Packer and Associates
- Write and post 'blogs' to Jeff Packer and Associates website focusing on providing information and direction about strategies to address common mental health challenges
- Provide consultation for colleagues and interns within the clinical team regarding addiction-specific issues

COLLEGE PROFESSOR/PROGRAM COORDINATOR

Sept. 2009 to present

Durham College - Addictions and Mental Health program [ADMH] – Oshawa, Ontario

- Co-developed several courses focusing on the theory and practice of addiction/mental health counselling, which are delivered to all students in the Addictions and Mental Health [ADMH] program
- Deliver course material using a variety of media and teaching techniques in order to engage and motivate learners and to create an active and collaborative learning environment
- Work collaboratively with other ADMH faculty members to ensure program cohesiveness and effectiveness
- Engage in ongoing program development initiatives in order to maintain quality and relevance of program
- Provide leadership support for 10 to 15 part-time faculty teaching in the ADMH program

ADDICTIONS COUNSELLOR

October 2006 to August 2011

Centre for Addiction and Mental Health [CAMH] – Toronto, Ontario

- Acted as primary therapist for addiction clients attending 21-day residential treatment programs, which included daily group therapy sessions as well as individual counselling and case management for all group members
- Provided group psycho-educational sessions focusing on both addiction and mental health issues for clients attending 21-day residential treatment programs
- Completed several intake assessments per week with the goal of referring clients to appropriate programs and services within CAMH or other community settings
- Facilitated a variety of short-term, outpatient, group counselling programmes for a wide variety of populations within the addictions program, with a specialization in working with clients who use cocaine
- Provided ongoing individual counselling for clients struggling with complex addiction and mental health issues
- Chosen to facilitate the year-long Partnering to Prevent Aggressive Behaviour [PPAB] training program for staff within the Integrated Day/Residential team

STUDENT COUNSELLING INTERN [Clinical Placement for M.Ed. degree]*Sept. 2008 to May 2009*

Durham College/VOIT Campus Health Centre – Oshawa, Ontario

- Completed a 250-hour clinical placement, with more than 100 hours of direct counselling experience
- Provided individual counselling on a weekly basis to students seeking support in managing mental health symptoms and personal crises arising during the academic year
- Co-initiated, developed and facilitated a counselling support group for students struggling with eating disorders or body image related issues

NATIONAL COORDINATOR/TELEPHONE COUNSELLOR*Apr. 2003 to July 2005*

Peer Support Group/Japan Exchange and Teaching [JET] Programme, Japan

- Provided telephone counselling on a volunteer basis to those calling a national counselling service which offered free, confidential counselling to over 6000 members of the JET Programme
- Demonstrated strong organizational and leadership skills in managing day-to-day operations of counselling service, performing such tasks as creating monthly schedules, documenting all calls and providing reports and counselling related articles for a bi-monthly newsletter
- Recruited and trained new volunteers, conducted seminars at national meetings, promoted the service within the JET community and consulted with professional psychologists and psychiatrists when required

ASSISTANT LANGUAGE TEACHER*Aug. 2002 to July 2005*

Numazu Nishi High School/JET Programme – Numazu, Japan

- Designed curriculum and co-taught several English courses to Japanese public high school students, with content focusing primarily on the development of oral communication skills using active learning techniques
- Regularly assessed student progress in courses using a variety of evaluation tools
- Regularly collaborated with Japanese staff within the English department in ongoing course and program development
- Co-organized and contributed to a number of educational workshops focusing on pedagogical development while voluntarily serving on various regional committees

EDUCATION

Masters of Education in Counselling Psychology*2010*

OISE/University of Toronto

Addictions Counselling Graduate Certificate Program*2006*

Durham College – Oshawa, Ontario

- Nominated ‘Class Representative’ for Addictions Counselling program for 2005-2006 academic year
- Awarded ‘Durham College Academic Achievement Prize’ for highest ranking graduate from program

Bachelor of Science (4 year Honours) – Psychology*2004*

Trent University – Peterborough, Ontario

- Awarded the ‘Ewing Memorial Entrance Scholarship’ (1988), ‘Otonabee College Senior Common Room’ prize, ‘Rufus Gibbs’ Scholarship and ‘Otonabee College Prize’ (1991) for exceptional academic performance
- Awarded ‘Department of Psychology’ prize for top overall Psychology grades in 1990 and 1991
- Also completed Concurrent Education program courses and teaching placements between 1988 and 1991

PROFESSIONAL CERTIFICATIONS

Registered Psychotherapist [CRPO]

Aug 2015 to present

Certified Canadian Counsellor [CCPA]

April 2015 to present

Advanced Skills Certificate in Cognitive-Behavioural Therapy [OISE/U of T]

April 2015

College Teaching Certificate [Durham College]

June 2013