

Nicole Bolotenko MEd, BA

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EDUCATION

MASTERS IN EDUCATION | 2017 | UNIVERSITY OF TORONTO

- Counselling & Psychotherapy

BACHELOR OF ARTS - HONOURS DEGREE | 2012 | TRENT UNIVERSITY

- Major: Sociology

SOCIAL SERVICE WORKER DIPLOMA | 2007 | FLEMING COLLEGE

WORK EXPERIENCE

COUNSELLING ASSOCIATE | JEFF PACKER MSW & ASSOCIATES INC. | SEPTEMBER 2016 - PRESENT

I have connected with individuals, couples and families with issues related to mental health, relationships, parenting, loss, trauma and work stress among others using CBT, mindfulness based practices, solution-focused therapy and structural family therapy. I have also helped to create the organization's Food 4 Thought program, contributed to creative marketing methods, presented workshops related to parenting adolescents, anxiety and depression and provided a workshop for the team's counsellors on suicide prevention and intervention. During weekly clinical meetings, I have worked collaboratively to support counsellors in case conceptualizations, sharing new literature information and in turn receive their feedback and support in my own growth as a counsellor.

RESIDENTIAL RELIEF COUNSELOR | DURHAM MENTAL HEALTH SERVICES | SEPTEMBER 2015 - PRESENT

Within this position I supported individuals recovering from mental health issues to reintegrate into their lives and community after being discharged from Ontario Shores hospital. Collaboratively with both the client and my co-workers I deliver crisis counselling, support life goals and education regarding life skills.

DIRECTOR OF PROGRAMMING | DISTRESS CENTRE DURHAM | AUGUST 2012 - SEPTEMBER 2015

As Director of Programming my role was to manage the volunteer program which included screening, training, managing, evaluating and supporting Distress Centre Durham volunteers after distressing calls. Other programs I managed were the 24-Hour Helpline, Call-Out Program and Prideline Durham. I continued to support callers and people in the community through different drop-in groups including LGBTQ youth and their families. My participation in the TAMI coalition also allowed me to engage children and adolescents in their classrooms about mental health awareness.

PROFESSIONAL SUPPORT WORKER | COMMUNITY LIVING OSHAWA/CLARINGTON | 2008 – 2012

With Community Living, I supported individuals with developmental and physical disabilities within a residential setting to achieve their personal outcomes. I also had the opportunity to collaborate with other support workers, family members and management staff to ensure the best support was given.

EDUCATION

HELPLINE VOLUNTEER & BOARD DIRECTOR | DISTRESS CENTRE DURHAM | 2007 - 2012

During this time I answered Distress Centre Durham's 24-Hour Helpline empowering callers with their issues in mental health, suicide, interpersonal relationships, loss, abuse and a variety of other issues. Using the active listening process and Distress Centre's Suicide Risk Model, I was able to support callers and intervene when their safety or another's safety was at risk.

PROFESSIONAL DEVELOPMENT

BUILDING RESILIENCY IN CHILDREN WEBINAR | 2019

DEALING WITH CHALLENGING CLIENT ISSUES WEBINAR | 2018

EMOTION FOCUSED THERAPY USES FOR CLINICAL IMPASSES IN COUPLES THERAPY | 2018

EMOTIONALLY FOCUSED COUPLE THERAPY: THE SCIENCE OF LOVE & BONDING WEBINAR | 2017

SAFE CONVERSATIONS: FROM CONFLICT TO CONNECTION WEBINAR | 2017

EMOTION-FOCUSED THERAPY TRAINING | 2017

OBSESSIVE COMPULSIVE DISORDER LEARNING FORUM | 2015

POST TRAUMATIC STRESS DISORDER LEARNING FORUM | 2015

UNDERSTANDING TRAUMA LEARNING FORUM | 2015

APPLIED SUICIDE INTERVENTION SKILLS TRAINING | 2014

LGBTQ WEBINAR SERIES | 2014

DISTRESS & CRISIS ONTARIO CONFERENCE: TRAUMA INFORMED SUPPORT | 2014

DEMENTIA LEARNING FORUM | 2013

PLACEMENT COMPLETED WITH AIDS COMMITTEE OF DURHAM REGION | 2013

TRAUMA INFORMED CARE CONFERENCE | 2012