

Susan A. Packer

Jeff Packer MSW & Associates Inc.

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Career Objective

To help people improve themselves and their relationships with others through the development of additional coping strategies founded upon evidence-based, effective counselling and psychosocial educational services.

Educational Qualifications

Tyndale University College & Seminary

The Master of Divinity – Counselling degree is twenty-seven course, three-year program focusing on both the psychological and theological aspects of the therapeutic process. Graduates are prepared to practice psychotherapy with clients who are struggling with internal and interpersonal issues. In addition to a firm foundation in Biblical studies and training in the diverse perspectives of Christian Counselling this program includes studies in Family Systems, Life's Transitions, Marriage and Family Therapy, Couple Therapy, Gender and Socio-Economic Perspectives, Treatment of Mental Illness and Mental Distress, Personality Theories, Cross-Cultural Perspectives, Human Development, Learning and Human Sexuality.

Additional Training

Eye Movement Desensitization & Reprocessing EMDR, Narrative Therapy, Cognitive Behavioural Therapy CBT, Emotionally Focused Therapy EFT, Sleep, Technology, Cannabis, Internal Family Systems IFS.

University of Western Ontario – Bachelor of Education – Family Studies

Teacher training in including courses in human development, family systems, learning theory and exceptionalities in learning and development. Dean's Honour List.

University of Guelph – Honours Bachelor of Applied Science – Family Studies Major

Focus of program included human development, physiology, nutrition, psychology, sociology, history of the family, communication, counselling and family systems.

Professional Affiliation

College of Registered Psychotherapists of Ontario CRPO

Work Experience

Counselling Associate – Jeff Packer MSW & Associates, Oshawa, ON

Providing individual, couple and group counselling services, training and conjoint couples therapy with Jeff Packer MSW. Other areas of special interest include life cycle transitions, human development, anger management, anxiety and depression.

Program Co-ordinator – JP&A **Food 4 Thought Thursdays** - Community Outreach Counselling Services

Promote, schedule and provide assessment and counselling services. Design and implementation of workshops/seminars supporting parents, people struggling with anxiety and depression and other mental health challenges. This service provides *free counselling in return for a suggested *donation of non-perishable food items for our local food banks.

Counselling Intern – Salvation Army Family and Community Services, Oshawa, ON

Provided individual, couple and group therapy, assessment and treatment planning, linking people with community resources, advocacy and report writing. In addition to general counselling for anxiety, depression, stress and grief provided anger management, self-esteem and assertiveness training programs. Applied Systems Theory, Cognitive Behavioural, Narrative, Attachment and Mindfulness modalities with a diverse population.

Educator – Durham District School Board 1983-2013

Elementary school teacher providing learning opportunities ages four to fourteen. Subject matter encompassed the entire curriculum including training Grade 7 and 8 students in parenting, nutrition, sewing, financial planning, communication and problem solving.

Cricket Hollow – Erin, ON

Practicum placement at a group home for sexually abused teenaged girls. Worked in the classroom providing academic education as well as life skills training.

Volunteer and Community Experience

Canadian Cancer Society & Canadian National Institute for the Blind – Volunteer Canvasser

Whitby Baptist Church – Member of the Board of Directors, Women's Retreat Presenter, Couple's Retreat Co-writer/Facilitator - Seven Spheres of Intimacy.

NASC – Assistant Soccer Coach

Interests

Kayaking, camping, hiking, culinary, photography, decorating, crafts, sewing, writing, travel.