



CCPA Ambassador Program **Programme d'ambassadeur de l'ACCP**



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A little word about me and what I do: I have been a therapist in private practice for 25 years and prior to that, I worked at a non-profit counselling agency for several years. As part of my private practice, I have been fortunate to work with a variety of organizations, including positions as a student counsellor with SIIT (Saskatchewan Indian Institute of Technologies), a child therapist with the Meadow Lake Tribal Council, a speaker with the AIMS program with the University of Saskatchewan, and a sessional lecturer with the University of Regina (faculty of Social Work). I am also an Independent Adoption Practitioner, certified by the Ministry of Social Services in Saskatchewan, and have been preparing home studies for adopting families since 1996.

In my counselling work, I have focused on seeing children and families, with a special interest in supporting those who experience trauma, anxiety, depression, and family transitions. My theoretical orientation is founded in the developmental approach and expressed in techniques from the theories of solution focused, family systems, play therapy, cognitive behavioural therapy, Somatic Experiencing, and mindfulness. In the past five years, I have begun providing clinical mentorship to a number of therapists in my community, and I am really enjoying that.

In the past 10 years, I have become interested in Expressive Art Therapy, and have organized four training events in Saskatoon with Dr. Cathy Malchiodi, an internationally known expressive arts therapist, author, and speaker.

What does CCPA mean to me? CCPA was my first professional home. It has grown and changed so much over the last 30 years and it has been exciting to see it develop as an organization with new and exciting innovations. I am a member of a number of other professional organizations, but CCPA remains



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important to me as the foundation of my professional identity, and as an organization that continues to strive to provide support, education, enrichment, and expansion to its members.

Favourite author or musical artist:

Authors - Sue Grafton for leisure reading; Cathy Malchiodi for professional reading.

Musical artists - Queen, kd lang, Journey, Michael Buble.....too many to choose just one!