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## MAUREEN EDGAR, M.A., R. PSYCH.

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### EDUCATION

- Master of Counseling Psychology, **Adler School of Professional Psychology**, Vancouver, BC, 2002
- Bachelor of Arts, Psychology, **University of Calgary**, 1990

### PROFESSIONAL DEVELOPMENT/TRAINING

- Sensorimotor Psychotherapy – Level 1- Affect Dysregulation, Survival Defenses and Traumatic Memory, Sensorimotor Psychotherapy Institute, 2016
- Pacific Jubilee Spiritual Direction Program, Naramata Centre, 2013
- Advanced Clinical Supervision in Psychology Certificate, University of Calgary Continuing Education, 2009
- Wholistic Therapy Diploma, Wildrose College of Natural Healing, Calgary, AB, 1997

### RELEVANT WORK EXPERIENCE

#### **Re:Function Health Group, Inc.: 2018 to present**

Registered Psychologist

- Clinical assessment and counselling for individuals with return to work as the primary objective
- Participant in an Interdisciplinary Rehabilitation Assessment team to create return to work plans based on identifying barriers to and solutions for the return to work

#### **Richmond Mental Health & Addictions, Transitions, VCH: 2010 to present**

Mental Health Therapist

- Provision of clinical assessment and counselling for individuals on a time limited basis (averaging 26 sessions)
- Ongoing evaluation and development of Generalized Anxiety Disorder treatment protocol; mindfulness based cognitive therapy group facilitation for depression and GAD;
- Assessment and counselling for adults with mood, anxiety and adjustment disorders; client symptoms are often trauma based and sometimes concurrent with addictions and personality disorders
- Provision of clinical supervision to Masters students on practicum
- On expert panel for need estimates for anxiety and depressive disorders (CARMHA 2018)

### **Psychologist Private Practice: 2009 to present**

#### Principle

- Individual and couples psychotherapy: consulting, assessing and treating primarily using mindfulness, sensorimotor and cognitive models

### **SAFER counseling service, VCH: 2010 (covering 1 year LOA)**

#### Mental Health Therapist

- Conducted clinical assessments and intakes for clients who are suicidal, bereaved due to suicide or concerned for someone who is suicidal
- Provided 26 sessions of psychotherapy and safety plans for suicidal clients, 52 sessions of psychotherapy for bereaved clients, 3 sessions for concerned others
- In hospital interventions post suicide attempt
- Crisis intervention

### **Outpatient Mental Health Services, Richmond Hospital: 2008 to present**

#### Mental Health Therapist

- Provided clinical supervision to MA Counselling Interns and medical residents
- Conducted clinical assessments and intakes (mainly mood, anxiety and adjustment disorders)
- Maintained PARIS electronic clinical record
- Co-facilitated the following psychotherapy groups: MBCT for Depression; Mindfulness based CBT for Generalized Anxiety; Post sexual trauma; anger management; problem solving; stress management
- Provided individual medium and short term counselling
- Utilized CBT, IPT, Psychodynamic, feminist and existential counselling principles

### **Adult Component – Richmond Mental Health Team, VCH: 2002 to 2008**

#### Mental Health Clinician

- Performed case management duties in a multidisciplinary community clinic
- Provided clinical assessment, intake, referral and crisis management
- Conducted individual, family and marital therapy
- Skillfully applied CBT and psychodynamic counselling theory
- Co-facilitated the following therapy groups:
  - DBT for Borderline Personality
  - Richmond Emotional Supportive Therapy (Drop in)
  - Stress management and building health from a holistic perspective
  - Metacognitive Skills Training for psychosis
  - Respectful and Responsible Parenting

**Community Response Unit, N.E. Mental Health Team, VCH: 2002. (400 hour practicum)**

Community Mental Health Worker

- Provided intake and assessment interviews, referrals to appropriate agencies
- Engaged clients in counselling using a variety of therapeutic techniques
- Co-facilitated *supportive group therapy* for women and *Changeways* CBT group

**Options for Communities: Women and Violence Program, Surrey, BC: 2002. (400 hour practicum)**

Counselor

- Provided counselling for women who are in or are leaving domestic violence

**Community Link Program, Vancouver, BC: 1999 to 2002**

Rehabilitation Counselor

- Completed assessments of psychosocial functioning and created rehabilitation goals and plans for a culturally diverse clientele with multiple barriers
- Supervised peer support workers

**Calgary Urban Projects: 1998 (1 year contract)**

Outreach Worker

- Utilised Harm Reduction Model in counselling street workers and addicts
- Provided counselling, advocacy and solution-focused interventions for clients
- Screened applications for loans and assisted clients to develop financial plans
- Participated as an integral part of an interdisciplinary team; crisis response

**Self-Employed Practitioner: 1997 to 2009**

Wholistic Therapist

- Provided counselling, comprehensive health assessments and remedial programs for a wide variety of physical, emotional and spiritual problems; employed clinical herbalism, reflexology, and iridology; facilitated Healing Circles
- Instructor at Wildrose College of Natural Healing (1997 – 1999)
- Oversaw management activities of health food store (1997- 1999)
- Consultative service to rural communities ( 1997 – 2000)

**Canadian Mental Health Association, Calgary, AB: 1986 to 1999**

Independent Living Support Coordinator

- Implemented service plans, supportive counselling and crisis intervention for 20 - 23 clients who have DSM IV diagnoses; supervised group home

- Participated on policy development and advisory committees for barrier reduction and diversity

## DEMONSTRATED COMPETENCIES

- Advanced skills in individual counselling, assessment, clinical supervision and group facilitation
- Extensive clinical knowledge of best practices in the treatment of a variety of mental health disorders, personal problems and relationship issues