

# SARAH SCHLOTE MA, RP, CCC, SEP

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[www.sarahschlote.com](http://www.sarahschlote.com) | [www.equusoma.com](http://www.equusoma.com) | [www.equuscience.com](http://www.equuscience.com) | 519-591-7795

## Registered Psychotherapist Somatic Experiencing® Practitioner

Neurodivergent trauma professional focused on somatic, attachment, ethology, and neuroscience-based approaches, anti-racist and anti-oppressive practice, and spirituality with an emphasis on decolonization. Additional approaches include: EMDR, Brainspotting, parts work, Deep Brain Reorienting, touch and table work, attachment and pre/peri-natal trauma work, and Indigenous Tools for Living. Passionate about promoting understanding of trauma in humans, trauma in equines, equestrian trauma, and supporting repair and renegotiation for both species. *Bilingue en anglais et en français.*

SE™ Training Assistant and Approved Session Provider (at all levels)

SE™ Approved Consultation Provider (beginning and intermediate levels)

Founder of EQUUSOMA® Horse-Human Trauma Recovery (licensed via SEI)

## Professional Experience

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### Clinical Therapy, Counselling and Consultation

<b>Psychotherapist and Consultant</b> , Independent Practice (online)	2021-present
<b>Psychotherapist and Consultant</b> , EQUUSOMA® Horse-Human Trauma Recovery (formerly EquuSpirit)	2014-present
<b>Associate</b> , Dr. Shari Geller and Associates / Dr. Julianna Switaj / Lesley Hannell – Guelph, ON	2013-2018
<b>Psychotherapist and Consultant</b> , The Refuge: Centre for Healing and Recovery (group practice) – Guelph, ON	2011-2020
<b>Individual, Couple and Family Therapist</b> , Catholic Family Services Peel Dufferin – Brampton / Mississauga, ON	2009-2010
<b>PAR Men's Group Facilitator</b> , Catholic Family Services Peel Dufferin – Brampton / Mississauga, ON	2009-2010
<b>Mental Health Clinician</b> , Urgent Short-Term Assessment and Treatment, Island Health / VIHA – Victoria, BC	2009
<b>Relief Crisis Line Support Worker</b> , Victoria Sexual Assault Centre – Victoria, BC	2009
<b>Crisis Counsellor and Group Facilitator</b> , Victoria Sexual Assault Centre – Victoria, BC	2008-2009
<b>Relief Case Manager</b> , Victoria Mental Health Centre, Island Health / VIHA – Victoria, BC	2007-2008
<b>Career Counsellor and Group Facilitator</b> , ACFO de London-Sarnia – London, ON	2001-2005

### Program Development, Direction and Training

<b>Founder, Director, and Trainer</b> , EQUUSOMA® Horse-Human Trauma Recovery	2017-present
<b>Instructor</b> , Trauma Certificate Program, Wilfrid Laurier University – Kitchener, ON / Online	2017-present
<b>Independent Trauma Trainer and Speaker</b> , various contracts (see following pages)	2012-present
<b>Indigenous Equine Program Director</b> , Tl'etinqox Government – Alexis Creek, BC	2020-2021
<b>French Language Health Services Coordinator</b> , Central West Local Health Integration Network – Brampton, ON	2010-2012

## Continuing Education – Somatic Practice

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Instructor: Kate White, MA, LMT, RCST, CEIM, SEP, PPNE	
<b>Leading Edge 2 - Pre/Peri-Natal Trauma Training</b> (online, 6 modules)	2020
Instructor: Aline LaPierre, PsyD	2018
<b>Introduction to NeuroAffective Touch</b> (6 hours, Santa Barbara, CA)	2018
Instructors: Kathy Kain, PhD, SEP and Stephen J. Terrell, PsyD, SEP	
<b>Somatic Resilience and Regulation: Early Trauma Training</b> (72 hours, Victoria, BC)	2016 - 2017
<b>Touch Skills Training for Trauma Therapists</b> (96 hours, Victoria, BC)	2015 - 2016
Instructor: Peter Levine, PhD	
<b>The Psychology of the Body: Body Reading and Developmental Trauma</b> (5 days, Dana Point, CA)	2015
Instructors: Berns Galloway, MEd, CCC, SEP and Kathy Kain, PhD, SEP	
<b>Somatic Experiencing® Practitioner Training</b> (216 hours, Ontario, Texas, California)	2011 - 2013

## Continuing Education – Additional Trauma Training

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Deep Brain Reorienting, Dr. Frank Corrigan (online, 3 days)	2020, 2022
Brainspotting Phase 3, David Grand, PhD (online, 21 hours)	2022
Indigenous Tools for Living, various trainers (founded by Shirley Turcotte, RCC), Alexis Creek, BC (24 hours)	2021
Brainspotting Phase 2, Jane Evans, MD, and Marjorie Robb, MD (online, 24 hours)	2021
Safe and Sound Protocol, Integrated Listening Systems (online)	December 2019
Brainspotting Phase 1, David Grand, PhD, Toronto, ON (3 days)	2019
EMDR® Advanced Training: Treating Dissociative Disorders, Dolores Mosquera, MA, Toronto, ON (2 days)	April 2019
Treating Dissociation / Structural Dissociation Theory, Kathleen Martin, LCSW, Toronto, ON (12 hours)	2017
Treating Complex Trauma with EMDR® and Structural Dissociation Theory Webinars, Kathy Martin, LCSW (12 hours)	2017
Shame and Self-Loathing in the Treatment of Trauma, Janina Fisher, PhD, Toronto, ON (6 hours)	2017
Basic EMDR® Training, Barbara Horne, MASc, RP, RMFT, Kitchener and Toronto, ON (60 hours)	2016
Working with Shame USABP Webinars, part 1 and 2, Bret Lyon, PhD, SEP and Sheila Rubin, MA, LMFT	2016
Healing Developmental Disruptions USABP Webinar, Anne Isaacs, LCSW and Joel Isaacs, PhD	2016
Body Memory Recall Training, levels 1 and 2, Jonathan Tripodi, Waterdown, ON (42 hours)	2015
Sensory-Motor Arousal Regulation Treatment Seminar, Trauma and Attachment Conference, Elizabeth Warner, PhD (6 hours)	2015
Mind-Body Approaches to Addictions Recovery, Gabor Maté, MD, Owen Sound, ON (6 hours)	2014
Interpersonal Neurobiology Webinar, Daniel Siegel, MD, Trauma and Attachment Conference, St. Catharines, ON	2013
Trauma Releasing Exercises Webinar, David Berceci, PhD, Trauma and Attachment Conference, St. Catharines, ON	2013
Engaging Traumatized Clients Who Avoid Attachment, Closeness and Painful Feelings, Robert Muller, PhD, Toronto, ON	2013

## Human-Animal Studies

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International Association of Animal Behavior Consultants (Instructors: Robin Foster, PhD and Lauren Fraser, CHBC) <b>Resolving Fear Issues in Horses: A Course for Equine Professionals</b> (18 credits, 6 weeks)	2019
INSTITUT EMANASSO, Marseille, France <b>EMDR for Animals</b> (3 days)	October 2019
International Society for Equitation Science, Guelph, ON <b>ISES Conference 2019: Bringing Science to the Stable</b> (4 days)	August 2019
Minds in Motion Education and Research Center / Venue: Lackawanna College, Scranton, PA <b>3<sup>rd</sup> International Symposium for Equine Welfare and Wellness</b> (2 days)	April 2019
International Association of Human-Animal Bond Organizations (IAHAIO) / Venue: Green Chimneys, Brewster, NY <b>15<sup>th</sup> Triennial Conference, Science Meets Practice: Creating Healthy Environments for People and Animals</b>	April 2019
Animal and Interpersonal Abuse Research Group (AIPARG) and University of Windsor / Windsor, ON <b>Animals and Us: Research, Policy and Practice Conference</b>	October 13, 2019
Natural Lifemanship (Instructors: Bettina Shultz-Jobe, MA, LPC and Tim Jobe) <b>Fundamentals of Trauma-Focused Equine-Assisted Psychotherapy</b> (15.75 hours)	2018
The Wright Approach / Venue: Four Season Equestrian, Ravenna, ON (Clinician: Marina Wright) <b>Pair Bond Training Workshop</b> (6 hours)	November 2018
Minds in Motion Education and Research Center / Wartenburg, Germany <b>1<sup>st</sup> International Symposium for Equine Welfare and Wellness</b> (3 days)	July 2017
Ears Forward Coaching / Venue: Brookville Equine Centre, Brookville, ON (Clinician: Sharolyn Wandzura) <b>The Dance of Relationship: Introduction to the Waterhole Rituals® Clinic</b> (10 hours)	September 2013
Generation Farms, Nanaimo, BC (Instructor: Deborah Marshall, MA, RCC) <b>Integrative/Somatic Equine-Facilitated Wellness (EFW) Training</b> (12 days)	2011 - 2012

## Publications

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Schlote, S. (2019). **Security in Connection and Co-Regulation: Safeguarding the Horse from Traumatic Re-enactments in EQUUSOMA™**. In I. Parent (Ed.), Third International Symposium for Equine Welfare and Wellness. Createspace Independent Publishing Platform.

Schlote, S. (2018). **Integrating Somatic Experiencing® and Attachment Theory into Equine-Facilitated Trauma Recovery**. In K. Trotter and J. Baggerly (Eds.), Equine-Assisted Mental Health for Healing Trauma (pp. 3-18). Routledge.

Schlote, S. & Parent, I. (2018). **Treating Structural Dissociation Through Equine-Assisted Trauma Therapy: Working with the Parts System**. In K. Trotter & J. Baggerly (Eds.), Equine-Assisted Mental Health for Healing Trauma (pp. 19-43). Routledge.

Schlote, S. (2017b). **How Somatic Experiencing® and Attachment Principles Can Increase Safety and Welfare in Equine-Assisted Interventions and Horsemanship Approaches**. In I. Parent (Ed.), Compendium from the First International Symposium of Equine Welfare and Wellness (Part 2). Createspace Independent Publishing Platform.

Schlote, S. (2017a). **Applying a Trauma Lens to Equine Welfare**. In I. Parent (Ed.), Compendium from the First International Symposium of Equine Welfare and Wellness (Part 1). Createspace Independent Publishing Platform.

Schlote, S.M. (2009). **Animal-assisted therapy and equine-assisted therapy/learning in Canada: Surveying the current state of the field, its practitioners and its practices**. Unpublished master's thesis, The University of Victoria.

## Academic Teaching

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Faculty of Social Work, Wilfrid Laurier University – Kitchener, ON

**Trauma Certificate Program** (1 and 2-day courses)

2017-present

- Treating Trauma: Frameworks and Promising Practices
- Working with Parts: Healing the Child(ren) Within
- Empowered Boundaries: Somatic Exercises for Assertiveness
- Developmental Trauma: Attachment Rupture and Repair
- Fundamentals of Somatic Experiencing® \*with license from SEI
- Integrative Trauma Treatment: Somatics, Attachment and Neuroscience Approaches

University of Guelph – Guelph, ON

**Certificate in Couple and Family Therapy Studies**

Guest Speaker, Therapy Interventions for Trauma, Abuse and Violence course

4 hours, April 22, 2017

(Instructor: LaRee Walters-Boadway, MSW, RSW)

2 hours, March 5, 2016

Yorkville University – Online Instruction

**Master of Arts in Counselling Psychology Webinar Series** (two 1-hour courses)

June-August, 2016

Department of Educational Psychology and Leadership Studies, University of Victoria – Victoria, BC

**Graduate Teaching Assistant**, ED-D518 Theories of Counselling Psychology

2007

**Graduate Facilitation Practicum**, ED-D414 Group Processes (co-taught undergraduate course)

Sept - Dec 2006

## Conference Presentations

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### Trauma Treatment and Trauma-Informed Care

Bereaved Families of Ontario Conference, The Family Centre, Kitchener, ON

October 24, 2019

**Topic: Grief, Loss and Bereavement Through a Trauma Lens**

Trauma and Attachment Conference, Attachment and Trauma Treatment Centre for Healing / Niagara Falls, ON

March 19, 2018

**Topic: Working with Parts - Healing the Child(ren) Within** (full-day seminar)

- Trauma and Attachment Conference, Attachment and Trauma Treatment Centre for Healing / St. Catharines, ON April 12, 2016  
**Topic: Empowered Boundaries - Somatic Exercises for Healthy Anger, Assertiveness and Agency** (full-day seminar)
- St. Leonard's Community Services / Venue: Wilfrid Laurier University, Brantford, ON  
 Mental Health and Addictions Forum: Breaking the Silence of Trauma February 19, 2016  
**Topic: Trauma and the Body - Somatic Principles for Self-Regulation**
- Aboriginal Training and Consulting Services, Zarchikoff & Associates – Richmond, BC  
 Mindfulness Training Conference: A Novel Approach to Intervention in Aboriginal Communities June 17, 2015  
**Topic: Trauma-Sensitive Mindfulness Seminars** (through an indigenous lens)
- National Conference, Canadian Counselling and Psychotherapy Association / Niagara Falls, ON (May 19) May 19, 2015  
**Pre-Conference Event: Trauma-Informed Mindfulness, Meditation and Yoga** (full day seminar)
- Mental Health & Addictions Forum, St. Leonard's Community Services / Venue: Wilfrid Laurier University, Brantford, ON  
**Topic: Reducing the Risks of Abstinence Through Emotional Regulation** February 20, 2015
- Spring Conference, Distress Centres Ontario / Cambridge, ON  
**Speaker Panel: Best Practices in Trauma-Informed Support** April 24, 2014
- Our Stories: Women and Harm Reduction Forum, Wellington-Guelph Drug Strategy, Guelph, ON March 20, 2014  
**Topic: Harm Reduction Through a Trauma-Informed Lens**
- Grounding Trauma Conference, CAST Canada / Venue: The Nottawasaga Inn, Alliston, ON May 9, 2013  
**Pre-Conference Event: Bodywork – Exploring the Connection Between Trauma and the Body**  
**The Role of Somatic Therapies and Yoga in Supporting Safety and Stabilization** (full day seminar co-taught with  
 Caroline Owen, BA, E-RYT)
- Grounding Trauma Conference, CAST Canada / Venue: The Nottawasaga Inn, Alliston, ON May 10, 2012  
**Topic: Beyond Safety and Stabilization: Understanding the Body's Response to Trauma to Foster Self-Regulation and Healing**

### **Human-Animal Interactions and Equine Behaviour and Welfare**

- Journey On Podcast Summit (Equine Professionals and Horse Lovers), San Antonio, TX November 4-6, 2022  
**Topic: Think Like a Therapist – Life Hacks from the Frontlines of Trauma**  
**Panelist: Attuned Horsemanship**
- Congres Beter Met Paarden – von therapeuten en coaches, Merksplas, Belgium July 2, 2022  
**Keynote: Cultivating Safety for Humans and Equines in Animal-Assisted Therapy**
- Natural Lifemanship / Venue: Miracle Farm, Brenham, TX  
 2<sup>nd</sup> Natural Lifemanship Conference: Deep Dive October 18 and 20, 2019  
**Topics: Attachment as a Somatic Experience, and Co-Regulating Touch** (full-day offerings)
- International Society for Equitation Science Conference, University of Guelph, ON  
**Poster Presentation: Applying the Polyvagal Theory to Equine Behaviour and the Horse-Human Relationship** August 21, 2019
- International Association of Human-Animal Bond Organizations (IAHAIO) / Venue: Green Chimneys, Brewster, NY  
 15<sup>th</sup> Triennial Conference, Science Meets Practice: Creating Healthy Environments for People and Animals April 14, 2019  
**One Health and Welfare Stream Topic: Trauma-Informed Care – Applying a Trauma Lens to the Animals as Well as the Humans in Animal-Assisted Interventions** (equine focused; selected for video recording)
- United States Association for Body Psychotherapy / Venue: Pacifica Graduate Institute, Santa Barbara, CA  
 USABP Conference: The Science of Connection – Honoring Somatic Intelligence November 2, 2018  
**Topic: Integrating Somatic Experiencing® and Attachment Work into Equine-Assisted Trauma Recovery**
- Animal and Interpersonal Abuse Research Group (AIPARG) and University of Windsor / Windsor, ON  
 Animals and Us: Research, Policy and Practice October 13, 2018  
**Topic: Attachment Dynamics in Human-Animal Relationships**

1 <sup>st</sup> Natural Lifemanship Conference / Venue: Miracle Farm, Brenham, TX	October 18-20, 2017
<b>Topic: Somatic Experiencing®, Attachment and Touch in Equine-Assisted Practice</b> (plenary session and three experiential learning breakout sessions)	
1 <sup>st</sup> International Symposium for Equine Welfare and Wellness / Wartenburg, Germany	July 11-13, 2017
<b>Topic 1: Applying a Trauma Lens to Equine Welfare</b>	
<b>Topic 2: Integrating Somatic Experiencing® and Attachment Theory to Guide Equine-Facilitated Trauma Therapy</b>	
<b>Speaker Panel: Equine Welfare and Wellness in Equine Interaction Programs</b>	
Centre l'Authentique / Venue: Hôtel Sandman, Montréal, QC	
1 <sup>er</sup> Congrès International de la Zoothérapie [1 <sup>st</sup> International Animal-Assisted Therapy Conference]	2009
<b>Topic: La zoothérapie au Canada : Un domaine en évolution [Animal- and Equine-Assisted Therapy/Learning in Canada: An Evolving Field]</b>	
International Society for Anthrozoology (ISAZ) / Venue: University of Toronto	
Annual Conference – Human-Animal Bond: Theory, Research & Practice	August 13-15, 2008
<b>Poster: Animal- and Equine-Assisted Therapy and Learning: A Critical Review of the Current State of the Field in Canada</b> (master's thesis research review)	
Canadian Foundation for Animal-Assisted Support Services / Ottawa, ON	
Animal-Assisted Support Services Bridge Builders Initiative Conference	2008
<b>Topic: Animal-Assisted Therapy and Equine-Facilitated Psychotherapy in Canada</b>	

## Training Offerings and Contracts

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### Equuscience (with Dr. Steve Peters)

<b>Focus Course: The Neurobiology of Learning</b> (3 hours, online)	December 17, 2022
<b>Equuscience Master Class</b> (7 modules, 24 hours, online)	2021-2022

### Equine-Human Trauma Recovery (selected events with licensing from SEI)

<b>EQUUSOMA® Level 2 Practical Intensives</b> , The Place of Grace, France	2022
<b>Relational Rupture and Repair with Horses: Somatic Applications in Trauma Work</b> , Soulhorses, Belgium	2022
<b>EQUUSOMA® Level 1 Online Modules</b> (Fundamentals I & II, Foundations of Somatic Experiencing®)	2020-2022
<b>Trauma-Informed Horsemanship Workshops</b> , The Place of Grace, France and EATA, Australia	2019
<b>EQUUSOMA® Basics Training Intensives</b> (Canada, France, and Australia)	2019
<b>Therapist-Assisted Horsemanship Clinic</b> , with Todd Owens, WindReach Farm, Ashburn, ON	March 4, 2018
<b>EQUUSOMA® and Trauma-Informed Equine-Assisted Practice</b> , with Victoria Poe, MSW, Damascus, ON	Dec. 1-2, 2017
<b>EQUUSOMA® and Trauma-Informed Equine-Assisted Practice</b> , with Victoria Poe, MSW, Damascus, ON	Sept. 16-17, 2017

### Trauma Treatment and Trauma-Informed Care (selected events with licensing from SEI)

<b>Working with Parts: Healing the Child(ren) Within</b> , Sexual Violence Response Program, WLU (online)	Winter 2022
<b>Working with the Body and Boundaries in Somatic Experiencing®</b> , Wilfrid Laurier University	Feb 20-21, 2020
<b>Trauma, Attachment and Addiction: A Somatic Experience</b> , House of Friendship, Kitchener, ON	Jan 23 and March 26, 2020
<b>Trauma Treatment and the Four Directions</b> , Beausoleil First Nation, Christian Island, ON	June 6-7, 2019
<b>Principles and Practices of Trauma-Informed Care</b> , Mission: Empowerment, Stratford, ON	Oct 18-19, 2018
<b>Trauma-Informed Supportive Housing</b> , Gateway Housing and Support Services, Niagara Falls, ON	April 10-11, 2018
<b>Trauma-Informed Mindfulness</b> , Upper Grand Family Health Team, Guelph, ON (full day)	Feb 14, 2018
<b>Trauma-Informed Mindfulness</b> , Venue: Ignatius Jesuit Centre, Guelph, ON	Sept 22-224, 2017
<b>Trauma-Informed Yoga</b> , with Caroline Owen, BA, E-RYT, Venue: Dalhousie University	June 8-11, 2017
<b>Trauma-Informed Yoga</b> , with Caroline Owen, BA, E-RYT, Sugar Ridge Retreat Centre	Oct 22-25, 2015 & Nov 19-22, 2016
<b>Somatic Therapies: Working with the Body to Heal Trauma and Chronic Stress</b> , St. David's, ON	August 7, 2015
<b>Foundations of Trauma and Attachment</b> , Cree School Board, Val d'Or, QC	May 26-28, 2015
<b>Trauma Lifeline: Skills for Crisis and Distress Line Workers</b> , Distress Centre Niagara, Thorold, ON	Feb 27-28, 2015
<b>Trauma-Informed Safety and Stabilization Training</b> , Addiction Services, House of Friendship, Kitchener, ON	Jan 13-14, 2015
<b>Trauma Lifeline: Skills for Crisis and Distress Line Workers</b> , Distress Centre Niagara, Thorold, ON	Jan 2-3, 2015
<b>Trauma Lifeline: Skills for Crisis and Distress Line Workers</b> , Distress Centre Niagara, Thorold, ON	Dec 3-4, 2014
<b>Introduction to Trauma-Informed Yoga</b> , with Caroline Owen, BA, E-RYT, Guelph, ON	Oct 18-19, 2014
<b>Trauma-Informed Foster Parenting</b> , Satori Homes, Inc., Guelph, ON	July 24, 2014
<b>Working with Trauma and the Body</b> : Workshop and Group Consultation, The Refuge, Guelph, ON	June 16, 2014
<b>Walking the Edge of the Thin Blue Line: Managing the Effects of Frontline Work</b> , Wellington County OPP	May 27, 2014

Introduction to Trauma-Informed Yoga, with Caroline Owen, BA, E-RYT, Norwood, ON	April 5-6, 2014
Trauma-Informed Principles, Psychophysiology, and Self-Regulation, Homewood Health Centre, Guelph, ON	March 31, 2014
The Psychophysiology of Self-Regulation: Skills to Stabilize Trauma, CAST Canada, Ottawa, ON	Nov 18, 2013
Principles of Trauma-Informed Practice, Guelph Community Health Centre, Guelph, ON	Sept 17, 2013
The Psychophysiology of Self-Regulation: Skills to Stabilize Trauma, CAST Canada, Burlington, ON	August 16, 2013
The Psychophysiology of Self-Regulation: Skills to Stabilize Trauma, CAST Canada, Brantford, ON	June 4, 2013
Somatic Therapy: How Trauma Impacts the Nervous System, Guelph Community Health Centre	May 14, 2013
Trauma and the Body: Somatic Skills for Self-Regulation, CAST Canada, Cambridge, ON	March 5, 2013
Trauma, the Body, and Frontline Work, CAST Canada, Kitchener, ON	Jan 14, 2013
Trauma-Informed Practice and Support, with Barb Peck, MSW, multiple 2-day agency trainings, Victoria, BC	2009

## Community-Wide Trauma Services Trainings

Kawartha Sexual Assault Centre – Peterborough, ON	
Working with the Body and Boundaries in Somatic Experiencing®: A Polyvagal Perspective	Feb 4-5, 2020
CMHA Waterloo Wellington, Wellington Guelph Drug Strategy, Waterloo Region Integrated Drug Strategy	
Healing Together: Working Through Our Grief and Loss (Guelph & Kitchener, ON)	Nov 26 & 28, 2019
Halton Region Prevention and Intervention Committee / Burlington and Oakville, ON	
Tier 2: Trauma-Specific Treatment	Feb 14-15, 2018; April 5-6, 2018; Feb 11 & March 25, 2019
Tier 1: Introduction to Trauma-Informed Care	Jan 25 & Nov 22, 2018
Trauma Services Initiative of Waterloo Region – Kitchener, ON	
Trauma Competencies for Therapists, Counsellors and Clinicians	May 16-17 & June 20-21, 2016
Guelph Community Health Centre, Upper Grand Family Health Team, Canadian Mental Health Association - Waterloo Wellington Dufferin, and Wellington Guelph Drug Strategy / Guelph and Fergus, ON	
Working with Trauma: The Neuroscience Behind Self-Regulation	Dec 4 & 11, 2013

## Education

Master of Arts, Counselling Psychology (trauma focus), The University of Victoria, Victoria, BC	2006 - 2009
Non-Degree Student, Psychology, The University of Western Ontario	2003 - 2006
Honours Bachelor of Arts, English and French (linguistics and literature), The University of Western Ontario	1998 - 2002

## AWARDS

Full Scholarship, Fondation Baxter et Alma Ricard (\$150,000 CAD over 3 years)	2005 - 2008
University of Victoria Fellowship (\$6,700 CAD annually, declined due to Ricard Scholarship)	2006
Gold Medal Recipient, Honours English and French, The University of Western Ontario	2002
Dean's List (annually), The University of Western Ontario	1998 - 2002
Global-GIX Canada Scholarship / UWO In-Course Scholarship	1999 / 2001
Western Scholarship of Distinction, The University of Western Ontario	1998

## Designations and Memberships

Registered Psychotherapist (#3402), College of Registered Psychotherapists of Ontario (CRPO)  
 Somatic Experiencing® Practitioner, Somatic Experiencing® International  
 Canadian Certified Counsellor (#0476), Canadian Counselling and Psychotherapy Association (CCPA)  
 Clinical Member, United States Association of Body Psychotherapy (USABP)  
 Member, International Society for the Study of Trauma and Dissociation (ISSTD)  
 Member, Equine-Facilitated Wellness Canada (EFW-CAN)  
 Affiliate Member, International Association of Animal Behavior Consultants (IAABC)  
 Member, International Society for Equitation Science (ISES)

## Additional Areas of Interest

Integrative case conceptualization, developmental trauma, intergenerational trauma, equestrian trauma, neurodivergence, narcissistic abuse, social justice and identity trauma, colonial trauma, pelvic health, complex syndromes, integration of SE™ with parts work and attachment renegotiation, dissociation and DID, spiritual trauma, and religious abuse.