

Sharon's "Qualifications"

CAVEAT: IN MY OPINION LIVED EXPERIENCE IS WHAT MAKES ME AN EXPERT!!!

Proven expertise in program development and delivery utilizing trauma-informed and harm reduction approaches with people suffering with mental health and substance use

Completed 30.5 hours of continuing education through The National Institute for the Clinical Application of Behavioral Medicine.

A background in front line work including intake, referral, crisis assessment, intervention and support.

Possess strong knowledge of the dynamics of abuse and trauma within an anti-oppression and Inter-sectional framework.

I am Highly Skilled in These Areas

Effective Facilitation | Strong
Leadership | Advocacy | Consulting |
Crisis Management | Mediation |
Cross-Functional Collaboration |
Conflict Resolution | Program
Development | Program Delivery |
Documentation | Communication

EDUCATION

Bachelor of Arts (HONS BA) Psychology | **York University**

PROFESSIONAL DEVELOPMENT AND TRAINING

The National Institute for the Clinical Application of Behavioral Medicine

- How to work with Shame
- Treating Trauma Masters Series 2017
- Working with Core Beliefs of Never Good Enough
- Practical Skills for Working with a Client's Anger
- Expert Strategies for Integrating Compassion-Based Approaches into Trauma Treatment
- How to work with the Traumatized Brain
- Master Series on the Clinical Application of Compassion

EDUCATION

Trauma-Sensitive Mindfulness: The Introductory Guide to Recognizing Trauma, Responding Skillfully, and Preventing Re-Traumatization: **David Treleaven**

Advanced Trauma-Sensitive Mindfulness: Widening the Window of Tolerance and Supporting Trauma Recovery: **David Treleaven**

Trauma-Informed Approaches to Mental Health in Marginalized Communities: **Affective Consultant and Training Services**

Documentation Skills: **Toronto Hostels Training Center**

Introduction to WRAP: **Mood Disorders Association of Ontario**

Neural Foundations of Mindfulness: **Leading Edge Seminars**

Hardwiring Happiness: New Brain Science: **Leading Edge Seminars**

Training and Workshops: **Psychodramatic Bodywork**

PROFESSIONAL EXPERIENCE

Bridgepoint Family Health Team

Peer Facilitator

Provided psychoeducation of trauma symptoms and management, and assisted peers in articulating goals for recovery by offering wellness tools.

Developed and facilitated monthly workshops of life skills training.

Assisted in the development and delivery of a Trauma Therapy Group for women. Below you will find a link to our conclusions from our study -- conducted though Bridgepoint Family Health Team.

[Our Findings](#)

★Property of Bridgepoint Family Health Team

PROFESSIONAL EXPERIENCE

Native Women's Centre: Hamilton

Mental Health and Addictions Counsellor

Provided individual and group support to improve mental health and well-being of residents.

Developed mental health and addiction treatment plans to establish self-care routine and supports.

Developed and facilitated weekly workshops; Self-Esteem, Boundaries, Core Beliefs.

Prepared documentation and ensured appropriate agency records were maintained.

PROFESSIONAL EXPERIENCE

Elizabeth Fry Toronto

Re-Integration Counsellor

Advocated and assisted with the development of a life plan that incorporates education, employment, housing, rebuilding family ties and the overall re-entry into community after serving a provincial or federal sentence in institution.

Residential Manager

Created an inspiring team and client environment; and maintained the infrastructure of the Residence by reinforcing shared hope.

- Led individual and group team meetings on a bi-weekly basis.
- Recruited and trained new team members.
- Maintained an active presence with and fostered positive working relationships between the agency, Corrections Services Canada and Ministry of Community Safety and Correctional Services.

PROFESSIONAL EXPERIENCE

North York Women's Shelter

Women's Counsellor

Provided resident focused, resident driven case management, supporting residents regarding issues of violence, housing, employment, legal and mental health.

Created safety plans by assessing appropriateness of referral services and performing intakes.

Performed crisis intervention, one-on-one and group counselling.

Assisted residents with identifying short- and long-term goals that support their safe return to the community.

PROFESSIONAL EXPERIENCE

ON-TRACK Pre-Employment Program

Facilitator/Outreach

Conducted life skills training, employment counselling, assessment, and personality testing programs.

Provided referrals and advocacy in locating and utilizing community resources.

Assisted women with job readiness skills, job search strategies, writing resumes and preparing for job interviews.

St. Vincent de Paul

Manager Transition House