

LAURA DONEY

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EDUCATION

<p>University of Lethbridge – Master of Counselling Currently completing a Master of Counselling Degree. I have achieved academic excellence in all my courses and received two graduate level scholarships.</p>	<p>May 2015 – Expected grad April 2018</p>
<p>St. Mary’s University – Bachelor of Education Completed a Bachelor of Education in April 2015. During this degree I maintained a 4.0 GPA, received Dean’s List recognition, and was selected to speak at the Annual Welcoming Ceremony of Education Students.</p>	<p>September 2013 – April 2015</p>
<p>Athabasca University – Continuing Education Completion of a pre-requisite course for Graduate school in communication psychology called Creating a Working Alliance.</p>	<p>September 2012 – February 2013</p>
<p>University of Victoria - Bachelor of Arts in Psychology Completion of a Bachelor of Arts in Psychology in April 2011.</p>	<p>September 2008 – August 2011</p>

GRADUATE LEVEL FOCUSES

<p>Professional Ethics and Conduct</p> <ul style="list-style-type: none"> - Adherence to the Canadian Psychological Association’s Code of Ethics with a focus on ethical dilemmas 	<p>Assessment: Processes and Application</p> <ul style="list-style-type: none"> - Chosen focus on Beck Depression Inventory – Second Edition (BDI-II), Beck Anxiety Inventory (BAI), Eating Disorder Inventory – Third Edition (EDI-3), and Beck Scale for Suicide Ideation (BSS).
<p>Foundational Counselling and Conflict Resolution Skills</p> <ul style="list-style-type: none"> - Focus on the working alliance, client-centered practice, and micro-skills development 	<p>Counselling Strategies and Interventions</p> <ul style="list-style-type: none"> - Chosen focus on CBT and Narrative Therapy
<p>Theories of Counselling and Application to Client Change</p> <ul style="list-style-type: none"> - Focus on foundational theories of Counselling, personal theories of client change, and integrated practice 	<p>Cognitive and Affective Bases of Behaviour</p> <ul style="list-style-type: none"> - Chosen focus on Cognitive Development Theory and Sociocultural Learning Theory including interventions specifically for clients with anxiety and depression disorders
<p>Counselling Diverse Clients</p> <ul style="list-style-type: none"> - Chosen focus on LGBTQ individuals in North America 	

WORK EXPERIENCE

<p>Calgary Separate School District – Family/School Support Worker Worked full time as a District Family and School Support Worker providing short-term interventions including psycho-education, motivational interviewing, and solution-focused therapy. I applied various techniques from Cognitive-Behavioural Therapy, Solution Focused Therapy, and Structural Family Therapy.</p>	<p>June 2015 to Present & August 2012 to September 2013</p>
<p>IForce Alarms – Office Manager Worked as the Office Manager for a large Canadian alarm dealer. My responsibilities included overseeing of accounting, scheduling, and customer retention.</p>	<p>April 2014 to September 2014</p>
<p>Yoga Teacher – St. Mary’s University Collaborated with the Physical Education Department to offer free yoga to students. I taught one class a week and created sequences to target stress, focus, energy, and memory.</p>	<p>November 2013 to June 2014</p>
<p>Woods Homes – Family Support Counsellor Worked full time as a Family Support Counsellor in the Home Connections program. My</p>	<p>December 2011 to</p>

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responsibilities included scheduling visits with families, providing strategies for behavioural, social, and emotional challenges, crisis prevention and intervention, and connecting families with long term community resources and supports. I participated in weekly consultations with clinicians and worked collaboratively with other mental health professionals.

August 2012

Camp Bonaventure – Support Aide

Provided one-on-one support aide for a child with Autism and Cerebral Palsy. We participated in daily activities, set learning goals, and I provided assistance with day-to-day needs and administering medication.

**Summers of 2009
& 2010**

Quest Support Services – Community Rehabilitation

Worked as a one-on-one mentor with 4 to 5 youth varying in diagnosis. Helped each individual set and work towards goals, improve social skills, master a skill at school or in an extra-curricular activity, helped administer medication, and provided transportation and occasional respite work.

**October 2007 to
April 2008**

PRACTICUM EXPERIENCE

Grade 4/5 – Raddison Elementary (CBE)

Completed a 10-week practicum under the supervision of a cooperating teacher and a university professor. I developed lesson plans, unit plans, and taught 90% of the time. I developed classroom management skills and various strategies for differentiation and teaching diverse learners.

**February, 2015 to
April, 2015**

Grade 3/4 – Cranston Elementary (CBE)

Completed an 8-week practicum under the supervision of a cooperating teacher. I worked on a team of three classes and four others teachers, teaching up to 66 students at a time. I planned lessons and units for our class of 22 students and participated in a noon-hour club for empowering young girls in their friendships and academic pursuits.

**October, 2014 to
December, 2014**

Full-day Kindergarten – St. Peter Elementary (CSSD)

Completed a 6-week practicum under the supervision of a cooperating teacher. There were a number of students in this class who were English Language Learners, had complex needs, and sever behavioural challenges. The socio-economic status of many students was very low and therefore students required a highly supportive, structured and safe learning environment. I quickly developed skills in classroom management, collaborative problem solving, and conflict resolution.

**November, 2013 to
December, 2013**

VOLUNTEER

Creative Impact Health Foundation

Secretary on the Board of Directors for the Creative Impact Health Foundation. My responsibilities include writing and distributing meeting minutes, coordinating projects, planning events, and collaborating with Board members.

**December, 2015 to
Present**

Homes of Hope – Youth With a Mission

Went to Tijuana, Mexico with fifty other youth and adults to build homes for the homeless. We built three homes in three days and raised over \$6,000.00 to donate to the families for groceries and basic needs.

March, 2016

Turning Points Essay Contest – The Learning Partnership

Judged an essay contest for grade six students in Alberta.

April 20, 2014

Calgary Communities Against Sexual Abuse

Provided counselling support to individuals who access the 24-hour support line regarding their

**July, 2013 to
April, 2015**

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experiences of domestic violence and sexual abuse. In preparation for this position I completed a 6-week training module to develop knowledge around sexual violence.

Hull Child and Family Services

Mentored children in the Pre-adolescent Treatment Program, which is a residential program at Hull that provides a stable living environment for children.

**October, 2011 to
June, 2012**

PRESENTATIONS & LECTURES

Guest Lecturer – St. Mary’s University (Calgary, AB)

In the process of designing and delivering a lecture to the Bachelor of Education cohorts on the importance of teacher mental health. The presentation focuses on mental health literacy, self-care, self-awareness, managing mental health and accessing resources.

**February 16 & 17,
2017**

Positive Parenting Workshop – Calgary Catholic School District

Helped develop and deliver a 4-session workshop for parents with children in Kindergarten that focused on strategies for school transitions, emotional regulation, boundaries and expectations, discipline and parenting styles.

October, 2016

Raising Resilient Children – Calgary Catholic School District and Dare to Care

Helped develop a 6-session seminar for parents that focused on helping children develop healthy relationships and strategies for managing peer conflict and bullying at school.

**January and
February 2015**

Starburst & Spirit Program – Calgary Communities Against Sexual Abuse

Delivered a two-hour education presentation to junior-high girls about relationship safety and sexual health.

January 26, 2015

Bachelor of Education Program Presentation at Student Orientation

Nominated by professors to speak at the New Cohort Student Orientation about my experience in the program, recommendations for academic success, and pointers for practicum.

September 4, 2014

RESEARCH

Research Assistant – University of Calgary Healing Journey Study

Completed analysis on a series of data from a study that was conducted to examine women’s experiences of intimate partner violence.

**January 2012 to
September, 2012**

PROFESSIONAL DEVELOPMENT & CERTIFICATIONS

Title	Description	Dates	Presenter/Trainer
Trauma-Informed School-based Counselling	This training is based on Ricky Greenwald’s model of trauma and provided practical counselling interventions for supporting students with trauma and who are receiving trauma-focused therapy outside of school.	February 8, 15, & 22, 2017	Claire Malcolm, Reg. Psych
Brief Counselling Strategies	Training in advanced interventions from Cognitive Behavioural, Solution-Focused, Strengths Based and Narrative frameworks. Practical techniques and applications are explored.	January 26 & 27, 2017	Alexis Gerbrant - Crisis and Trauma Resource Institute
Problematic Sexual Behaviour in School Settings Workshop	Overview of current research, discussion of challenges in addressing sexual behaviour and training in a model to support all students involved.	January 16, 2017	Peter Laycock, Daniel Garfinkel, Katarina Zunjic, & David Williamson
Healing Broken Bonds: Traumatic Attachment	Instructor provided background on attachment theory and affect regulation theories and taught	December 5 & 6, 2016	Janina Fisher, PhD

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and Affect Regulation	practical strategies for working with traumatized clients from an attachment lens.		
Mental Health First Aid	Focused on knowledge and skills required to support individuals with mental health disorders.	Nov 29 & 30, 2016	Zalika Adamson, RSW
International Congress for the Prevention of Child Abuse and Neglect	Three-day conference with various keynote speakers and research presenters who spoke on initiatives and programs to address child abuse and neglect.	August 28 – 31, 2016	N/A
Working With Families – Strategies for Helping and Engaging	This training focused on family systems theory, case conceptualization, and therapeutic interventions.	June 22- 23, 2016	Amber McKenzie, M.Sc., R. Psych.
All The Pieces of Me: Child Dissociative Identity Disorder (DID)	This PD offered theoretical background of DID, practical strategies for working with children who have DID, and recommendations/supports.	May 18, 2016	Lindsay Cooke with Community Education Services
The 2015 Alberta CBT and DBT Clinical Skills Conference	The conference included a combination of keynote speakers and skills workshops that focused on CBT for PTSD, Substance Abuse, Anger, and Depression and DBT skills training.	December 3 - 5, 2015	Don Meichenbaum and Stephanie Vaughn
CPR and First Aid	Completion of Emergency First Aid, Level A – CPR and AED training.	Expires May 11, 2018	St. John Ambulance
Calgary Communities Against Sexual Abuse Crisis Line Training	Completion of CCASA’s 12-session training program designed to prepare distress line counsellors for their role in supporting callers emotionally and psychologically.	June 1, 2014	Mary McGuire
Yoga Teacher Training – Certified Alliance 200 Hour Certificate	Completed 200 hours of teacher training and supervised yoga practice.	March 2013 to May 2013	Kim McMullen at Breathe Hot Yoga
Reiki Level One and Level Two – Mount Royal University	Certification included twenty-six hours of course work, one-to-one supervised practice, and personal attunement sessions.	Issued June 2, 2013	Jennifer Ash Williams
Non-Violent Crisis Intervention	Completion of training through the Crisis Prevention Institute for the proper response and restraint of individuals in crisis.	December 6, 2012	Lucy Tomiyama and Jody Heywood
Healthy Minds/ Healthy Children Certificate	Online modules focused on managing and assessing children’s mental health issues in primary health care.	September to December 2012	Alberta Health Services
Proactive Crisis Intervention and Prevention Training	This training provided me with skills to manage crisis situations, specifically in the home.	Issued February 7, 2012	Wood’s Homes
ASIST – Applied Suicide Intervention Skills Training	Completion of a 2-day course in suicide intervention and prevention. This course provided me with practical skills that have proven to be very applicable in the various counselling and teaching roles I have had.	Issued February 17, 2012	ASIST
Dan and Sally In Home Support Training	Participated in 10 training sessions for In-home Support Workers with a clinical focus on topics such as solution-focused questioning, case consultation, developing language to be an effective counsellor, and stages of change.	December 12, 2011 – June 1, 2012	Dr. Sally St. George and Dr. Dan Wulff at Calgary Family Therapy Centre

SCHOLARSHIPS & MEMBERSHIPS

University of Lethbridge Master of Counselling Graduate Scholarship

Received Sept 1, 2016 & January

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9, 2017

Queen Elizabeth II Graduate Scholarship

Received August 1, 2015

Dean's List at St. Mary's University

August 14, 2014 & June 9, 2015

Jason Lang Academic Scholarship

Received Dec. 11, 2014

American Psychological Association Member

January 2012 to Present

American Association for Marriage and Family Therapy

July 2014 to Present