***Alyson Hirtle***

**BA, MACP, RP, CCC**

**Registered Psychotherapist**

**Midland, Ontario**

**T: 705-527-5757 E: alyson@abilitiesrehab.ca**

**PROFESSIONAL EXPERIENCE**

**Psychotherapist**

**Abilities Rehabilitation Services, Midland, Ontario – January 2017 – Present,**

Provide individual treatment to those suffering from depression, anxiety, interpersonal challenges and behavioural issues

Develop and coordinate goal-directed treatment plans for children, adolescents and adults

Implement an integrated approach using play-based psychotherapy, sandtray, CBT, Cognitive Processing Therapy (CPT) and Rogerian theoretical frameworks

Use knowledge, understanding and sensitivity to diversity within a multicultural environment

Follow ethical guidelines pertaining to the College of Registered Psychotherapists of Ontario Code of Ethics and Standards of Practice for Counsellors

**Psychotherapist**

**Georgian College, Barrie, Ontario – January 2017 – August 2017,**

Provide personal counselling to address mental health concerns by assisting clients with building coping strategies, skill development and goal setting through long-term and short-term counselling

Identify additional/alternative services and provide referrals

Build trust in the therapeutic relationship by identifying underlying issues

Apply ability to maintain client records in a safe and secure manner which was compliant with requirements of confidentiality and the Code of Ethics

**Support Worker**

**Bartimaeus Inc., Barrie, Ontario – August 2011 – June 2017,**

Provided high quality, competency-based, specialized behavioural support services to children, adolescents, and adults with a variety of special needs

Services were provided directly to families at home, in the community, in school, work or in the hospital setting

Provided support and guidance to interdisciplinary staff working in one-to-one or group situations

**FORMAL EDUCATION**

**Bachelor of Arts in Psychology**

Saint Thomas University, Fredericton, New Brunswick – 1996 to 2000

**Master of Arts in Counselling Psychology**

Yorkville University, Fredericton, New Brunswick – 2013 to 2016

**Play Therapy Certification Program**

 Canadian Association of Play Therapy (CAPT) – 2016 to present

**INTERNSHIPS**

**Georgian College**

Counsellor in Student Success Services

 Barrie, Ontario (January 2016 to August 2016)

**Empowering Counselling Services**

Counsellor, Co-facilitated Adolescent Self-esteem Group

 Barrie, Ontario (January 2016 to May 2016)

**PROFESSIONAL ASSOCIATIONS / MEMBERSHIPS**

Registered Psychotherapist of Ontario (CRPO)

Canadian Certified Counsellor (CCC)

Canadian Association of Play Therapy – Student member

**PROFESSIONAL DEVELOPMENT**

Brief-Focused Counselling Skills Training – December 2015

Anti-Oppressive Practice – Sexuality (LGBT) – January 2016

Introduction to Diversity – February 2016

SAFETALK Suicide Prevention Program – February 2016

Being Transgender at College - March 2016

Building Networks and Becoming an Ally (LGBT) – March 2016

Healthy Relationships, Meaningful Connections and Positive Mental Health – George Brown Mental Health Conference **-** April 2016

Understanding and Managing Aggressive Behaviour Orientation Program –September 2016

ASIST Certified (Applied Suicide Intervention Skills Training) – November 2016

Treatment of Opiate Use – Canadian Mental Health Association – January 2017

Academic and Counselling Program for Childhood Cancer Survivors and Their Needs in Transitioning to Post-Secondary Education - Pediatric Onocology Group of Ontario – January 2017

Introduction to Harm Reduction – Athena’s Sexual Assault & Advocacy Centre - February 2017

Mental Health First Aid Certification – Mental Health Commission of Canada **-** March 2017

CBT Fundamental Skills – Ontario Institute for Studies in Education (OISE) – University of Toronto – Professor Noah Lazar – March 2017

Medical Marijuana: What Health Care Professionals Need to Know – Dr. Lionel Marks de Chabris (Pain management and Addictions Specialist) **-** April 2017

Play Therapy Certification Program – level 1 – July 3 to July 14, 2017

Sandtray Therapy Training – Barbara Jones Warrick - July 17-18, 2017

Eating Disorders: New Insights for Healthcare Professionals – Anita Federici – October 26, 2017

Play Therapy Certification Program – level 2 – July 18 to July 27, 2018

Cognitive Processing Therapy Training for PTSD – April 4 to April 5, 2019