

Agustina Inés De Benedetti

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Professional Summary

- **9+ years of experience in the mental health field** working with individuals, couples, and families utilizing different therapeutic approaches and techniques from Cognitive Behavioural Therapy, Solution-focused Therapy, Compassion-focused therapy, Attachment-focused therapy, Emotionally focused therapy, Mindfulness-based practices, and Psychodynamic Therapy
- My approach is client-centered, strength-based, and goal-oriented. Trauma-informed and culturally competent framework of work. Committed to anti-racist, anti-oppressive, and inclusive practice
- Compassionate, dedicated, and sensitive to issues around socio-economic status, culture, ethnicity, faith, disabilities, gender, and sexual orientation
- Experienced in working with supportive, psychoeducational, and therapeutic groups
- Fluent in Spanish (Native) and English. Proficient in Portuguese
- **CRPO/Full professional registration as Registered Psychotherapist in good standing.**
- **Meet requirements for *independent practice*.**

Education

Clinical Supervision (Canada) 2020 - 2021

30-hours of directed learning in providing Clinical Supervision (self-directed) **

University of Ottawa – 30-hours course on Clinical Supervision_**

American Society for Reproductive Medicine 2020 - 2020

Mental Health Professional Certification

Master of Arts in Counselling Psychology 2016 – 2020

Yorkville University, Fredericton, NB, Canada

Master of Arts in Clinical Psychology 2000 - 2006

University of Buenos Aires, Argentina

Work Experience

Pando Counselling & Psychotherapy (Private Practice) 2020 – Present

- Currently working with virtual and over the phone sessions with individuals and couples.
Services provided: Individual and couples counselling and psychotherapy, supervision.

Family Service Toronto

2020 - Present

Workshop Facilitator

- Neighbors Friends and Families (NFF)- National Public Campaign - Outreach to the Latino Hispanic Seniors community, including LGBTTTQQI2S+ community, providing workshops related to violence against women and elder abuse relevant to Latino-Hispanic seniors

Family Service Toronto

Student Counselor – Unpaid/Supervised Practice – (English & Spanish)

2019 - 2020

Programs: Seniors and Caregivers Support Service & Violence Against Women

- Provided individual counseling services to adults' caregivers and seniors (65+) presenting life transition issues, bereavement, caregiver stress, elder abuse, physical/mental health, and violence -among other- challenges, utilizing evidence-based approaches
- Prepared materials and presented educational workshops about Elder Abuse in different organizations of the community
- Led and co-led senior's support and educational groups within the program. Proposed topics, and prepared material for group sessions
- Participated in the walk-in single-session counseling clinic

Adult and Family Counsellor/Psychotherapist /Clinical Supervisor

2006 - 2014

Private Practice. Licensed Registered Psychologist, Argentina.

- Conducted individual, couples, and family counseling for clients presenting stress, anxiety, depression, unresolved issues, life transitions, and other life stressors
- Conducted biopsychosocial assessments for developing multifaced case conceptualizations
- Developed personalized goal-directed treatment plans that were reviewed periodically
- Integrated evidence-based psychotherapeutic approaches tailored to the unique needs and characteristics of each client to provide informed and accurate therapeutic treatments
- Made appropriate referrals to professionals and community resources
- Utilized outcome measurements to evaluate the effectiveness of counseling services
- Conducted psychosocial assessments, progress notes, and provided reports upon request
- Provided clinical supervision services to students of University of Buenos Aires (2012-)

Individual, Couples, and Family Psychotherapist

2006 – 2008

Fundación Manantiales. Mental Health & Addiction Centre, Argentina

- Psychological therapy of youth and adult clients dealing with substance-related addiction disorders and dual pathologies utilizing a variety of behavioral and psychotherapy techniques to address client's specific needs
- Closely collaborated with the multidisciplinary team (physicians, psychiatrists, social workers, art therapists) to develop meaningful tailored treatment plans aligned with the client's presenting symptoms, strengths, and psycho-social situation
- Psychoeducation for client and family on behavioral health strategies and wellness
- Conducted diagnostic interviews, crisis intervention and assessed client's risk factors
- Performed intake interviews, assessment, treatment planning, progress notes, clinical files maintenance and provide formal reports to third parties to ensure treatment compliance
- Received weekly individual supervision along with interdisciplinary supervision meetings

Group Therapist and Facilitator

- Led and co-led therapeutic, psychoeducational, and support groups for parents and partners

Inpatient/ Outpatient Psychotherapist

- Co-coordinated daily activities in the therapeutic community clinic (music therapy, art therapy, therapeutic groups, physicians, psychiatric follow-ups, etc.)
- Provided crisis intervention support to clients living in the therapeutic community
- Referred clients to community resources/specialists when appropriate

Latest Training & Continuing Education

Understanding and addressing the impacts of Gender-based violence certificate- Provincial Health Service Authorities (2020)

Mental Health Professional Certificate (The American Society for Reproductive Medicine (2020)

Telepsychology Certificate American Psychology Association (APA) – (2020)

Canadian Guidelines on Alcohol Use Disorder among Older Adults - Canadian Coalition for Seniors Mental Health (CCSMH) (2020)

Anxiety in the Wake of Loss: Strategies for Working with The Missing Stage of Grief (PESI) (2021)

Virtual Care in Times of Crisis and Beyond (CAMH, UHN) (2021)

Understanding the complexities of suicide and substance use (CAMH) (2019)

Narrative Therapy Approaches to Trauma (2019)

Psychological First Aid (RAPID model) (2020)

Emotionally-focused Therapy for couples and individual (EFIT) (2020)

Supervision models

(Argentina) Supervisión clínica en psicoterapia: Teoría y práctica. – 40 horas (Universidad de Buenos Aires, Facultad de Psicología (UBA) (Argentina) (2011) - Theory and Practice of Clinical Supervision for Psychotherapists – 40 hours – University of Buenos Aires, Faculty of Psychology (UBA, 2011).

**** Supervision training included:**

- Supervision models
- Practice foundation in clinical supervision
- Roles and responsibilities in clinical supervision
- Ethical and professional issues in supervision
- The supervisory alliance
- Core skills in clinical supervision
- Diversity-focused competence and self-awareness
- Evaluation, monitoring, and gatekeeping role
- Knowledge and transmission of clinical skills
- Performance of supervision. Documentation and risk management