

ALEX SELLORS MSW, RSW

Registered Social Worker #830086

EDUCATION

Master of Social Work,

University of Toronto, 2017

Specialization in Health & Mental Health

Graduate Certificate, Concurrent Disorders

Mohawk College, 2014

Bachelor of Arts Honours, Psychology

University of Guelph, 2013

SKILLS

- *Assessment & treatment planning*
- *Solution focused counselling*
- *Trauma-focused psychotherapy*
- *Crisis intervention & de-escalation*
- *Interpersonal*
- *Critical thinking*
- *System navigation*
- *Cultural competency*

AREAS OF INTEREST

PTSD, complex traumatic stress, childhood trauma, relational adversity, first responders/healthcare workers, helping professionals, burnout, stress, compassion fatigue, and grief/loss

TRAINING & PROFESSIONAL DEVELOPMENT

- Introduction to the DMNS: Stabilization Interventions for Dysregulated, Dissociative, Attachment-Wounded Clients (DMNS Institute, September 2022)
- Lessons we need to know about treating highly dissociative individuals: The finding solid ground program (European Society of Trauma & Dissociation, talk by Bethany Brand, August 2022)
- IFS for EMDR (emdrifs.com by Bruce Hersey, February 2022)
- Integrative Somatic Trauma Therapy Certificate (The Embody Lab, January 2022)
- EMDR Basic Training (Leading Edge Seminars, August 2021)
- DBT Skills Training (with Marsha Linehan via psychwire, July 2021)
- CBT for Post-Traumatic Stress Disorder - webinar (OASW, 2020)
- CBT for Anxiety, Worry and Uncertainty during COVID-19 - webinar (OASW, 2020)
- Working with First Responders and Military Members with PTSD and Moral Injury (Dalton Associates, 2020)
- CBT for Anxiety (Beck Institute, 2020)
- DBT Essentials Training (APT Canada, 2019)
- Tools for Trauma: A CBT Approach (Traumatology Institute, 2018)
- Complex & Developmental Trauma for Direct Service Workers (Hincks-Dellcrest, 2018)
- Single Session Counselling & Couples Counselling (Woodgreen Community Services, 2018)
- CPI Non-violent Crisis Intervention (Scarborough Health Network, 2018)
- Trauma-informed care & Advanced Trauma-informed care, Trans Awareness Training 101, and Ontario HIV and Substance Use (OHSUTP) 2-Day Training (Toronto Hostels Training Centre, 2016)

EMPLOYMENT & PRACTICUM EXPERIENCE

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SELF-EMPLOYED

Sellors Counselling & Trauma Therapy, September 2023 - present

Registered Social Worker, Psychotherapist, and EMDR Certified Therapist

- Provides counselling and psychotherapy services to adults (18+) with a focus on trauma, PTSD and stress
- Uses an integrative approach with a variety of therapeutic modalities, including EMDR, somatic approaches, parts work, DBT, and emotion-focused therapy
- Specializes in working with first responders

INDEPENDENT CONTRACTOR

Maratos Counselling and Consulting, October 2021- August 2022

Dawn Associates, May 2022 – September 2023

Registered Social Worker and Psychotherapist,

- Provides counselling and psychotherapy services to adults (18+) with a focus on PTSD/trauma, stress and anxiety
- Uses an integrative approach with a variety of therapeutic modalities, including EMDR, somatic approaches, parts work, and DBT

JOSEPH BRANT HOSPITAL, BURLINGTON ON

Outpatient Mental Health, Short Term Therapy & PHAST Program – *Social Worker*, May – October 2021

- Provides individual therapy (DBT informed) to individuals experiencing a wide variety of presenting issues, including emotion dysregulation, self-harm, suicidality, personality disorders and/or complex trauma
- Facilitates DBT skills groups & PHAST groups for acute stabilization of patients recently discharged from the emergency department

Inpatient Medicine, Covid and Palliative Care Units (contract) - *Social Worker*, November 2020 – May 2021

- Conducts client-centered assessments of physical, emotional, psychological, financial, environmental, cognitive, cultural, spiritual and social needs
- Performs a variety of clinical interventions based on those assessments, including crisis intervention, new diagnosis and end of life support, counselling to patients and families, addictions support, mental health assessments and facilitating community referrals
- Works as a collaborative, supportive member of an interprofessional team within a fast-paced environment

SCARBOROUGH HEALTH NETWORK, SCARBOROUGH ON

Mobile Crisis Department, Birchmount & General Campus

Crisis Worker, October 2018 – September 2021

- Works in the emergency department with individuals experiencing a mental health related crisis
- Conducts in-depth mental health assessments (biopsychosocial, mental status exam, and suicide/homicide/violence risk assessments)
- Consults with psychiatrists, emergency physicians, police, CAS, and various community agencies
- Provides brief counselling (CBT/DBT skills, solution-focused), and information/referrals to patients (and their families) in the community through the crisis line and community outreach
- Works with patients from diverse backgrounds while respecting their cultural and spiritual needs
- MSW practicum supervisor and evaluator for Factor-Inwentash Faculty of Social Work

WELLBRIDGE MEDICAL & SCARBOROUGH MEDICAL CENTRE, TORONTO ON

Clinical Social Worker, April 2018 – August 2019

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- Completes psychological pre-screening assessments and reports for adults who have been involved in a motor vehicle accident
- Facilitates treatment plans as outlined by the Psychologist that aims to identify any general, post-traumatic, or psychological adjustment problems resulting from the motor vehicle accident
- Works with individuals experiencing post-traumatic stress disorder, adjustment disorders, complex trauma, depression, anxiety, sleep difficulties, and chronic pain
- Provides cognitive behavioural and trauma-informed therapeutic interventions

WOODGREEN COMMUNITY SERVICES, TORONTO ON

Crisis Worker, Crisis Outreach Service for Seniors, Nov 2017 – April 2018

- Participates in mobile crisis shifts for individuals 65+ presenting with various issues, including mental illness, substance use, trauma, dementia, suicidal ideation, and elder abuse
- Provides crisis intervention, assessment, intensive case management, short-term counselling, and linkage to health care and social services

UNIVERSITY OF TORONTO, TORONTO ON

Research Assistant, Factor-Inwentash Faculty of Social Work, Sept 2015 – Aug 2017

- Conducts literature reviews for Dr. Esme Fuller-Thomson
- Co-authored published journal article: Factors Associated with Recovery in Aboriginal Canadians who had Previously been Suicidal (2019)

HAMILTON GENERAL HOSPITAL, HAMILTON ON

MSW Practicum II, Emergency Department & Trauma/General Surgery Unit, May – Aug 2017

- Provides crisis intervention and de-escalation, grief and bereavement support, brief counselling, and practical assistance to patients and families
- Supports patients and families following traumatic injury, illness, and sudden death (ex. violent crime, suicide and suicide attempts, substance overdose, motor vehicle accidents, stroke, cardiac arrest, traumatic brain injury, palliation)
- Facilitates morgue viewings with families of the deceased and provides information on contacting coroner, funeral homes, etc.
- Conducts assessments (e.g. psychosocial, suicide risk, substance use, acute traumatic stress, intimate partner violence, geriatric)
- Provides education (e.g. motor vehicle accident insurance, harm reduction information) and referrals to community services

SALVATION ARMY, BOOTH PACKAGING AND SUPPORTIVE SERVICES, TORONTO, ON

Summer Student, July – August 2016

- Provides work floor related support to participants of a vocational program (living with a concurrent disorder or dual diagnosis) in a packaging factory setting
- Conducts Ontario Common Assessment of Need (OCAN)

MSW Practicum I, January – May 2016

- Case worker providing home and community visits to individuals living with a concurrent disorder
- Completes intake forms, OCAN, and client-centered care plans
- Supports clients in their recovery from substance use through relapse prevention, teaching coping skills, suicide intervention, motivational interviewing, and trauma-informed care
- Co-facilitates Aftercare Support Group and Art Group at Toronto Harbour Light Ministries

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ST. MATTHEW'S HOUSE, HAMILTON ON

Crisis Intervention and Outreach Worker, February 2015 – Sept 2015, Sept 2016 – April 2017

- Supports older adults (55+) who are homeless or experiencing a housing related crisis through case management, crisis intervention, and community referrals
- Works with seniors living with mental health and/or substance use issues
- Develops support plans aimed to assist individuals in eviction prevention, finding appropriate and affordable housing, and connecting to social and health care services
- Field placement supervisor and evaluator of students in the SSW Program

Seniors' Support Worker, May 2014 – February 2015

- Main person of contact at a drop-in centre for homeless and street-involved seniors (55+)
- Provides emotional and practical support to seniors who are vulnerable, potentially isolated and living in at-risk conditions

Student Placement, March – April 2014 (200 hours)

Completed an 8-week field placement through the Concurrent Disorders program at Mohawk College

VOLUNTEER EXPERIENCE

WOODGREEN COMMUNITY SERVICES, TORONTO ON

Volunteer Counsellor, Walk-in Counselling Service, Dec 2017 – April 2018

- Provides single session, solution-focused counselling to individuals of all ages with a wide range of presenting concerns

BEREAVED FAMILIES OF ONTARIO, HAMILTON ON

Volunteer Research Coordinator, May – September 2014

Volunteer Grief Facilitator, June – December 2014

- Attended BFO's TLC camp for bereaved families the weekend of June 6-8th
- Co-facilitated a 10-week grief support group for children (ages 8-12) from Oct-Dec 2014
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