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Kelly Smith B.A. B.S.W. M.S.W. RSW

Social Worker, Psychotherapist, Certified Trauma Professional,

FORMAL EDUCATION

Master of Social Work

University of Windsor, Windsor, ON. 2017

Areas of Study: Challenges in Human Behaviour; Advanced Social Work Research: Practice Evaluation; Advanced Direct Social Work Practice; Advanced Indirect Social Work Practice; Social Justice and Social Change; Advanced Social Policy Analysis and Development; Program Design and Evaluation

Research Project Title: Community in Crisis: Assessing the Effectiveness of Filial Therapy

Bachelor of Social Work

University of Waterloo, Waterloo, ON. 2012 (Honours Program, Dean's Honours List)

Bachelor of Arts (Psychology)

University of Waterloo, Waterloo, ON. 2002

Certificate of Study in General Social Work

University of Waterloo, 2001

Library and Information Technician Diploma

Mohawk College, Hamilton ON. 2005

ADDITIONAL TRAINING AND CERTIFICATIONS

- **Cognitive Processing Therapy (CPT)** with Dr. Kathleen Shard, 2021
- **EMDR Basic Training** with Dr. Amanda Bell, 2020
- **Certified Clinical Trauma Professional Training: Working with the Neurobiological Legacy of Trauma** with Janina Fisher, 2020
- **Internal Family Systems: Step by Step** with Richard Schwartz and Frank Anderson, 2020
- **Shame and Self-loathing in the Treatment of Trauma** with Janina Fisher, 2020
- **Narrative Therapy: Tools for Exploring Stories**, 2020
- **Cognitive Behavioral Therapy: Tools for Thinking Differently**, 2020
- **Clinical Applications of the Polyvagal Theory** with Stephen Porges, 2020
- **Foundations of Interpersonal Neurobiology and Application in Clinical Practice** with Daniel Siegel, 2019
- **Sensorimotor Psychotherapy Module 1** with Pat Ogden, 2019
- **Learning Motivational Interviewing Through Deliberate Practice** with Henny Westra, 2019

- **DBT for Concurrent Mental Health and Substance Use Issues: The Science and the Practice** with Lane Pederson, 2019
- **Emotion Focused Therapy** with Les Greenberg, 2019
- **Acceptance and Commitment Therapy** with Timothy Gordon, April and September 2019
- **Vulnerability, Courage, Shame and Empathy** with Brene Brown, 2019
- **Resolving Trauma in Psychotherapy: A Somatic Approach** with Peter Levine, 2019
- **Radically Open DBT**, 2018
- **DBT for Eating Disorders**, 2018
- **Certificate Course in Emotionally Focused Therapy with Sue Johnson: Attachment-based Interventions for Couples in Crisis**, 2018
- **DBT for Emotional Regulation** with Sheri Van Dijk, 2017, 2019
- **Applied Suicide Intervention Skills Training**, 2016
- **Gottman Seven Principles Educator**, 2015
- **Sandtray Worldplay**, Levels 1-6, 2010-2015
- **Canadian Association of Play Therapy**, Levels 1-3, 2009 – 2011
- **Theraplay**, with Lori Walton, 2010-2011
- **Child Parent Relationship Therapy: A Research Based 10-session Filial Therapy Model**, with Gary Landreth, 2010
- **Basic, Intermediate, and Advanced training in Psychodramatic Bodywork**, with Susan Aaron, 1994-1996

REGISTRATIONS

- Registered Social Worker, Ontario Association of Social Workers and Social Service Workers, General License #821101
- The Ontario Association of Social Workers
- The Canadian Association of Play Therapy #437

PROFESSIONAL EXPERIENCE

Owner and Lead Therapist Beyond Words: Sand and Play Therapy 2013-present

Approach each client as a unique individual using a trauma-informed, anti-oppressive, strengths-based perspective

Facilitate assessments to determine intervention modality, risk assessment, and coping skills

Provide mental and emotional health counselling services to a wide variety of individuals, children, teens, couples, and families

Create treatment goals collaboratively, and monitor client progress

Provide clinical interventions to individuals with anxiety, depression, trauma, affect disorders, autism, sexual abuse, domestic violence, illness, end of life and bereavement

Engage a wide variety of modalities, including CBT, DBT, ACT, Mindfulness, Somatic work, Play Therapy, Sand Tray Therapy, and Expressive Arts

Connect clients to services within the community and advocate on their behalf

Build trusting relationships and provide support to family members
Provide psychoeducation about neuroscience, relationships, mind-body integration, stress reduction, and mindfulness practice

**Contract Social Worker and Psychotherapist
Abilities Rehabilitation**

2019 – present

Support motor vehicle accident victims and their families

Provide intake and assessment protocols

Deliver individual treatment plans in client homes

Manage Client Files using HCAI

Liaise with a large team of treatment providers, insurance companies, and legal support

Provide detailed assessments and progress reports

Provide trauma-informed psychoeducation, interventions and support

**Consultant
Youth Speak**

2018-present

Provide staff training in the areas of child development, trauma, and somatic resources.

Evaluate program presentations and resources

**Contract Therapist
Child Therapy Toronto**

2017 – 2019

Provide child-centred play therapy, Theraplay, Sand Tray Therapy, Filial Therapy, and directive play therapy to a diverse range of children and families

Facilitate expressive arts groups for children and teens

Provide therapeutic support and counseling for parents and families

Work both collaboratively and independently with a multi-disciplinary team

**Contract Therapist
York Children's Aid Society**

2016-present

Similar duties as listed above

**Contract Therapist
Amica Mature Lifestyle**

2017- present

Provide play therapy, art and music therapy techniques, expressive arts, and other engagement activities with adults with advanced dementia and Alzheimer's disease

Facilitate engagement between adults with dementia and Alzheimer's disease with extended family members

Contract Therapist
Boost Child and Youth Advocacy Program
The Internet Child Exploitation Program (ICE)
2015-present

Provide counselling support to child victims who have experienced sexual abuse, exploitation, cyber-bullying and other adverse effects of the Internet and social media

Provide therapeutic support and education to the child's impacted family members

Contract Therapist
Season's Centre for Grieving Children
2015 - 2018

Facilitate group sand tray experiences for children who have experienced the death or life-threatening illness of an immediate family member

Contract Expressive Arts Therapist
Flourish Vitality Centre
2016-2019

Provide group psychoeducation to facilitate emotional regulation using a variety of expressive arts techniques, including dance, movement, music, somatic release, and meditation

Contract Expressive Arts Therapist
The Yoga Room
2010-2016

Similar duties as listed above

Play Therapy Intern
Family First Play Therapy Centre
2010-2012

TEACHING/INSTRUCTIONAL EXPERIENCE

Trainer: Crisis and Trauma Resource Institute
Providing Support Virtually
YWCA Employment Centre, Scarborough
Virtual Delivery
December 08, 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Jordon's Principle, Alberta

Virtual Delivery
November 30 & December 01, 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Treaty 3, Northern Ontario, and Manitoba
Virtual Delivery
October 29 and December 11, 2020

Guest Lecturer
An Introduction to Sand Tray Therapy
Wilfred Laurier University
October 21, 2020

Author and Trainer: Crisis and Trauma Resource Institute
Creating Safety: Children and Mental Health
Ontario Municipal Social Service Association
Virtual Mental Health Forum
October 21, 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Public Workshop
Virtual Delivery
October 20, 2020

Guest Lecturer
An Introduction to Sand Tray Therapy
Humber College
October 19, 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Dragonfly Counselling Centre, Alberta
Virtual Delivery
September 03 & 04, 2020

Author and Trainer: Crisis and Trauma Resource Institute
Creating Safety: Supporting Children as They Return To Care
Customized Webinar for Childcare Professionals
Child Development Resource Connection Peel (CDRCP)
Recorded July 30, 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Public Workshop
Halifax, Nova Scotia
March 09 & 10, 2020

Guest Lecturer
An Introduction to Sand Tray Therapy
Wilfred Laurier University
February 10, 2020

Co-facilitator weekly DBT Skills Group with Sheri Van Dyjk
September -December 2019

March – June 2020
September -December 2020

Trainer: Crisis and Trauma Resource Institute
Crisis Response Planning
Chippewas of the Thames First Nation, Health Centre
Muncey, Ontario
January 30 & 31, 2020

Trainer: Crisis and Trauma Resource Institute
Counseling: The Essential Skills
Christian Island Elementary School
Christian Island, Ontario
January 24, 2020

Trainer: Crisis and Trauma Resource Institute
Trauma-Informed Care: Building a Culture of Strength
Homes First
Toronto, Ontario
December 13, 16, 18 2019; January 06, 07 2020

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Early Childhood Community Development Centre
Thorold, Ontario
November 30, 2019

Trainer: Crisis and Trauma Resource Institute
Trauma: Strategies for Resolving the Impact of Post-Traumatic Stress
Christian Island Elementary School
Christian Island, Ontario
November 22, 2019

Trainer: Crisis and Trauma Resource Institute
Play Therapy: Tools for Helping Children and Youth
Public Workshop
Toronto, Ontario
November 04 & 05, 2019

Trainer: Crisis and Trauma Resource Institute
Resilience in Children: Creative Strategies for Helping
Richmond Hill Montessori School
Richmond Hill, Ontario
October 11 & November 15, 2019

Trainer: Sand Tray Therapy
An Introduction to Sand Tray Therapy
Staff Training, Native Child and Family Services
Toronto, Ontario
February 13, 2020

Presenter
2019 Trauma & Attachment Conference
“Sand Tray Across the Life Span”
St. Catherine's, Ontario
April 01, 2019

Co-facilitator, Play Therapy Group Supervision

Child Therapy Toronto
2017-2019

Guest Lecturer

Humber College, Social Service Worker Program
Experiential classroom presentation for college students in sand tray therapy
2017, 2018

Presenter

The Shania Twain Clubhouse
Experiential classroom presentation for children in sand tray therapy
Irwin, ON 2016

Presenter

The Ontario Association of Social Workers, Huronia Highlands AGM Keynote address
"Beyond Words: Stories in the Sand"
2015

Presenter

Barrie Enterprise Resource Network
Experiential classroom presentation for adults in sand tray therapy
2015

PROFESSIONAL DEVELOPMENT

Mindfulness, Psilocybin in End-of-Life Care: New Perspectives on Anxiety and Depression

Anthony Bossis and Ron Siegel
March 04, 2021

Learnings from a Lifetime of Therapeutic Practice: Insights and Potential of Ketamine-Assisted Psychotherapy

Phil Wolfson and Ron Siegel
February 25, 2021

Mindfulness, Self-Compassion & Psychedelic-Assisted Psychotherapy: New Directions in Clinical Practice

Chris Germer and Ron Siegel
February 18, 2021

DBT: Calming the Emotional Storm

Sheri Van Dijk, MSW
(Organizer) Sponsored by OASW, Huronia Highlands
December 21, 2020

Externalization of Graphic Imagery: The Use of Art in Trauma Treatment

Geraldine Crisci, MSW
(Organizer) Sponsored by OASW, Huronia Highlands
December 17, 2020

Diagnosing Resilience Across Cultures and Contexts

Michael Unger, Ph.D.
(Organizer) Sponsored by OASW, Huronia Highlands

December 14, 2020

Resilience Home and On the Job: Maintaining Our Capacity to Cope

Michael Unger, Ph.D.

(Organizer) Sponsored by OASW, Huronia Highlands

December 14, 2020

Internal Family Systems

Anna Gartshore, MSW

November 20, 2020

Breaking Down Myths: A Starter on Indigenous Social Work Practice

Karen Dowan, MSW

(Organizer) Sponsored by OASW, Huronia Highlands

November 19, 2020

Male Sexual Trauma and Recovery: From Conceptualization and Engagement Parts 1 and 2

Rick Goodwin MSW

(Organizer) Sponsored by OASW, Huronia Highlands

October 01 & December 07, 2020

Groupwork Training for Male Survivors: Clinical Training Using Psychodrama

Rob Hawkins, R.P.

(Organizer) Sponsored by OASW, Huronia Highlands

October 23 – November 27, 2020

Neutralization: A Specific Trauma Intervention

Geraldine Crisci

(Organizer) Sponsored by OASW, Huronia Highlands

September 16, 2020

Treating Anxiety Using Play-based Approaches: Yoga, Mindfulness and Meditation

Tina Lackner, R.P.

(Organizer) Sponsored by OASW, Huronia Highlands

August 04, 11, 18 2020

Exploring Trauma: Assessment and Intervention

Geraldine Crisci, MSW

(Organizer) Sponsored by OASW, Huronia Highlands

June 23, 2020

Working with First Responders and Military Members/Veterans with PTSD and Moral Injury

Dr. Manuela Joannu

June 06 & 13, 2020

An Integrative Approach to Treating Trauma: Blending IFS, Sensorimotor, Mindfulness, Psychoeducation, and More

Dr. Janina Fisher

May 2020

Creating Safety with High-Conflict Couples: A Nonverbal Approach

Dr. Janina Fisher

May 2020

Chronic Suicidality and Self-Destructive Behavior

Dr. Janina Fisher

March 2020

Medical Marijuana and the Clinical Implications

(Organizer) Sponsored by OASW, Huronia Highlands
March 03, 2020

Working Effectively with Police Officers and Other First Responders

Dr. Paulette Laidlaw
February 29, 2020

Courts and Reports: Everything you Might be Doing Wrong and how to Correct it

(Organizer) Sponsored by OASW, Huronia Highlands
November 12, 2019

Music-based Interventions in Trauma Work

(Organizer) Sponsored by OASW, Huronia Highlands
June 17, 2019

OCSWSSW Annual General Meeting: Ethics, Insight, Innovation.

- Reconciliation and Social Work and Social Service Work Practice
- Learning from the Kaswenta: Contemporary Social Work/Social Service Work, Indigenous Sovereignty and the Therapeutic Alliance
- Anti-Oppressive Practice as a Transformational Tool

May 2019

Brain Injury 101

Abilities Rehabilitation
May 31, 2019

Preventing Harmful Substance Use Through Promoting Healthy Brain Development

The Alberta Family Wellness Initiative
May 08, 2019

2019 Trauma & Attachment Conference

Day 1: Foundations of Trauma and Attachment

Day 2: Phased-based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation

Day 3: Trauma Processing Experiential

Day 4: Music-based Interventions in Trauma Work

Day 5: The Intergenerational Effects of Trauma and Resilience

March 29-April 02, 2019

Building Resilience Through Coregulation

Sponsored by the Seasons Centre for Grieving Children
March 28, 2019

Art Therapy: When Words are Not Enough

(Organizer) Sponsored by OASW, Huronia Highlands
March 06, 2019

The LAMP Neurobiology of Trauma Training following Sexual Assault & Interpersonal Violence

With Lori Gill

The Attachment and Trauma Centre for Healing
February 01, 2019

Indigenous Peoples: World View, The Great Struggle, and Moving Forward

Cyndy Baskin, Ph.D.
(Organizer) Sponsored by OASW, Huronia Highlands
November 24, 2018

Sexual Abuse Within the Family with Marcella Leonard

Boost Child Advocacy Centre
November 15 & 16, 2018

Mental Health Across the Lifespan: Social Workers on the Front Line of Real Issues

Sponsored by OASW Two Day Conference

- Engaging Indigenous Children and Youth: Integrating Traditional and Mainstream Approaches
- Autism and Mental Health Across the Lifespan
- Talking about Depression in a Single Session
- I Don't Want to Talk About it: Working with Hard to Engage Children and Youth

November 2 & 3, 2018

Strengthening Resilience with Advanced Mindfulness Practice

(Organizer) Sponsored by OASW, Huronia Highlands
October 26, 2018

Borderline Personality Disorder: Understanding and Supporting

The Crisis and Trauma Resource Institute
October 03, 2018

Vicarious Trauma: Strategies for Resilience

(Organizer) Sponsored by OASW, Huronia Highlands
June 04, 2018

OCSWSSW Annual General Meeting: Breaking Down Barriers

- Culture and Risk Indicators of Human Trafficking as they Relate to Children and Youth
- The Power of Creativity and Writing in Short Term Interventions
- Social Work in the Context of Complex Illness, Uncertainty, and Grief

May 24, 2018

OASW Annual General Meeting

“Being on the Front Line: Exploring the Impact of Mental Health, Addictions, and Health Equity on Social Work” with Uppala Chandrasekera

Grounding Trauma: Challenging Paradigms and Innovative Solutions

Sponsored by CAST Canada, Two Day Conference
April 17 & 18, 2018

Everything You Wanted to Know about the Social Work College (But Were Afraid to Ask)

(Organizer) Sponsored by OASW, Huronia Highlands
March 2018 (Barrie) and June 2018 (Huntsville)

Translating Neurobiology for Clinical Practice in the Treatment of Complex Trauma with Geraldine Crisci

(Organizer) Sponsored by OASW, Huronia Highlands
November 13, 2017

Resilience in Children

The Crisis and Trauma Resource Institute
November 28 & 29, 2017

Sandplay Training, Module 1

The Canadian Association of Sandplay Therapy
November 2-5, 2017

Helping Children Through Trauma

Sponsored by the Seasons Centre for Grieving Children
February 26, 2018

A Community Response to Human Trafficking

Sponsored by the Women and Children's Crisis Centre
February 21, 2018

7TH Annual Aboriginal Health Forum

Rama, ON April 04, 2018

The Body Keeps Score: New Frontiers in Trauma Treatment with Bessel van der Kolk

April 26 & 27, 2017

Moving to Find Balance: Resilient Children and Youth Connecting Physical Activity to Mental Health

Sponsored by the Seasons Centre for Grieving Children
April 25, 2017

OASW Annual General Meeting

"If We Don't See Social Workers as Experts, Who Will?" with Gabby Nobrega
May 2017

OCSWSSW Annual General Meeting

- Rethinking Social Justice on the Path to Change
- Post-traumatic Guilt
- Elder Mistreatment: What does it mean?

June 2017

Compassionate Inquiry with Gabor Mate

November 03 & 04, 2016

Hold Me Tight: A Couples Counselling Retreat

October 21 – 23, 2016 Workshop Assistant

OCSWSSW Annual General Meeting

- Resilience and Wellbeing
- Promoting the Social Ecologies of Resilience Among LGBTQ Youth
- Resiliency in Practice: What is it and How do we Build it?

May 31, 2016

OASW Annual General Meeting

"Putting Patients First: Understanding the Changing Health Care System in Ontario and the Opportunities for Alignment for the Social Work Profession" with Linda L. Jackson
May 2016

Looking Through an Adoption Lens: Understanding the Complex Mental Health Needs of Children, Youth and Their Families

May 31, 2016

Internet Child Exploitation: Myths & Facts

Boost Child and Youth Advocacy Centre
March 3, 2016

Making a Difference: The Community Responses to Child Abuse

Boost Child and Youth Advocacy Centre

April 11 & 12, 2016

Affirming Social Work Practice with Trans and Gender-Diverse Communities

Sponsored by OASW, Durham Region

October 27, 2016

Am I to Blame: Correcting Responsibility Issues with Geraldine Crisci

December 15, 2016

Bridges Out of Poverty

(Organizer) Sponsored by OASW, Huronia Highlands

December 07, 2016

Moving to Find Balance – Resilient Children and Youth Connecting Physical Activity to Mental Health

Sponsored by the Seasons Centre for Grieving Children

April 25, 2017

Affirming Social Work Practice with Trans and Gender Diverse Communities

(Organizer) Sponsored by OASW, Huronia Highlands

May 30, 2017

Not a Game - Human Trafficking Education Day

Sponsored by Simcoe Muskoka Family Connexions

June 01, 2017

Nonviolent Communication

The New York Centre for Nonviolent Communication

2015

OASW Annual General Meeting

“The Future of Social Work in Ontario” with Dr. Keith Adamson

May 2015

OCSWSSW Annual General Meeting

- Living in the Grey Zone: Consent, Capacity and What Does the Law Say Anyway?
- Mindfulness Based Cognitive Therapy
- We are all Connected: Working with Clients who Overuse Technology

June 09, 2015

OASW Annual General Meeting

“The New Dawn of Social Work Practice in the time of Mindfulness and Neuroscience” with Robert MacFadden

May 2014

OCSWSSW Annual General Meeting

- Possibilities and Responsibilities: The Unique Contributions of Social Workers
- Managing Complex Clients in Private Practice
- Privacy Update from the Commissioner’s Office

June 19, 2014

Trauma in the Mind’s Eye with Natalie Zlodre

Sponsored by OASW Huronia Highlands

October 2014

VOLUNTEER EXPERIENCE

Volunteer Board President

Ontario Association of Social Workers, Huronia Highlands Branch
2015-present

- Provide leadership for ten-person board
- Recruitment and retention of board members
- Oversee budget
- Provide training, education, and support to 250 social workers across a vast geographical region
- Liaise with sixteen board presidents/chairs across Ontario

Search Committee Member

Ontario Association of Social Workers, Provincial Level
2018-2019

- Work within a multidisciplinary team
- Research and hire a headhunting firm
- Interview potential candidates to replace the current C.E.O. of OASW
- Prepare a current job description

Volunteer Board Member

The Boys & Girls Club of North Simcoe
2006-2013

- Hire and oversee staff and volunteers
- Provide programming and support to disadvantaged children and their families
- Fundraise and manage budget