

JACK POLONSKY

EDUCATION

Bachelor of Science (1st year), Agriculture (Forestry) **1977**
University of Guelph: Guelph, ON

Child and Youth Worker **1982**
Centennial College: Scarborough, ON

CONTINUING EDUCATION AND DEVELOPMENT

In-services Attended:

- Microsoft Word and Excel, West Park Hospital: 1996
- Behavior Analysis: A Broad Perspective, West Park Hospital: 1996
- Ethical Considerations in Health Care – A.B.I. population, West Park Hospital: 1997
- Team Building, West Park Hospital: 1997
- Back care, transfers and Hoyer lift use, West Park Hospital: 1998
- Administering Standardized Measures FIM+FAM, CIQ, SF-36, Quality of Life Questionnaires, West Park Hospital: 1999
- Neuro-psychological Assessment, Vocational Assessment and Functional Capacity Evaluations, West Park Hospital: 2000
- Fire safety, Code Red, West Park Hospital: 2001 – ongoing
- Catastrophic designations: Power of Attorney, O.D.S.P. and Welfare, West Park Hospital: 2001
- Current Legislation, Re: Insurance claimants, West Park Hospital: 2002
- DAC, Proposed Legislation and How Will You Be Affected: 2002

Certification Courses / Conferences / Workshops Attended:

- Supervisory Skills, Centennial College: 1983
- Systemic Family Therapy, Clarke Institute of Psychiatry: 1983
- Physical Intervention, Hospital for Sick Children: 1985
- First Aid and CPR training, Hospital for Sick Children: 1986, 1987, 1988, 1989, 1991
- Vital Signs, Hospital for Sick Children: 1985
- Non-violent Crisis Intervention, Hospital for Sick Children: 1986
- Group Psychotherapy, Hospital for Sick Children: 1989, 1990
- Applied Behavioural Analysis, West Park Hospital: 1997
- C.P.I. Instructor's Certification Course, Toronto: 1998
- Aroma and Crystal Therapy, Toronto: 1998

- Magnetism and Healing, Toronto: 1998
- American Sign Language Level 1, Bob Rumble Center: 1999
- C.P.I. Advanced Level Instructor's Certification Course, Toronto: 1999
- Neuro-psychology, Cognitive Impaired Rehabilitation, West Park Hospital: 1999
- Cognitive and Behavior Strategies for Teaching the Learning Disabled Child, Toronto: 1999
- Substance Use and Abuse After Brain Injury, Addiction Research Foundation: 2000
- Inter-Urban Brain Injury Conference, London, ON: 2001
- Team Building and Problem-solving, West Park Hospital: 2001
- C.P.R. Re-certification Course, Toronto: 2002
- C.P.I. Advanced Physical Intervention Skills Instructor's Certification Course, Toronto: 2003
- C.P.I. Applied Physical Intervention Skills Instructor's Certification Course, Toronto: 2004
- Anger Management, Toronto: 2004
- Hospital to Home: Issues in Mild to Moderate ABI, St. Michael's Hospital: 2004
- Exploring the Spectrum of Brain Injury, ABI Network Conference: 2004
- Use of Adaptive Technology as a Treatment Modality for Clients with Cognitive Challenges: 2005
- Substance Abuse And Brain Injury / Addiction Research Foundation: 2008
- Compassion Fatigue, Toronto: 2009
- Chaos to Clarity, Cognitive Behavioural Therapy, Toronto: 2009

Conferences / Programmes Presented:

- Introductory Non-Violent Crisis Intervention / Refresher
- Art of Setting Limits C.P.I. Refresher
- In-vivo Supervision training
- Street Proofing for Children / Street Smarts
- The Gift of Personal Feedback
- How to Excel at Verbal Intervention Refresher
- ORCA: A Guide for Care Givers in Institutional Settings
- Anger Management and Relaxation Techniques
- Stress Management and Relaxation
- Interurban Acquired Brain Injury Conference
- Relaxation Techniques
- PICHER: A Guide for Care Givers Working with Acquired Brain Injured Children
- GRRR, The Street Proofing Program With Bite
- Creative Thinking
- Understanding Behavioural Principles to Maximize Treatment Success
- Competency Based Non-Violent Crisis Intervention Advanced Physical Techniques

- Behaviour Analysis 101
- C.P.I Refresher: Debriefing and the Gift of Feedback.
- Let's Not Deal With Behaviour Using Applied Behaviour Analysis Techniques
- Leisure and Recreation: Martial Arts and Acquired Brain Injury
- A Survivor's AVM Story
- Active Listening
- Providing A Positive Environment
- Let's Sniff Out Better Ways To Deal With Behaviour
- Providing Positives (Chinese Version)
- Everyday Creativity (Chinese Version)
- Looking Past The Presenting Behaviour
- Martial Arts and Acquired Brain Injury: The Pride, The Passion And The Potential Of The Human Spirit
- The Camera Lens Can Bring Focus
- The Use Of Video In Providing Education To Families and ABI Survivors
- A.B.I. And The Community: A Partnership
- Integrating Behavioural Strategies Into Everyday Activities of Daily Living
- Active Listening: Developing Big Ears and Small Fears
- Brain Injury and Martial Arts: A Therapeutic Alliance
- Positive Antecedent Based Strategies
- Acquired Brain Injury: Support and Respect
- Applied Behavioural Analysis Techniques in Action
- The Art of Reaching Out To Others, Non-Violent Crisis Intervention Refresher
- And On A Positive Note: Rhythm and Rhyme
- Applied Behavioural Analysis Techniques in Action
- You and Your Client: A partnership

CLINICAL EXPERIENCE

Wright Rehab **Present**
 Private Practice, Behaviour Management Consultant: Barrie, ON

Private Practice, Behaviour Management Consultant **2010 – Present**
 Excel Care: Toronto, ON

Acquired Brian Injury Behaviour Services **1996 – Present**
 West Park Healthcare Centre: Toronto, ON

- Outreach Program Behaviour Therapist – servicing survivors of moderate to severe acquired brain injuries where they live, work and socialize. Focusing on community integration, anger management, family education and problem-solving skill development

- Co-facilitator, Brain Injury Survivor's Support Group
- ABI Educational consultant, in-service and conference presenter
- Senior Therapist and Care Co-ordinator: involved in client centered treatment planning, co-ordination and staff training for front-line staff assisting acquired brain injured clients repatriated from treatment facilities based in the U.S.A.
- Front-line therapist - providing direct care behavioural intervention and treatment plan implementation to acquired brain injury survivors in an institutional setting

CHIRS - Community Head Injury Resource Services: Toronto, ON**2005 – 2010**

- Self defense program utilizing techniques from the martial arts of JiuJitsu and Judo, and incorporating cognitive behavioral principals, (anger management, impulse control self monitoring) and relaxation breathing techniques, various demonstrations supported the group goal of providing education about brain injury
- CHIRY Balladeers Music Club – volunteer bass player: my contacts in the ABI community allowed me to facilitate several concerts for the group in various nursing homes

OFCP - Ontario Federation for Cerebral Palsy: Toronto, ON**2006 - 2009**

- Specialized Martial Arts program utilizing techniques from JiuJitsu, and incorporating cognitive behavioral techniques, (assertiveness and communication training), range of motion principals, and relaxation breathing techniques

A.B.I. Possibilities: Toronto, ON**2007 – 2010**

- Several 12 week introduction to martial arts programs offered to assess the feasibility of developing an on-going self defense club

Private Practice, Behaviour Management Consultant**2001 – 2005**

KIDSPREECH and Family Rehabilitation: Toronto, ON

- Consultation and treatment plan implementation primarily for children, adolescents and young adults who suffer with an acquired brain injury
- Job coaching, life skills and computer applications training and residential placement support
- Specialty services include:
 - supervision of treatments in the community
 - researching information and services for rehabilitation teams
 - crisis intervention for families
 - liaison with case manager and other health professionals

- multi-media coma and PTA based stimulation and teaching aids

Private Practice, Community Support Services**1993 – 2005**

Bartimeaus Inc.: Toronto, ON

- Consultation to and treatment plan implementation for hospitals, case managers and families in crisis with acquired brain injured survivors.
- Job coaching, life skill training and residential placement support

In-Patient Adolescent Psychiatry and Crisis Intervention**1985 – 1993**

The Hospital for Sick Children: Toronto, ON

- Milieu Therapist (Adolescents)
- Outpatient Group Psycho-therapist
- Behaviour Management Consultant and Family Counselor
- Social Skills Oriented Group Therapist
- Front-line Supervisor

Earls court Child and Family Centre: Toronto, ON**1983 – 1985**

- Day Treatment (emotionally disturbed, latency aged children) - Child and Youth Worker
- Social Skills Day Camp (emotionally disturbed, latency aged children) - Co-Director
- Research and Psychological Testing Assistant

Clarke Institute of Psychiatry: Toronto, ON**1983**

- Black Heritage Bonding Group Facilitator - Adolescents (full-time temporary)
- Transitional Classroom Behaviour Therapist -Adolescents (full-time temporary)

Catholic Children's Aid Society: Toronto, ON**1979 – 1983**

- Assessment and Receiving Home, Residential Therapist - Adolescents and latency aged children

Probation and Aftercare Unit: Toronto, ON**1981 – 1982**

- Detention Centre, Secure Care Worker for adolescents awaiting trial

CLINICAL EXPERTISE

Supervisory, Consulting and Administration:

- Clinical supervision to front-line staff
- Case presentation to in-house and outside agency audiences, at conferences, and community colleges
- College placement student supervision
- Master Instructors Certification in Non-violent Crisis Intervention with the Crisis Prevention Institute
- Research assistant for psychological profiles

Multi-Disciplinary Team Skills:

- Team collaboration with psychiatrists, pediatricians, social workers, occupational therapists, nurses, physiotherapists, teachers, lawyers, case managers, and judges
- Case presentation and co-ordination

Individual and Family Counseling:

- Assessment, treatment plan formulation and implementation for a wide range of family system problems and individual diagnostic profiles including: anorexia, psychosis, conversion reaction, dual diagnosis/conduct disorder, and acquired brain injury
- Crisis intervention including suicide and family abuse interventions
- Affective Problem Solving Counseling and Anger Management
- Applied Behaviour Analysis Functional Assessments and Cognitive Behavioural interventions
- Milan and Structural Family Therapy
- Counseling utilizing American Sign Language

Group:

- Brain Injury Survivor's Support Group
- Process Oriented Group Psychotherapy
- Sexuality
- Relaxation and Anger Management Training
- Projective Art Therapy
- Social Skills
- Life skills / Community Re-integration
- Axlinian Play Therapy
- Body Awareness
- Self - Defensive Martial Arts
- Camping and Wilderness Survival

Medical:

- Current CPR and Basic First Aid
- Knowledge of Vital Signs, extrapyramidal symptoms of neuroleptic medication
- Management of: diabetes, NG tube feedings, trachea care, epileptic seizures

ADDITIONAL SKILLS AND INTEREST

- Nidan (second degree black belt), Dojo shu and Head Instructor of the JITA KYOEI Judo Club - A non-profit, community based judo program with a focus to provide Deaf and Hearing Impaired children, integration opportunities
- Head Instructor:
 - CHIRS (Community Head Injury Resource Services) Self-Defense Clubs
 - Ontario Federation for Cerebral Palsy (O.F.C.P.) Self-Defense Club
 - ABI possibilities- Introduction to Self-Defense
- Avid canoeist and camper
- Play guitar, bass and piano

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS

- Centennial College Freshman Selection Committee, Child and Youth Worker Program: 1981
- Centennial College Board of Governors, Child and Youth Worker Program Advisory Committee: 1981, 1982
- The Ontario Association for Behaviour Analysis: 1998 – on going
- Canadian Association for Rehabilitation Professionals
- Ontario Judo Black Belt Association: 1996 – on going
- Acquired Brain Injury Behaviour Services Program Accreditation Committee: 1998
- Milieu and Community Integration Committee, West Park Hospital: 1998 – 1999
- Partnership Council (Senior representative), West Park Hospital: 1998 – 1999
- In-patient Policy and Procedures Task Group, West Park Hospital: 1999 – on going
- C.P.I. Master Level Instructor Affiliation, West Park Hospital: 2001 – on going
- Outreach Program Advisory Board Member, West Park Hospital: 2000 – on going
- Outreach Program Development Task Group, West Park Hospital: 2000 – on going
- Brain Injury Association of Toronto Member: 2000
- Brain Injury Association of Toronto – Board of Directors: 2001
- A.B.I. Group Therapy, Task Group: 2003 – 2009
- Brain Injury Society of Toronto Member: 2005 – on going
- Disabilities Chairperson for Judo Ontario: 2006 – 2010
- Syl Apps Special Achievement Award recipient (Special Needs Martial Arts): 2010
- Headwaters Acquired Brain Injury Group Member: 2011– on going

LANGUAGES

English , American Sign Language