



Jamie Campbell, MACP

Registered Psychotherapist (Qualifying)

46 Norwich Street West | Guelph | Ontario | N1H 2G9
705.341.5092 | jamiecampbell.psychotherapy@gmail.com
www.jamiecampbellpsychotherapy.ca

Professional Summary

Registered Psychotherapist (Qualifying) providing insight-oriented, trauma-informed psychotherapy for individuals and couples. Draws from psychodynamic, relational, attachment-based, ACT, CBT, and DBT approaches to support meaningful and lasting change. Experienced in working with complex trauma, relationship challenges, men's issues, identity and meaning-making, anxiety, and experiences related to high-control environments. Known for a warm, collaborative, and practical therapeutic approach grounded in empathy, authenticity, and strong interpersonal insight.

Professional Memberships & Registration

- College of Registered Psychotherapists of Ontario (CRPO #20415) - In good standing
- Canadian Counselling and Psychotherapy Association (CCPA)

Education

- **Master of Arts in Counselling Psychology (MACP) | Yorkville University | 2026**
- Bachelor of Arts in Psychology and Sociology | Trent University | 2010

Areas of Clinical Focus

- Complex trauma and relational trauma
- Religious trauma / high-control groups / Spiritual issues
- Personality and Mood Disorders
- Men's issues and identity development
- Couples therapy and attachment dynamics
- Anxiety, self-esteem, and emotional regulation
- Meaning-making and life transitions
- Adolescents (13+) and young adults

Therapeutic Approaches

- Psychodynamic and Relational Therapy
- Emotionally Focused Therapy (EFT)
- Systems Therapy
- Existential Therapy
- Time-Limited Dynamic Psychotherapy (TLDP)
- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioural Therapy (CBT)

- DBT-informed interventions
- Trauma-informed practice
- Attachment-focused interventions

Clinical Experience

Associate Therapist | Five Star Relationships | 2026 – Present

- Provide individual psychotherapy services to adults, teens, and couples using a relational, trauma-informed, and integrative therapeutic approach.

Practicum Student Therapist | Five Star Relationships | 2025 – 2026

- Provided individual psychotherapy services to clients experiencing trauma, anxiety, identity concerns, systemic oppression, grief, and relationship difficulties.
- Integrated psychodynamic, CBT, ACT, and trauma-informed interventions into clinical work.
- Developed competencies in assessment, treatment planning, case conceptualization, and therapeutic relationship building.

Professional Experience

Strategic Management & Administration | University of Guelph | 2012 – Present

- Extensive experience in interpersonal leadership, mentorship, and community building within higher education, with particular focus in the Arts, Veterinarian Sciences, and Social & Applied Human Sciences.
- Experience supporting students, faculty, and interdisciplinary teams through complex academic, professional, and institutional processes with empathy, discretion, and emotional intelligence.
- Strong background in graduate program development, research administration, strategic planning, and mentorship initiatives across diverse university environments.
- Skilled in training, supervision, conflict navigation, and fostering collaborative, psychologically safe working and learning environments.
- Advanced abilities in communication, ethical decision-making, relationship-building, and systems-oriented thinking within complex organizational settings.
- Coordinated workshops, professional development initiatives, student support activities, and relationship-centered programming designed to strengthen engagement and community connection.
- Extensive experience as a research and administrative specialist supporting interdisciplinary scholarship, institutional partnerships, and faculty development initiatives.

Professional Training & Continuing Education

- Applied Suicide Intervention Skills Training (ASIST)
- Gottman Method – Level I
- Trauma-Informed, Emotionally Focused Individual Therapy Workshop
- Cognitive Processing Therapy (CPT) Workshop
- Intensive Short Term Dynamic Psychotherapy (ISTDP) Approach to Treatment Resistant Depression Training