

## SUMMARY

Highly skilled and compassionate Registered Social Worker with 17 years of experience in mental health settings, including hospital-based settings, Now the founder of a group private practice, I lead a team providing integrated, evidence-based therapy for youth, adults, and couples facing trauma, anxiety, depression, addiction, grief, chronic illness, and relationship distress. Our team specializes in CBT, DBT, EMDR, Internal Family Systems, Self-Compassion, Addiction Counseling, Somatics, and Mindfulness.

## SKILLS

- Strong Assessment & Collaborative Treatment Plans
- Strong Therapeutic Alliances
- Interdisciplinary Team Collaboration
- Sensitive and Effective Communication
- Adaptable & Resourceful
- Individual, Couples and Group Counseling
- Provide strength-based, trauma-informed, LGBTQ+ affirming, anti-oppressive, and culturally sensitive care
- Provide supervision and consultation

## EXPERIENCE

**OWNER AND REGISTERED SOCIAL WORKER** | 09/2019 to Current  
**Centre for Mind Body Psychotherapy Group Practice - Concord, ON**  
(Formerly known as Lalia Palacio, Psychotherapy Services)

- Provide biopsychosocial assessment and psychotherapy to youth, individuals, and couples experiencing a range of difficulties (e.g., depression, anxiety, addiction, trauma, personality disorders, relationship and family issues, health challenges, work and school problems, low self-esteem, unhealthy coping behaviors, goal frustration).
- Incorporate elements from the following evidence-based treatment approaches into unique treatment plans that help individuals overcome challenges and thrive: CBT, DBT, EMDR, IFS, Mindfulness, Self-compassion, Concurrent Disorders Treatment.
- Provide effective crisis intervention, stabilization, and safety planning.
- Provide info. and resources and advocacy
- Prepare written assessments, progress reports, and other documents for record-keeping and third parties in compliance with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) Standards of Practice and legislative requirements.
- Provide outcome measures to enhance client self-awareness, help guide treatment, and enhance client satisfaction.
- Engage in regular peer consultation with other practice providers to create an ethical and reflective practice and enhance client outcomes.
- Provide field practicum to counseling interns.
- Provide supervision to RP graduates.
- Attend conferences, workshops, and trainings regularly to improve quality of care.

**E-THERAPIST (INDEPENDENT CONTRACTOR)** | 04/2020 to 05/2021  
**MINDBEACON - Toronto, ON**

- Participate in the Therapist Guided Program, providing evidence-based CBT treatment protocols for PTSD, depression, anxiety, addiction, health anxiety, and phobias through an innovative and effective digital platform.
- Complete biopsychosocial assessment to conceptualize client needs and determine effective treatment pathway.

- Provide 1 on 1 support via secure asynchronous messaging, personalized educational modules, resilience-building activities, and homework.
- Complete outcome measures and create progress reports to monitor client progress and ensure quality of care.
- Provide crisis intervention services to mitigate distress and provide stabilization and safety.
- Participate in complex case reviews with other clinicians.
- Attend trainings, workshops specific to enhance virtual mental health therapy.

**SOCIAL WORKER II | 11/2016 to 09/2019**

**Toronto Academic Pain Medicine Institute, Women's College Hospital - Toronto, ON**

- Provide biopsychosocial assessment and individual and group counseling to patients presenting with various psychological and chronic medical conditions.
- Provide individual therapy (e.g., DBT, CBT, mindfulness, self-compassion, interpersonal therapy, stage 1 trauma treatment).
- Facilitate CBT groups that enhance depression and anxiety recovery.
- Create and facilitate an 8-week MBSR group program to support individuals with chronic disease and psychological issues.
- Co-Lead the development of an Acceptance and Commitment Therapy (ACT) group to promote self-acceptance, emotional regulation, mindfulness, and values-based living.
- Participate in regular multidisciplinary case reviews, educational workshops.
- Provide crisis intervention.
- Provide effective discharge planning to patients and their support networks.
- Provide field practicums to University of Toronto MSW candidates.

**SOCIAL WORKER II | 06/2015 to 11/2016**

**Integrated Day Treatment Program, Centre for Addiction and Mental Health - Toronto, ON**

- Provide biopsychosocial assessment and individual and group therapy to clients with co-occurring mood and anxiety, addiction, and personality disorders and complex trauma histories.
- Co-lead the development of the DBT and CBT programs for both specialized and transdiagnostic client populations.
- Contribute to the program development of the Women's Trauma Service (e.g., DBT and therapeutic journaling groups).
- Lead the development of a life skills groups (e.g., self-compassion, emotion regulation).
- Participate in the Urgent Care Clinic, providing intensive support to patients recently discharged from the emergency department post-crisis (e.g., post-trauma, suicide attempts, and self-injurious behavior). Managed the caseload alongside one psychiatrist and sometimes independently.
- Participate in weekly case reviews with multidisciplinary teams.

**INDEPENDENT CONTRACTOR THERAPIST | 01/2013 to 01/2016**

**Ceridian Employee Assistance Program - Toronto, ON**

- Offer treatment services to a diverse adult population struggling with a wide range of work-related stress, addictions, crisis, and complex life challenges.
- Provide biopsychosocial assessment and counseling (e.g., stage 1 trauma treatment, solution focused therapy, CBT, DBT, interpersonal therapy, motivational interviewing, mindfulness, concurrent disorders treatment).
- Provide crisis intervention and stabilization.
- Maintain timely clinical records and manage administrative requirements.
- Develop effective discharge plans to ensure continuity of care.

**SOCIAL WORKER | 07/2009 to 07/2015**

**Alternate In-Patient Milieu, Centre for Addiction and Mental Health - Toronto, ON**

- Support an in-patient population dealing with mood and anxiety, trauma, addiction, and personality issues.

EARLIER  
NOTEWORTHY  
CAREER ROLES  
(ADDITIONAL INFO.  
AVAILABLE UPON  
REQUEST)

- Provide psychosocial assessment and individual therapy e.g., CBT, DBT, interpersonal therapy, motivational interviewing, concurrent disorders treatment.
- Co-led the expansion of group programming in: concurrent disorder care (e.g., motivational interviewing, harm reduction); specialized CBT for depression and anxiety (e.g., generalized anxiety); transdiagnostic DBT group (e.g., to target emotional distress); and an after-care program (e.g., to support relapse prevention).
- Provide therapy to distressed families to support them in addressing issues like conflict, burnout, boundaries, self-care.
- Develop effective discharge plans for clients and their social networks to address continuing care needs.
- Work collaboratively with interdisciplinary health team.

EDUCATION AND  
TRAINING

- Social Worker | Schizophrenia Treatment Unit, CAMH (2008 – 2009)
- Social Worker | Assertive Community Treatment (ACT) Team, Supportive Housing in Peel (2008)
- Peer Mentor | The Gatehouse (treatment for adult survivors of sexual abuse) (2005 – 2007)

**University of Toronto - 246 Bloor St. West**  
**Master of Social Work**  
**08/2008**

Faculty: Factor-Inwentash Faculty of Social Work

- Major in Adult Mental Health
- Minor in Addiction Studies
- Dean's List Recipient

**Designations:**

- Fully Trained in EMDR
- IFS Certified Therapist
- MBSR Certified Therapist

**University of Toronto - 119 St. George St.**  
**Bachelor of Arts (Hons) Degree**  
**08/2002**

- Major: Law, Society, And Ethics
- Graduated with Distinction

AWARDS AND  
RECOGNITIONS

- 2019 Interdisciplinary Program Award in Group Excellence, WCH
- 2016 Social Work Award in Clinical Excellence, CAMH
- 2011 Recipient of Edward W.H. Tremain Memorial Award of Excellence, CAMH
- 2011 Social Work Recognition Award Nominee, CAMH

ACTIVITIES AND  
HONORS

- Hiking
- Mountaineering
- Cycling, Running, Swimming
- Yoga
- Reading (Adventure Books)
- Outdoors

ACCOMPLISHMENTS

- 2019 Interdisciplinary Program Award in Group Excellence, WCH
- 2016 Social Work Award in Clinical Excellence, CAMH
- 2011 Recipient of Edward W.H. Tremain Memorial Award of Excellence, CAMH
- 2011 Social Work Recognition Award Nominee, CAMH

## MEMBERSHIPS

- Member in Good Standing with the Ontario College of Social Workers and Social Service Workers
- Member in Good Standing with the Ontario Association of Social Workers
- Member in Good Standing with the Alberta College of Social Workers

## CERTIFICATIONS/ TRAININGS

- Pre-verbal trauma: When There Are No Words (in process) with Sandra Paulsen, Ph.D.
- Treating the Addicted Survivor of Trauma: A Somatic Perspective (2023) with Janina Fisher, Ph.D.
- Trauma and Dissociation Informed Internal Family Systems(2023) with Joanne H. Twombly MSW
- Hearing Voices and Cultivating Internal Dialogue with Janina Fisher, Ph.D.
- Phobia of Inner Experience in Chronic Traumatization (2023) with Pat Ogden, Ph.D.
- The Flash Technique (2023) with the Trauma institute and Child Trauma Institute
- Mastering the Dissociative Surface to Facilitate the Understanding and Treatment of DID and DDNOS (2023) with the International Society for the Study of Trauma and Dissociation
- The Progressive Approach of EMDR(2023) with Dolores Mosquera
- EMDR and Dissociation: An Introduction to the Progressive Approach(2023) with Dolores Mosquera
- Dissociation 101: A Comprehensive Exploration into the Field of Dissociation and Complex Trauma (2023) with the International Society for the Study of Trauma and Dissociation
- Completed Full Training in EMDR I and II (2022 to 2023) with the EMDR Centre of Canada
- Completed Certificate Program in Traumatic Stress Studies (2018-2022) with Bessel van der Kolk M.D. of The Trauma Center
- Trauma and Internal Family Systems (2021) with Richard Schwartz Ph.D.
- Accredited Mindfulness Based Stress-Reduction Facilitator (2016-2018) through the Centre for Mindfulness Studies in Toronto (specializing in trauma-informed mindfulness)
- Shame and Self-Loathing in the Treatment of Trauma (2017) with Janina Fisher, Ph.D.
- The Healing Dyad: Relational Work with Trauma in Accelerated Experiential Dynamic Psychotherapy
- Completed Certification I and II in the Treatment of Psychological Trauma (2015 – 2016) with Mount Sinai Psychotherapy Institute
- Dialectical Behavior Therapy, Trauma & Self-Harm (2015) with CAMH
- Concurrent Disorders (2015)with Fred Victor Centre
- Motivational Interviewing I and II (2014) with CAMH
- CBT for Depression and Suicide (2013) with Christine Padesky, Ph.D.
- Acceptance and Commitment Therapy (2009)with Steven C. Hayes, Ph. D.
- Dialectical Behavior Therapy for Borderline Personality Disorder (2009) with CAMH

## REFERENCES

References available upon request.