

MEGHAN LEDERMAN

PROFILE

A clinically strong individual with a passion for life-long learning. Well developed strengths in *leadership, teaching, and clinical abilities*

EDUCATION

- 2009-2010** **Yorkville University** New Brunswick, Canada
- *Master of Arts in Counselling Psychology*
- 2004-2005** **University of Western Sydney** New South Wales, Australia
- Completed a *Bachelor of Community Welfare, specialization: Youth Work*
- 2001-2004** **Mohawk College of Arts and Technology** Ontario, Canada
- Completed a *Human Services Diploma, in Child and Youth Work (Honours).*

Professional Development and Training - Not exhaustive

- Dialectical Behaviour Therapy
- 2013 Trauma and Attachment Conference
- Mindfulness training in clinical practice (2013)
- Sensory Motor work for trauma
- Play therapy for traumatized children
- Play Therapy foundations
- Trauma Treatment & Assessment Certificate
- Cognitive Behavioural Therapy Foundations
- Cognitive Behavioural Therapy Tools
- Art therapy in front-line work
- Intensive Behavioural Interventions (IBI)
- Reactive Attachment Disorder
- Stages of Autism Conference
- Applied Neuroscience for PTSD
- EMDR step-by-step
- Attachment Focused Family Therapy (Daniel Hughes)
- Dissociative Identity Disorder Study Group

PROFESSIONAL SPEAKING

- 2016 Trent University, Guest lecturer, "Treating externalizing behaviour in children."
2014 Calvin Christian School, "Developing Social Skills in Children"
2014 Presenter, "Spiritual Ministry and Treatment of D.I.D."
2012 – 3rd Annual P.E.A.C.E. Conference – "Building Self-Esteem in Children."

EXPERIENCE

2012-Present

Family Kinnections

- Director
- Child and family psychotherapist
- Responsible for direct service and administration of this private, group counselling practice.
- Approved Master of Counselling supervisor for Yorkville University, University of Calgary, and University of Windsor.
- Approved service provider for Health Canada: First Nations and Inuit Health

2009 – 2015

Oakville Trafalgar Memorial Hospital

- Child and Youth Counsellor, Child and Adolescent Psychiatric In-Patient Services
- Responsible for providing ongoing mental health intervention and assessment.
- Responsible for collaborating within the multidisciplinary team of psychiatrists, nurses, and social workers.
- Responsible for providing mental health and behavioural support in section 23 onsite classroom

2013

Contact Hamilton for Children's and Developmental Services

- Resource Coordinator for children's mental health and developmental services
- Responsible for completing intake assessments and facilitating client referrals to the appropriate mental health or developmental service in the city of Hamilton.
- Responsible to liaison with all community agencies serving children and youth.

2009 – 2012

Bayridge Family Centre

- Private Practitioner, providing individual, group and family counselling services.
- Facilitator of Mood Disorders CBT group for adults.
- Development of parent training resources, including instructional videos.
- Facilitator of women's mental health workshops on topics such as: insecure attachment, PMDD, and disordered eating.
- Child and adolescent group facilitator on topics such as relational aggression, conflict resolution, and anger management.

2001- 2009

Lynwood Hall Child and Family Centre

- Senior level position of Intensive Child and Family Services (ICFS) Community and Home-Based Worker.
- Responsible for providing evidence based, child and youth mental health services, including: cognitive behavioural therapy, parent effectiveness training, behaviour modification, facilitation of parent support groups, facilitation of therapeutic groups for children, crisis consultation and support, functional behavioural assessments, and treatment planning and facilitation. I was also responsible for liaison with and consultation to community agencies and services such as school boards, recreation centres, paediatricians, and psychiatrists.
- Previous positions include: CYW Residential Treatment Services (children's mental health program & dual diagnosis program) and CYW Day Treatment Services.

2000 & 2002

The Children's Aid Society of Hamilton

- C.Y.W. field placement, and student employee within the Specialized Support Services Unit.
- Responsible for providing therapeutic services to children in care, at risk of placement breakdown, as well as the facilitation of therapeutic groups for youth in care.

VOLUNTEER

2008- 2009

The Hamilton Task-force on FASD

- Taskforce member
- Research Assistant

2008 – Present

Hamilton District Extend-a-Family

- Volunteer youth mentor for children and youth with disabilities.

2007 –2008

Stoney Creek Wraparound

- Volunteer "Wraparound" Facilitator
- Fully trained in the Vroon VanDenBerg Wraparound system

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

- 2014-Present **College of Registered Psychotherapists Ontario**
- Registered Psychotherapist
- 2006- 2013 **Affiliated Services for Children and Youth (ASCY)**
- 2006 – 2010 **Ontario Association of Child and Youth Counsellors (OACYC)**
- 2009 – Present **Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)**

REFERENCES

Available upon request.