



**Andrea Groomes, B.S.W. (Hons), RSW
Social Worker**

Experience:

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| 2017 - Present | Social Worker, Brainworks, Huntsville and Near North Region |
| 2017 | Social Work Assistant / Rehabilitation Therapist, Brainworks, Huntsville, ON |
| 2016 - 2017 | Social Work Student (Year 4 Placement), Brainworks, Huntsville, ON |
| 2016 | Social Work Student (Year 3 Placement), Brainworks, Huntsville, ON |
| 2013 - Present | Residential Group Home Worker, Country Haven Acres, Emsdale, ON |

Education:

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| 2013 - 2017 | Honours Bachelor Degree in Social Work, Lakehead University, Orillia, ON |
| 2012 - 2013 | Social Welfare and Development, Nipissing University, North Bay, ON |

Professional Memberships:

- Ontario Association of Social Workers and Social Service Workers
Registration #: 829753

Professional Highlights:

- Clinical experience with children, youth, adults and seniors, supporting behavioural, cognitive, psycho-social and intellectual needs
- Knowledge of current social work practice models including problem solving, task

- centered, solution focused and cognitive behavioural therapy
- Implements biofeedback therapy to promote development of foundational skills such as diaphragmatic breathing, emotional recognition, behavioural responses to stress, and effective coping strategies
 - Conducts specialized, evidence-based cognitive behavioural therapy under the direction of the clinical psychologist (e.g. exposure therapy, challenging predictions about anxiety-inducing situations, etc.), and reduce vulnerabilities to anxiety (e.g. regulating sleep through a structured sleep program)
 - Implements neurofeedback therapy to support mindfulness practice by assisting clients in demonstrating the practical awareness of the thoughts and feelings associated with tension, relaxation as well as thoughts and feelings associated with "mind being full" vs mindfulness
 - Assists clients with improving skills needed to more quickly regain self-regulation when they experience difficult emotions such as anger
 - Supports clients improve distress tolerance and emotional control skills
 - Participates in the development of therapy tools, resources and worksheets
 - Member of multi-disciplinary team; provides clinical support to Brainworks social workers and psychologists
 - Assisted clients in developing and maintaining healthy daily routines that promote recovery and independence by reinforcing skill development through means of coaching, modeling and demonstration
 - Implemented programming to engage young clients in a wide variety of functional activities to promote independence in activities of daily living, interpersonal relationships and community based outings
 - Offered counselling based discussions to increase client self-awareness of ABC's of behavior and effective problem solving solutions
 - Provided clients with academic support in a classroom setting through tutoring, guidance and monitoring completion of assigned work
 - Established communication and documentation skills evidenced by completion of daily logs outlining patterns of behaviours, engagement in activities, staff and peer interactions
 - Maintained communication and working relationships with relevant agency personnel, and collaborated with a variety of clinical professionals involved with client care

Professional Development:

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| 2018 | Medical Cannabis 101, Dr. Bruce Topp, Muskoka Mental Health Network, Huntsville, ON |
| 2017 | Muse in Therapy: Applications of Muse Brain Biofeedback Technology in Therapy with Clients, Michael DeCaire, Flex Psychology |

- 2017 **Brainworks Clinical Staff Training Day, Brainworks, Huntsville, ON**
- Using HRV Biofeedback and Neurofeedback in Community Based Rehabilitation
 - Enhancing Rehabilitation with Community Resources
 - Helping Rehabilitation Team Members Equip Themselves with Creative and Unique Supports
 - Crisis Management Planning and Strategies for Managing Depression
 - Introduction to Identifying and Changing Core Beliefs in People Who Have Sustained a Serious Injury
- 2017 **Every Penny Counts: Insure Your MVA Accounts are Paid & Clients' Accident Benefits are Protected!, Ontario Rehab Alliance Webinar**
- 2017 **Medical Marijuana: What Health Care Professionals Need to Know, Oatley Vigmond, Barrie, ON**
- The Use and Abuse of Medical Marijuana, Dr. Lionel Marks de Chabris
 - Medical Marijuana: The Legal Issues, Adam Little
 - Legitimizing a Medical Marijuana Claim for AB and Tort Claims, Bob LaBrecque and Bill Kirwin
 - Panel: Marijuana and Other Drugs: How they Impact Therapists, Ryan Murray, Bob LaBrecque, Dr. Lionel Marks de Charbris, Bill Kirwin
- 2017 **An Interactive Exploration and Implementation of Muse: The Brain-Sensing Headband Webinar, Laura Sniderman, Muse**
- 2016 **Everything You Wanted to Know About HRV-BF (Heart Rate Variability Biofeedback), Stens Internet Seminar Workshop, Stens Corporation**
- 2016 **Brainworks Clinical Staff Training Day, Brainworks, Huntsville, ON**
- eRehabilitation A Platform to Expand the Rehabilitation Toolkit
 - Innovations, Inroads and Ingenuity: A cooperative and communicative approach to establishing client centred rehabilitation therapy strategies
 - Interactive Dialectical Behavioural Therapy Skills
 - Empirically Supported Treatments for PTSD
 - Managing Post Traumatic Fatigue and Empowering Clients to Self-Identify as a Brain Injury Survivor
 - Addressing Sleep Disturbances in Community Based Rehabilitation
- 2016 **Administrative Aspects of Clinical Care Part 2, Arden McGregor**
- 2016 **Cognitive Processing Therapy for PTSD in Veterans and Military Personnel, Essential Learning, Uniformed Services University**
- 2016 **Administrative Aspects of Clinical Care Part 1, Arden McGregor**
- 2016 **Disability Sport, Brainworkshop Series, Brainworks**

- 2016 **Integrating the Family into Behavioural Modification Strategies following Traumatic Brain Injury**, Michele White, MALLP, Behavioural Operations, Webinar
- 2016 **Fatigue and Sleep Disturbance After Traumatic Brain Injury**, Jennie Ponsford, PhD, Monash University, School of Psychology and Psychiatry, Webinar
- 2016 **Nutritional Rehabilitation**, Brainworkshop Series, Brainworks
- 2016 **Motivational Interviewing**, Brainworkshop Series, Brainworks
- 2016 **Brain Injury: A Family Perspective**, Brainworkshop Series, Brainworks
- 2014 **Non-Crisis Intervention Training Advanced**, Linda Thrale, Section 23 School, Emsdale, ON
- 2013 **Safe Talk (Suicide Awareness)**, Andrea Haverey, Nipissing University, North Bay, ON
- 2013 **Non-Crisis Intervention Training**, Linda Thrale, Section 23 School, Emsdale, ON

Volunteer Activity:

- 2013 **Fundraising:**
- Conducted fundraising activities to raise money for an individual injured in a diving accident requiring mobility aid and living expenses
 - Assisted in his rehabilitation and transitioning by providing both physical and emotional support
- 2009 - 2012 **Tutoring:**
- Assisted high school students with studies, providing them with services during lunch and after school
 - Provided study strategies, and helped students gain a greater understanding of the concepts at hand