



Barrie, Orillia, Muskoka

**Ruth Wilgress, RP
Registered Psychotherapist**

Experience:

- 2018 - Present **Registered Psychotherapist, Brainworks**
- 2015 - 2018 **Registered Psychotherapist / Expressive Arts Therapist, Milestones Creative Choices Counselling Services, Mississauga, ON**
- 2011 - 2018 **Community Network Facilitator, Family Services Toronto, Toronto, ON**
- 2017 **Clinician, Atlantic Youth, Iqaluit, NU**
- 2015 **Sensory Exploration Arts Coordinator, Deaf Blind Ontario, Newmarket, ON**
- 2009 - 2010 **Social Skills Facilitator, The Geneva Centre for Autism, Toronto, ON**
- 2007 - 2009 **Community Social Recreation Specialist, L.A.M.P Health Care Centre, Among Friends Mental Health Program, Etobicoke, ON**
- 2006 - 2007 **Community Art Consultant, The Kenora Association for Community Living, Kenora, ON**
- 2005 - 2006 **Case Manager, The Kenora Association for Community Living, Kenora, ON**
- 2003 - 2005 **Literacy Consultant, The Kenora Association for Community Living, Kenora, ON**

Education:

- 2007 - 2010 **Expressive Arts Therapy Diploma, CREATE Institute, Toronto, ON**

- 2006 **Adult Education Certificate**, University of Manitoba, Winnipeg, ON
- 1997 **Teaching Certificate**, Montessori Internationale, Toronto, ON
- Principles and Practices Using Montessori Method
- 1989 - 1992 **Bachelor of Arts, Humanities**, McMaster University, Hamilton, ON

Professional Memberships:

- College of Registered Psychotherapists of Ontario
Registration #: 003560
- Ontario Association for Expressive Arts Therapists
- Canadian Association of Play Therapy

Professional Highlights:

- Over 13 years' experience providing psychotherapy, mental health support, counselling, case management and community supports to children, youth, adults, seniors, and families
- Provides counselling services to clients through WSIB, Veterans Affairs and Statutory Accident Benefits
- Experience with brain injury, trauma, chronic pain, developmental disabilities, dual diagnoses and autism
- Strong desire to engage children, youth, adults and seniors to promote holistic wellbeing in a compassionate and respectful therapeutic way
- Experience working with children, youth and their families in the foster care system and Children's Aid Society
- Facilitate groups, support circles and inclusive workshops in the community
- Advocate and collaborate with community partners
- Work from a strength based, psycho-social model, and person-directed planning approach with a focus on community participation and community development
- Coordinates, plans and facilitates an engaging, creative expressive arts therapy program
- Conducts behavioural assessments
- Creates and facilitates music and movement programming for children
- Assesses and conducts literacy evaluations and instruction for adult learners

Professional Development:

- 2018 **CPT - An Introduction to Cognitive Processing Therapy**, Carin Lefkowitz and Andrea Santanello, Uniformed Services University and Center for Deployment Psychology

- 2018 **Brainworks Clinical Staff Training Day, Brainworks, Huntsville, ON**
- CBT: Thinking Like a Different Drummer
 - Brainworks' Neuro/Biofeedback Therapeutics - Expertise in Cognitive Wellness
 - Getting to CAT Sonner: Key Point for Testing for GOSE Assessments and Reports: Thomson Rogers Personal Injury Lawyers
 - Knowledge Sharing: Enhancing Therapeutic Approach
 - Ask Me About Sex: Sexual Health Conversations with our Clients
 - Optimizing Statutory Accident Benefits Funding: Will Davidson Injury Lawyers
 - Self-Care Boundaries
- 2015 -2018 **Play Therapy Training (Level 1, 2 and 3), The Canadian Association for Play Therapy, Toronto, ON**
- Understanding Trauma, Treating Trauma, Attachment Theory and therapy, CBT, Anxiety, and DBT Training
 - Bereaved Children and Children of Divorce, non-directive play therapy, Play Therapy with Abused Children
 - History, models and process, Assessments and Treatment Planning, Case Application, Brain Research and Child Development, Essential of Ethical Practice
 - Filial Therapy, Theraplay, Sand Tray Therapy
 - Family Systems Therapy, Play Therapy for Adults, Group Play Therapy
 - Sexual Behaviours and Sexual Abuse, Treating Disruptive Behaviours
 - Story-Telling, Art Therapy, Drama Therapy, and Puppetry
 - Vicarious Trauma and Self Care
- 2018 **Fatigue and Sleep Disturbance After Traumatic Brain Injury, Jennie Ponsford, PhD, Monash University, School of Psychology and Psychiatry, Webinar**
- 2018 **Integrating the Family into Behavioural Modification Strategies following Traumatic Brain Injury, Michele White, MALLP, Behavioural Operations, Webinar**
- 2018 **Brain Injury: A Family Perspective, Brainworkshop Series, Brainworks**
- 2018 **Indigenous Cultural Competency Training (ICCT), Ontario Federation of Indigenous Friendship Centres, Toronto, ON**
- 2018 **Train the Trainer Sex Education Series: Sex-Esteem Workshop, Montage Support Services, Toronto, ON**
- 2018 **Fetal Alcohol Spectrum Disorder (FASD) Training Series, Reach Out Centre for Kids, Halton, ON**
- How Prenatal Exposure to Alcohol Affects the Brain
 - How FASD Impacts Behaviour and Functioning
 - An Intervention Framework for Supporting Individuals with FASD
 - How to Improve Transitions and Advocate for Appropriate Supports

- 2017 **Indigenous Cultural Competency Workshop, Women on the Move**, Bear Standing Tall and Associates, Toronto, ON
- 2017 **Dialectical Behavioural Therapy (DBT)**, Family Services Toronto and Vita Services, Toronto, ON
- 2016 **Indigenizing Psychology Symposium: Healing and Education**, Indigenous Education Network, Toronto, ON
- Indigenous Counselling and Psychotherapy Theory and Practice
 - Psychological Assessment from Indigenous Perspectives
 - Integration of Indigenous and Western Healing in Mental Health
 - Traditional Cultural Healing in Mental Health Service
 - Research and Ethical Issues
- 2016 **Training for Treatment for Anxiety, Double Story-telling for Hope and Despair**, Narrative Therapy Centre, Toronto, ON
- 2016 **Suicide Assist and Safe Talk**, Living Works, Toronto, ON
- 2016 **ASD and Dual Diagnosis Certificate Training (Level 1)**, Autism Services, Toronto, ON
- 2014 **Psychotherapy: Quieting Restless Minds, Integrative Treatment Techniques for Anxiety Disorders**, Dr. Jeffery K. Zeig
- 2013 **Narrative Approaches to Traumatic Experiences**, Narrative Therapy Centre, Toronto, ON
- 2013 **Narrative Approaches to Depression, Self-Harm and Suicidal Thoughts**, Narrative Therapy Centre, Toronto, ON
- 2013 **PATH / MAP Graphic Facilitation Certification**, Inclusion Press, Toronto, ON
- A Course in Facilitation and Person-Centred Planning with PATH and MAPS
- 2008 **Understand, Managing and Diffusing Anger: Resistance and Hostility**, Canadian Training Institute, Toronto, ON
- 2007 **Understanding Mental Health**, Canadian Mental Health Association, Toronto, ON