



**Ruth Christensen, MSW, RSW
Social Worker**

Experience:

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| 2014 -Present | Social Worker , Brainworks, North Bay, ON |
| 2000 - Present | Counsellor , Private Practice, North Bay, ON |
| 2008 - 2011 | Social Worker , Blue Sky Family Health Team, North Bay, ON |
| 2000 - 2008 | Social Worker , North East Community Care Access Centre, North Bay, ON |
| 1998 - 2000 | Counsellor , Community Counselling Centre of Nipissing, North Bay, ON |
| 1998 | Social Worker II , North Bay Psychiatric Hospital, North Bay, ON |
| 1997 - 1998 | Counsellor , Group Health Centre, Sault Ste. Marie, ON |
| 1990 - 1997 | Therapist/EAP Counsellor , Family Services Centre, Sault Ste. Marie, ON |
| 1986 - 1989 | Therapist/Social Worker , Concordia Centre, North Bay, ON |
| 1985 - 1986 | Family Service Social Worker , Children's Aid Society, Oshawa, ON |

Education:

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| 1990 | Master of Social Work , Wilfred Laurier University, Waterloo, ON <ul style="list-style-type: none">• <i>Specialization: Individuals, Families and Groups</i> |
| 1985 | Bachelor of Dramatic Arts and Social Work , McMaster University, Hamilton, ON |

Near North Office

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Certifications:

- Brain Basics Program, Ontario Brain Injury Association (2013)
- TEACH Smoking Cessation, Centre for Addiction and Mental Health (CAMH) (2011)
- Trauma Certification (2010)
- Advanced Critical Stress Debriefing (1999)

Professional Memberships:

- Ontario College of Social Workers and Social Service Workers
Certification #: 126172
- Ontario Association of Social Workers

Professional Highlights:

- Over thirty years of experience providing individual, family and marital counselling/ psychotherapy to clients - treatment specialities included: trauma survivor/PTSD, acquired brain injury, motor vehicle accident survivors, health adjustment, depression, anxiety, loss and grief, family relationships, native residential school survivors, and veterans
- Provided social work services to clients for depression and anxiety, psychosocial assessments, psychotherapy, counselling and referrals; provided services to clients at home for acute/chronic health, pain and adjustment issues
- Conducted psychosocial intake assessments, crisis and risk assessments; provided psychotherapy and adjustment counselling and support services; developed, implemented and evaluated intervention plans and monitored progress
- Engaged clients in individualized therapy to facilitate resolution of crises and emotional healing from trauma
- Utilized both short-term techniques such as crisis intervention, defusing and debriefing, empathic and reflective listening, and longer-term treatment techniques such as engagement, formation of goals, and psychodynamic intervention, to reduce presenting and underlying symptoms for clients in Employee Assistance, General Counselling Sexual Assault and Violence against Women Programs
- Conducted initial psychosocial assessments for hospital patients at admission, monitoring for emotional crisis and suicidal ideation; determined need and implemented social work intervention
- Provided individual, family, couple and group treatment for Family Violence and EAP Programs, utilizing Duluth Model intervention strategies for Family Violence work, and short-term, goal- and solution-focused interventions aimed at relieving presenting symptoms of psychological distress for EAP

- Managed a small branch office providing weekly outpatient mental health services for children and their families; involved individual, family and play therapy services
- Investigated child protection cases as per Ministry guidelines, working closely with families and legislated support services ensuring compliance with child welfare guidelines

Professional Development:

- 2018 **A Guide to Effective Report Writing for Health Care Professionals,**
Lindsay Charles, McLeish Orlando
- 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
- 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
- 2014 **Ontario Association of Social Workers Provincial Conference,**
Toronto, ON
- 2014 **Emotionally Focused Family Therapy, Gail Palmer, North Bay, ON**
- 2014 **Treatment of Adults/Teens with Addictions, Dr. David Burns,**
Oakville, ON
- 2013 **Brain Basics Training Program, Ontario Brain Injury Association, North**
Bay, ON
- 2013 **Clinical Supervision Workshop, Robert Van Meir, Sudbury, ON**
- 2012 **Ontario Association of Social Workers Provincial Conference,**
Toronto, ON

- 2012 **Stoking the fires of Therapist Creativity/We're No Fun Anymore, Dr. Robert Schwarz, Toronto, ON**
- 2011 **Mindfulness Integrated Stress and Chronic Pain Management, Dr. Kate Partridge, North Bay, ON**
- 2010 **Settling the Unsettled, Working with Anxiety and Depression, Dr. Jeffrey Zeig, Toronto, ON**
- 2009 **Certificate in Trauma Counselling, Natalie Zlodre, North Bay, ON**
- 2009 **Crisis Counselling, Dr. Paul King, North Bay, ON**
- 2009 **Cognitive Behavioural Therapy, Hester Dunlap, Stratford, ON**
- 2008 **Stop Anxiety and Panic in 5 Sessions, Dr. Robert Schwartz, Toronto, ON**
- 2007 **Impact Techniques for Therapists, Danie Beaulieu, Ph. D, Toronto, ON**
- 2006 **Eye Movement Integration Therapy, Danie Beaulieu, Ph. D, Toronto, ON**
- 2005 **Solution-Focused Therapy, Insoo Kim Berg and Yvonne Dolan, Toronto, ON**
- 2004 **Therapeutic Conversations 5, Narrative Therapy Conference, Toronto, ON**
- 2003 **Emotional Freedom Technique, Crystal Hawk, North Bay, ON**
- 2002 **Acquired Brain Injury Workshop, Gluckstein and Associates, North Bay, ON**
- 2002 **Narrative Solutions, Joseph Eron and Thomas Lund, Toronto, ON**
- 1999 **Critical Incident Stress Debriefing Level 2, Murray Forth, Sudbury, ON**
- 1998 **Adolescence Perspectives in Mental Health, Psychiatric Conference, Sault Ste. Marie, ON**
- 1998 **Suicide Intervention Handbook Training, Living Works, Sudbury, ON**

- 1997 **Conflict Resolution and Confrontational Skills**, Career Track, Sudbury, ON
- 1995 **Therapeutic Conversations as Collaborative Inquiry**, Michael White, Toronto, ON
- 1995 **Problem and Compulsive Gambling**, Addiction Research Foundation, Waterloo, ON
- 1995 **Effective Intervention in Domestic Abuse**, Allan Jenkins, Toronto, ON
- 1994 **Dying To Be Thin: Eating Disorders Conference**, Sault Ste. Marie, MI
- 1994 **Resolving Sexual Abuse and Trauma: Solution Focused and Ericksonian Approaches**, Yvonne Dolan, Traverse City
- 1993 **Making Connections: Women and Mental Illness and Sexual Abuse Conference**, Sault Ste. Marie, ON
- 1991 **Working with Survivors of Sexual Abuse**, Sandra Butler, Sault Ste. Marie, ON
- 1991 **Group Work with Children and Adolescents**, James Garland, North Bay, ON
- 1988 **Strategic Therapy**, Jay Haley and Chloe Madanes, Montreal, Quebec

Volunteer Activity:

- 1985 - Present **Teacher, Drama and Music Facilitator**, Dramatic and musical productions, First Baptist Churches, Sault Ste. Marie and North Bay, ON