

TRESSA PORTER

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HIGHLIGHTS OF QUALIFICATIONS

- Over 12 years experience providing therapy and counselling
- MA Expressive Arts Psychotherapy supervised internship of 600 hours
- 4 year Diploma and intensive training in Relational Psychotherapy
- Excellent skills in facilitation and communication
- Proven ability to create, implement and evaluate therapeutic goals
- Enthusiastic, resourceful and committed to professional growth
- Clinical Member of the Ontario Society of Psychotherapists

EDUCATION

Relational Psychotherapy and Self Psychology Training Four-year certificate program Toronto Institute for Relational Psychotherapy, Toronto, ON	April 2003
MA in Expressive Arts Therapy Lesley College, Cambridge MA & Toronto, ON	May 2000
BA Hons in Drama University of Guelph, Guelph, ON	June 1995

RELEVANT SKILLS & EXPERIENCE

Therapy

- Provide counselling, expressive arts therapy, psychoanalytically-informed psychotherapy and crisis intervention or children, adults, couples and families
- Work with foster families to address attachment issues with children in their care
- Provide consultation to schools, social service agencies on issues of attachment and trauma
- Offered animal-assisted attachment therapy
- Developed and facilitated expressive arts therapy groups for clients with emotional, behavioral and social difficulties in schools, mental health clinics and hospice settings
- Managed a caseload of over 80 families experiencing significant mental health issues
- Provide supervision to therapists in private practice and therapists in training

Teamwork/Problem Solving

- Cooperate with an interdisciplinary team to create a therapeutic environment for clients
- Collaborate with interdisciplinary teams to develop, implement and evaluate services
- Use group and individual supervision to effectively explore and solve clinical issues
- Successfully intervene and initiate protocols to promote crisis resolution
- Handle difficult clinical issues concerning childhood trauma, divorce, addiction, death and terminal illness with clarity, warmth and sincerity
- Worked effectively with others to establish an ongoing support group for grieving children in Oakville, ON.

SELECTED WORK HISTORY
Therapist and Consultant for Children, Adults and Families

Private Practice in Psychotherapy, Rockwood, ON	2000-present
Created and Manage Consulting and Support Websites	2011 - present
Consultant for Family and Children's Services, Guelph ON	2005 -present
Consultant for Narin Family Homes, Waterloo, ON	2007-present
Woolwich Interfaith Counselling Centre, Elmira, ON	2000-2006
Toronto Institute for Relational Psychotherapy Internship, Toronto, ON	2000-2002
Community Mental Health Clinic, Guelph, ON	2002-2004
Halton Adolescent Support Centre, Burlington, ON	2000-2001
Central Etobicoke High School, Etobicoke, ON	2000
Healthcare Dimensions Hospice & PCC, Boston, MA	1998-1999

Group Facilitator

Private Practice, Rockwood, ON	2000 - present
Woolwich Interfaith Counselling Centre, Elmira, ON	2000-2006
Community Mental Health Clinic, Guelph, ON	2001-2003
Halton Adolescent Support Centre, Burlington, ON	2000-2001
The Lighthouse Center for Grieving Children, Oakville, ON	1999-2001
Seasons Centre for Grieving & Traumatized Children, Barrie, ON	1999-2000
The Children's Room for Grieving Children and Teenagers, Arlington, MA	1999

SELECTED PROFESSIONAL TRAINING & CONFERENCES

Ongoing Supervision and Peer Consultations	2000 – present
Two Day Intensive Training: Breaking the Habit of Being Yourself Facilitated by Dr. Joe Dispenzia.	May 2012
3 Week Life Change Program Hippocrates Health Institute	July 2011
Online workshops with Beyond Consequences Facilitated by Heather T Forbes	Fall 2011
Intensive Handler Training for Therapy Dogs	Jan 2007
Play Therapy Discussion and Training Group Facilitated by Sheri Hardcastle, WICC, Elmira, ON	Oct 2006
Four day training in the Intervention and Assessment of Trauma, Facilitated by Geraldine Crissy, CMHC Guelph, ON	June 2002
Four day training in Theraplay Facilitated by Evangeline Munns, Waterloo, ON	May 2002
Narrative Therapy Training, Eight month, biweekly training in Narrative practices Halton Adolescent Support Services, Burlington, ON	2000- 2001

REFERENCES AVAILIABLE ON REQUEST

