

STEPHANIE WOO DEARDEN

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CLINICAL EXPERIENCE

Psychotherapist **June 2020–present**

Stephanie Woo Dearden Counselling & Psychotherapy

- Provide experiential and trauma-informed counselling to adults addressing anxiety, depression, self-esteem, and adverse childhood experiences

Associate Psychotherapist **May 2020–present**

Counselling Intern

Sept 2019–May 2020

Patricia Berendsen & Associates Counselling & Psychotherapy Services, Trauma Healing Centre of London

- Provide experiential and trauma-informed counselling to adults addressing anxiety, depression, self-esteem, and adverse childhood experiences

Counsellor **Sept 2019–May 2020**

Community Counsellor Centre of London

- Supported London, ON community with serious mental health issues through affordable, trauma-informed counselling
- Developed intake procedure in collaboration with the chief executive director, conducted client intake over the phone, created outcome evaluation form
- Ensured continuation of client care during the COVID-19 pandemic by providing telehealth services by online video session and telephone session

Crisis Responder **Jan 2019–Dec 2019**

Crisis Text Line, Canada

- Provided crisis intervention through a 24-hour crisis hotline
- Conducted risk assessment and safety planning with texters, documented and maintain client case notes, determined appropriate crisis intervention support and referrals

ACCREDITATIONS

Registered Psychotherapist (Qualifying) **Jun 2020–present**

College of Registered Psychotherapists of Ontario

EDUCATION

Master of Arts, Counselling Psychology, Yorkville University, 2017 - 2020

Overall GPA: 3.94/4.0

Bachelor of Science, Honours Biology, University of Waterloo, Sept 2011 - April 2015

Overall GPA: 3.9/4.0

Minor: Classical Studies

Degree Honours: Dean's Honours List

CONTINUING EDUCATION

- Accelerated Experiential Dynamic Psychotherapy Certification Mar 2020-in progress
Essential Skills 1
Online, Jul 2020
Karen Pando-Mars, MFT & Kate Halliday, LCSW
- Immersion*
Online, Mar 2020
Dr. Karen Kranz & Jennifer Edlin, MFT
- Somatic Experiencing Certification Mar 2019-in progress
Beginner 2
Online based in Toronto, Jun 2019
Berns Galloway, MEd, SEP, CCC
- Beginner 1*
Toronto, Mar 2019
Berns Galloway, MEd, SEP, CCC

PROFESSIONAL DEVELOPMENT

- The Healing Power of Portrayals: Memory Reconsolidation in Action
Online from Toronto, May 2020
SueAnne V. Piliero, PhD
- Awakening the Healing Power Within: Insula, Neuroception, Dyadic Contemplative Presence
and Zhuangzi in AEDP
Online from Toronto, May 2020
Danny Yeung, MD
- Complex Adaptations to Psychological Trauma: Practical Approaches
London, Nov 2019
Ruth Lanius, MD, PhD
- The Masculinity Paradox
Online based in New York, Nov 2018
Esther Perel

HONORS & AWARDS

- President's Research Award, University of Waterloo Jan 2013 - Aug 2013
J. Frank Brookfield Scholarship in Biology, University of Waterloo Oct 2012
President's Scholarship of Distinction, University of Waterloo Sept 2011

PROFESSIONAL HISTORY

- Process Specialist 2 Aug 2018 - Aug 2019
Process Specialist Jan 2017 - July 2018
PricewaterhouseCoopers Service Delivery Center, London, ON

- Create client records in online databases, verify that client engagements meet risk management and audit standards; draft and assemble client documents compliant with confidentiality standards; file tax returns with the CRA and IRS
- Develop training materials and job aids, lead training sessions, enhance collaboration between offices by educating and meeting with staff nationally
- Participate on national staff council of 20 members selected from over 7,000 employees, generate ideas with executive leadership team to enhance employee engagement

Front of House Coordinator

Sept 2016 – Dec 2016

Express Employment Professionals, Kitchener, ON

- Supported staffing consultants by screening job applicants, scheduling interviews, administering skills evaluations to applicants, and conducting new associate orientations
- Provided associates and employers service in person and over the phone; developed associate recruitment and retention strategies

Client Service Representative

Sept 2015 – Feb 2016

Personal Health Insurance Team & Individual Shared Services Team

Sun Life Financial, Waterloo, ON

- Processed applications for personal health insurance, tracked customer billing, notified clients via letters of overdue payments, processed termination of coverage
- Responded to tier 2 customer inquiries over the phone, documented all interactions with clients in an online database

VOLUNTEER EXPERIENCE

Crisis Residential/Respite Program Volunteer

Aug 2018-April 2019

Merrymount Family Support and Crisis Centre, London, ON

- Facilitate therapeutic play for school-age children during temporary periods of family instability including crafts, outdoor sports, colouring, and board games
- Promote development of emotional awareness and coping strategies in children with depression, ADHD and anger

Children's Inpatient Unit Volunteer

Feb 2016 – Aug 2016

Grand River Hospital, Kitchener, ON

- Provided opportunities for paediatric patients to alleviate stresses of hospitalization through play activities including crafts, colouring, video games and board games
- Attended to patient visitor and caregiver requests for service in the unit
- Assisted in the maintenance of the unit through administrative and housekeeping tasks