

# Shane Smyth MA, RP

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## **WORK EXPERIENCE**

### **February 2017-Present day: Registered Psychotherapist, Supervisor and Owner of Spacious Mind Counselling and Psychotherapy, Guelph, Ontario.**

- Psychotherapist in private practise working with a broad population of people with a variety of issues, including but not limited to anxiety, depression, trauma, relationship issues, identity issues. Working with couples, adults and adolescents. Managing a therapy centre with 14 other therapists.

### **April 2016-Sept 2017: Psychotherapist, Trafalgar Residence, Addiction and Mental Health Treatment Centre, Erin, Ontario.**

- Completing intake interviews to collect client information to address their cognitive, behavioural and emotional needs.
- Formulating and delivering plans for treatment including intensive individual psychotherapy and daily group therapy based on client goals using therapeutic modalities such as MiCBT, CPT, EFT, DBT, MI, CBT, SE, and MBSR.
- Providing crisis intervention, safety planning, couple and family therapy.
- Supporting with aftercare planning, consulting with other professionals on details of cases and treatment plans.

### **Jan 2014 – April 2016: Child and Family Psychotherapist, Woodview Children's Mental Health and Autism Services, Burlington**

- Developing and delivering individualized therapeutic treatment plans collaboratively with families for a variety of mental health and developmental conditions and disorders.
- Supporting youth and families in crisis using evidence based counselling and psychotherapeutic skills such as DBT, CBT, positive parenting and narrative therapy.
- Completing intake and assessment using a variety of assessment tools.
- Participating in case conferences, school meetings, doctor's appointments and community meetings to provide information, advocate on behalf of clients and ensure coordinated service.
- Engage therapeutically with children, youth and families at walk in clinic for brief therapy or in their home for longer term intensive services.

### **Aug 2011 - Dec 2013: Youth Worker, Swan Youth Services, Summerhill, Dublin 1**

- Planning, delivering and evaluating therapeutic and educational programmes to meet the mental health needs of youth and their families in partnership with youth, families, schools and community agencies.
- Facilitating group and individual sessions around issues such as substance misuse, violence, LGBTQ+ groups, mental health, early school leaving and racism.
- Engaging in outreach and street work to reach difficult to engage groups of youth.

### **Feb 2012 - Dec 2013: Relief Project worker, Peter McVerry Trust, Mountjoy Square, Dublin 1**

- Working with homeless men and women in various short term and transitional accommodations in the Dublin city area.
- Daily running of emergency accommodation including intake and risk assessment of service users, one to one key working sessions, liaising with services and report writing.

### **Nov 2009 - Aug 2011: Project co-ordinator of Police Youth Diversion Project, Cabra, Dublin 7**

- Facilitating a referral committee with police, local schools, probation services and local drugs task forces to identify youth involved in or at risk of engagement with criminal activity.
- Drafting plans of appropriate interventions and strategies to assist each of the youth in the target group.
- Assisting youth to develop an individual set of goals for their time with the project through developmental programmes, structured group work and one-to-one support.
- Supporting volunteers, part-time workers and students working with the project.
- Developing an Annual Plan following a consultative process with the police.

**Jan 2008 - Oct 2009: Relief residential care worker, Positive Care Ireland, Clane, Co Kildare**

- Working therapeutically with youth with mental health and behavioural issues in a residential setting.
- Using therapeutic crisis intervention to work with young people to de-escalate incidents.

**Feb 2010 - March 2013: Psychotherapist, Blanchardstown Therapy Centre and Sankalpa Methadone Detox Centre, Finglas, Dublin.**

- Providing addictions counselling to individuals working towards methadone detox.
- Working therapeutically with clients around issues such as loss, abuse, depression, suicide, personal development, confidence and self-esteem.

**Oct 2008 - Feb 2009: Work Placement, Fettercairn Youth Horse Project, Tallaght, Dublin**

- Engaging youth from an area of social disadvantage in pro social, healthy activities.

**June 2000 – Jan 2008: Mechanical Engineer, Masonry Fixing Services and Hilti Engineering**

- Providing engineering support through a value engineering service. Building strong relationships with clients and service providers.

**EDUCATION**

**Sept 2008 - Sept 2010: Master's in Youth and Community Work, National University of Ireland, Maynooth**

**Oct 2006 - Oct 2012: Honours Bachelor Degree in Counselling and Psychotherapy, Dublin Business School.**

**Oct 2005 - July 2006: Certificate in Counselling Skills, National University of Ireland, Maynooth**

**Sept 1996 - June 2000: University of Limerick, Bachelor's Degree in Mechanical Engineering**

**Sept 1991- June 1996: De La Salle, High School, Hospital, Co. Limerick, Leaving Certificate**

**RELEVANT TRAINING COMPLETED**

- Mindfulness Integrated Cognitive Behaviour Therapy for Trauma extensive training with the MiCBT Institute. This includes exposure therapy.
- Cognitive Processing Therapy for PTSD various trainings with PESI
- Dialectical Behaviour Therapy: Comprehensive skills and Trauma training with Woodview Mental Health
- Acceptance and Commitment Therapy: Trauma training with Russ Harris
- Emotion Focused Individual Therapy: Trauma training with Sue Johnson and Les Greenberg Schools. Both include exposure therapy.
- Emotion Focused Couples Therapy: Trauma training with Sue Johnson and Les Greenberg Schools. Both include exposure therapy.

- Extensive Gottman couples therapy training with the Gottman institute including addiction and trauma training
- 30-hour AAMFT Supervision Fundamentals Course
- Indigenous Canada a 12-lesson Open Online Course
- ACT and DBT comprehensive and skills training.
- First responders, military members/Veterans with PTSD and Moral Injury training.
- Narrative therapy training.
- Prevention and Management of Aggressive behaviour (PMAB).
- Applied Suicide Intervention Skills Training (ASIST).
- Motivational interviewing.