

Suzanne Aikins

61 Adelaide Street, Barrie ON L4N 3T4
(705) 984 7899 • suzanne@strc.ca

Education and Related Research

- 2010 – 2011 | *Yorkville University*, Master of Counselling Psychology
• Depression, Low Self-Esteem and Perfectionism: Case Study of a Teenage Boy
- 2004 – 2007 | *Laurentian University*, Honours BA, Psychology, Dean's List
• Understanding the Influence of Unconscious Emotions on Task Performance Behaviour using Backward Masking and Repeated Exposure, Thesis advisors: Dr. C Whissell and Dr. M Persinger
- 2000 – 2003 | *George Brown College*, Child & Youth Worker, Honours Diploma
Received award for "Continuing Excellence in the Field of Child Youth Work"

Professional College

- May 2015 – Present | *College of Registered Psychotherapists of Ontario*, Registration # 001101

Associations

- 2013 – Present | *Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)*
- June 2015 – Present | *EMDR Canada*

Professional Liability Insurance

- 2013 – Present | *McFarlan Rowlands Insurance Brokers Inc*

Employment

- Aug 15 – Present | *Simcoe Trauma Recovery Clinic*, Psychotherapist / Co-founder
• Utilizing three main therapy approaches – CBT, Rational Emotive Therapy and Eye Movement Desensitization and Reprocessing therapy.
• Connect with community agencies/members to meet the needs of our clients
• Co-manage marketing, program development, and client case load.
- Sept 12 – Present | *Canadian Mental Health Association (CMHA)*, Mental Health Therapist / Family Health Team
• Manage a case load of 50–70 clients
• Utilize two main therapy approaches – CBT and Eye Movement Desensitization and Reprocessing therapy
• Develop and implement psychosocial groups
- Jan 08 – Sept 12 | *Canadian Mental Health Association (CMHA)*, Case Manager / RSVP Clubhouse
• Manage a case load of 20 clients
• Conference with family and community members for clients' best interests
• Utilize motivational interviewing and CBT to assist clients in understanding and managing their mental illness
• Adapt program structure to meet clients' needs
- Apr 07 – Sept 07 | *Simcoe Muskoka Catholic District School Board*, Psychology Assistant
• Implementing and collecting data for a pilot study of 'The Model Projects to Promote Positive Student Behaviour'
• Working with seventeen grade seven and eight students in three different schools

with a focus on motivation and engagement in academics

Suzanne Aikins

61 Adelaide Street, Barrie ON L4N 3T4
(705) 984 7899 • suzanne@strc.ca

- Jun 05 – Aug 06 | *Intensive Behavioural Treatment (IBT)*, Personal Therapist
- Assisted in creation, implementation and direction of therapy
 - Delivered 3 hour sessions, daily, with child with autism
 - Monitored and updated child's program and behaviour
 - Continue to see child on a weekly basis as a mediator
- Jan 04 – Jan 05 | *Georgian College*, Statistics Tutor
- Tutored several students in second year statistics
 - Organized and facilitated individual and group meetings
 - Assessed and met the diverse needs of each student
- Sept 03 – Aug 04 | *TDSB Alternatives Programs*, Child Youth Worker
- Worked with at-risk high school students
 - Created incentive program to increase student attendance
 - Facilitated life skills programs for three classrooms
- May 02 – Oct 03 | *Oakdale Child and Family Services*, Residential Counsellor
- Assisted boys ages 10–18 with Autism, ODD, ADHD, and learning disabilities to develop daily routines with hygiene, meal preparation and general life skills
 - Monitored boys' behaviour to prevent crisis situations

Workshops

- 2016 | Trauma Awareness Skills Course (TASC), Train the Trainer, LA Doyle, Trauma Specialist, TASC Educator
- 2015 | Harm Reduction – Train the Trainer, CMHA Barrie
- 2015 | Part II - Eye Movement desensitization and Reprocessing Therapy, (EMDR), Barbara Horne – Niagara Stress and Trauma Clinic
- 2014 | Eye Movement Desensitization and Reprocessing Therapy, (EMDR), Barbara Horne – Niagara Stress and Trauma Clinic
- 2013 | Cognitive Therapy for PTSD, Dr. Kate Gillespie, FRCPsych
- 2012 | Dialectical Behavioural Therapy, Sheri Van Dijk, MSW
- 2011 | Hoarding II, Birchall Consulting
- 2010 | Non-Violent Crisis Intervention, Canadian Mental Health Association
| Hoarding I, Birchall Consulting
| Motivational Interviewing, Heather Flett
| Concurrent Disorders, Canadian Mental Health Association
- 2009 | Cognitive Behavioural Therapy, Canadian Mental Health Association
- 2008 | Smoking Cessation Conference, Royal Victoria Hospital
| Dual Diagnosis Training, CMHA
| Non-violent Crisis Intervention Training, regularly updated, CMHA
| Suicide Awareness Conference, Geneva Park
| Native Awareness, Enaahdig Healing Lodge
- 2004 | Sexual Abuse Seminar, Toronto District School Board (TDSB)
- 2002 | “How to Make Hostel Services Accessible to Trans-gendered Clients”, 519
| “Gang Awareness”, Toronto Police
| “True Colours Personality Seminar”, TDSB
| Restorative Justice Training, George Brown College