

Tiffany McCabe  
MSW, RSW, DTATI  
Social Worker  
June 2020

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## **PROFESSIONAL EXPERIENCE**

### **Social Worker Consultant Dufferin Oaks, Shelburne ON Aug 2018 - Present**

Provide on going counselling to residents, family members, and staff members.

Served in a leadership position during the peak of COVID-19; infection control, palliative care, staff support, resident support, managing trauma response from residents, family, and staff, and creative solutions around connecting with family.

Complete assessments such as; MMSE, MoCa, GDS, GAD, PHQ-9, and Cornell's as requested by Doctor's and or Psychiatrist to help shape care plan.

Liaison between community resources and Dufferin Oaks to ensure quality of life of residents.

Created a family support group, out of an unmet community need. Facilitate this group, and partnered with Alzheimer's Society of Dufferin and Hospice Dufferin.

Liaison between Dufferin Oaks Public Guardian Trustee.

Advocate on behalf of residents to maintain independence and quality of life.

Actively participated in accreditation.

Part of the palliative care team; listening to residents and family members to understand what a "good death" looks and feels like.

Participate in multi team meetings, behaviour rounds, as well as OTN meetings with psychiatrist.

### **Art Therapist- Self-Employed Dufferin County, ON Jan 2015- Present**

Created and facilitated on going groups for organizations such as: Supportive Housing in Peel, Hospice Dufferin, Dufferin Oaks, Shelburne Residence, Upper Grand District School Board, Dufferin County Day Program and Alzheimer's Society of Dufferin.

Use of art psychotherapy to help individuals express thoughts, emotions, and patterns. Art psychotherapy also helps process traumatic experiences as well as heal from past experiences.

### **Dufferin Child and Family Services**

#### **Family Service Worker**

Orangeville, ON

2007-2009 (Student contract work) 2012-2015 (full time, permanent)

Followed the Child and Family Service Act.

Supported families to create a plan and implement the plan to ensure safety of their children.

Connected with other community resources, to help families thrive.

Provided ongoing counselling for families to work through trauma, addictions, and difficult life situations.

Managed case work, in a timely and organized manner.

Wrote court papers, with accuracy and strong written documentation.

#### **Kin Service Worker**

#### **Children's Aid Society of Owen Sound and the County of Grey**

Owen Sound, ON, December 2010- April 2012

Interviewed and clinically assessed potential kin/kith placements.

Provided ongoing services for families, including; engaging families with plan of services, helping families through transitions and loss, advocating for families to receive Temporary Care Allowance, and providing a confidential atmosphere for families to share their experiences.

Co-facilitated a Grandparents Network.

Provided input in reshaping the kin service model and policies within the organization.

Worked on First Nations Reserves; respected cultural practices and legislation.

#### **Social Support Worker**

#### **Community Living Dufferin**

Dufferin Community Service Centre, Orangeville, ON, 2007-2009

Managed a residential home setting; looked after finances, planned activities, managed individualized care plans.

Responsible for medicine and personal care.

Provided a safe environment and empowered residents to be independent and participate in community activities.

## **TEACHING/ INSTRUCTIONAL EXPERIENCE**

### **Yoga Teacher**

Owen Sound, Shelburne, Orangeville, Mansfield (2011-2016)

- Taught adults yoga poses, in a safe environment, respecting different body types and abilities
- Taught mindfulness and meditation.

### **Presenter**

Ontario Association of Social Workers, Lakehead University, March 2019

- "Introduction to Art Therapy for Social Workers".
- Provided hands on activities, case studies and techniques to use in Social Work.

Early On Dufferin

- Guest speaker on attachment with parents and children.
- Taught hands on activities to parents/caregivers.

## **FORMAL EDUCATION**

### **Master of Social Work**

University of Calgary- 2010

Areas of study: Leadership and Community Development in Social Work.

Thesis/ Practicum Title: The use of mobile phones to help palliative HIV/AIDS patients in rural Kenya. Published by the United Nations. Won the PARHAD Peace award.

### **Master of Art Therapy**

Toronto Art Therapy Institute- 2016

Thesis/ Practicum Title: Family healing through legacy work.

### **Bachelor of Social Work – 2009**

University of Waterloo

Chosen for an international project exchange; awarded The Cuthbert Family International award, as well as University of Waterloo International award.

### **Yoga Certificate - 2011**

Georgian College

### **Bachelor of Arts, Psychology-2007**

University of Ottawa

## **REGISTRATIONS**

- Registered Social Worker- Ontario Association of Social Workers and Social Service Workers, General License 818817.

## **INTERNSHIPS**

Dufferin Child and Family Services- Foster Care

- Trained in PRIDE, assistant facilitator

Ugunja, Kenya Community Resource Centre

Madurai, India Center Females with HIV/AIDS

## **PROFESSIONAL DEVELOPMENT**

Trauma Assessment and Intervention with Geraldine Crisci, June 23, 2020

Working with First Responders and Military Members/ Veterans with PTSD and Moral Injury with Dr. Manuela Joarrau June 2020

Trauma Treatment with EMDR, CBT, and Somatic-Based Interventions: A Certified Clinical Trauma Professional Training Course with Dr. Jennifer Sweeton, June 2020

Advanced Trauma Treatment for Children and Adolescents: A Certified Child and Adolescent Trauma Professional Training Course, June 2020

Applying the Polyvagal Theory to Improve Client Outcomes, June 2020

Dialectical Behavior Therapy to Treat Emotional Dysregulation in Clients with Sheri Van Dijk- Part 2 certification Oct 2019

Acceptance and Commitment Therapy Part 1 certification Sept 2019

Dialectical Behavior Therapy to Treat Emotional Dysregulation in Clients with Sheri Van Dijk- Part 1 certification May 2019

Hypnosis Certification "Breaking the worry trance" with Day Break, June 2018

## **PROFESSIONAL ASSOCIATIONS / MEMBERSHIPS**

Ontario Association of Social Workers and Social Services Workers (OCSWSSW), member in good standing.

Ontario Association of Social Workers (OASW), member in good standing.

Actively involved with OASW Huronia Highlands board; provide continuing education opportunities for local members, advocate for the social work profession and the people we work with. Have attended provincial meeting and strategic planning.