

Trainings & Certifications

2018

Ontario Psychotherapy and Counselling Program Graduate
Create Institute Expressive Arts Therapy Professional Program

2019

Advanced Cognitive Behavioural Therapy (CBT) Certification
Grief 101 - Virtual Hospice at MyGrief.ca
ASIST Suicide Intervention Training
Motivational Interviewing Level 1
Trauma-Informed Care: Working with Immigrants and Refugees

2020

Fundamentals of Somatic Experiencing - A Polyvagal Perspective
Confronting Microaggressions and Racial Biases in Therapy
Positive Spaces for Transgender & Non-Binary Folks
Grief & Loss in Trauma Treatment
Group Dynamics and Identity - The Berne Institute
Geriatric Depression: Treatment interventions
Beyond Trauma-Informed: The Biology of Thriving

2021

PTSD: Dealing with Shock and Trauma
Experiential, Process and Support and Group Therapy Facilitation
Grief and Relationships: Exploring loss in community
Use of Dreams in Clinical Practice: A Depth Psychology Approach
Advanced Program on the Treatment of Trauma

2022

TEAO Embodiment Training
Parts Work in Clinical Practice & Racial Trauma
Treating Trauma using DBT
De-escalation & Regulation Techniques
CAMH Developmental Trauma and Resilience Program
Certified Clinical Anxiety Treatment Professional

Trainings & Certifications

2023

Deep Brain Reorienting (L1) Shock Trauma Processing

Cognitive - Behavioural Conjoint Therapy for Post Traumatic Stress Disorder

Certified as a Clinical Trauma Professional (CCTP)

DBT Intensive Training for Healthcare providers

Treating Developmental Trauma - ECHO Psychotherapy Program

2024

Deep Brain Reorienting (L2) Attachment Shock and Wounding

Dialectical Behavior Therapy (DBT) - ECHO Psychotherapy Program

Cognitive Processing Therapy (CPT) for PTSD

Adult Attention Deficit Hyperactivity Disorder (ADHD) - ECHO Ontario Program

Deep Brain Reorienting (L3) Dissociative and Complex Trauma Disorders

2025

Certificate Program in Somatic Embodiment & Regulation Strategies

Trans & Gender Diverse Healthcare - ECHO Ontario Program

DBR Clinical Consultations for Certification

2026

A Focus On Gender-Based Violence (Immigrant, Refugee And Indigenous Peoples)

Traffic Jam - Conference on Human Trafficking in Canada