

Additional Trainings, Certifications and Continuing Education Credits

EMDR trainings

- EMDRIA approved EMDR Basic Training: Fall 2024
- DeTUR: Urge Reduction Protocol for Addictions and Dysfunctional Behaviors-The Accelerated Adaptive Information Processing Model: Winter 2025
- EMDR Canada conference: Spring 2025

Other In-Person Trainings and workshops

- Making Sense of Hypersensitivity: The Neufeld Institution
- Foundations of 2SLGBTQIA+ Inclusivity: Qmunity
- Indigenous Populations and Mental Health: Charity Flemming
- Ethics training: Working with the Boundaries of Mental Health Practice: consent, reporting, and documenting: Glenn Grigg

Courses completed through the Mental Health Academy

- Substance abuse summit
- Creating Sustaining Counselling Conversations in the Face of Grief
- 5 Ways to Decolonize your Mental Health Practice
- Introduction to Motivational Interviewing: Resolving Ambivalence and Changing Behavior
- The Link Between Anxiety and Alcohol Use: Implications for Treatment and Early Intervention
- Counseling Trauma Affected Clients with Diverse Abilities
- Drawing upon the Body's Intelligence: An Introduction to Sensorimotor Psychotherapy
- Autism and Depression
- Ambiguous Loss: Advanced Skills Training
- Narrative Therapy in the face of Grief
- Diagnosing Bipolar Disorders
- EMDR: A Primer for Clinicians
- Risk Assessments and Safety Plans
- Anti-Ableism and Accessibility: Thinking Outside the Box
- Eating Disorders in Women of Color