

Student Name	Session day/time	Teams links + Student bio
		<p>Coaching Skills Sessions Run Weekly from November 3rd - December 6th, 2025</p> <p>Please note all sessions are held in Teams and all times are in Atlantic Standard Time</p>
		<p>CottrellMonday10AMAst Meeting-Join Microsoft Teams</p> <p>DCP student bio My name is Cottrell Ellis, and I have four years of experience working as a mental health therapist in the Caribbean. During this time, I have worked as a counselling psychologist in a clinical setting with children, adolescents, and adults. My practice has involved treating a wide range of disorders, including anxiety, depression, psychosis, personality disorders, and ADHD.</p> <p>Most recently, I served as a correctional mental health therapist, providing counselling services to both male and female offenders. My professional development has included training in grief counselling, CBT, mental health first aid, psychoeducation, solution-focused approaches, and crisis management.</p> <p>Grounded in a humanistic framework, I guide clients toward uncovering purpose, meaning, resourcefulness, and resilience. At the same time, I believe therapy is integrative, drawing on a range of modalities to enhance treatment outcomes. As a clinician, I am flexible, communicative, and enjoy working collaboratively with others. I value authenticity and expression, and I prioritize wellbeing and self-worth in both my clients and my own practice.</p> <p>Finally, I am passionate about mentoring and offering guidance to future therapists, and I look forward to continuing this journey.</p>
Linda Storm	Mondays @ 8pm AST	<p>LindaMonday8PMAst Meeting-Join Microsoft Teams</p> <p>DCP student bio Linda Storm, MA, CCC, C-Hyp At this stage of my career, I work part-time, which allows me to balance clinical practice with my doctoral studies and take on professional leadership roles upon retirement. My theoretical orientation is neo-psychodynamic, integrating EMDR, hypnotherapy, and psychodynamic talk therapy in my work with clients. I mainly assist neurodivergent adults with ADHD, ASD, and AuDHD facing challenges like trauma, anxiety, depression, and PTSD. Additionally, I hold formal certifications in EMDR, Clinical Hypnotherapy, and Advanced Narrative Therapy.</p> <p>In parallel to my clinical practice, I serve as President of the CCPA Private Practitioners Chapter. My previous career in</p>

		information technology and solution architecture has contributed to a pluralistic perspective, providing me with a broad range of life experiences. I am particularly interested in promoting neurodiversity-affirming practices and helping clinicians build confidence and competence when working with diverse client groups. Drawing on my experience in private practice, I enjoy mentoring students, emphasizing the importance of ethical decision-making and achieving a sustainable life balance.
Connie Jacques	Tuesdays @ 9am AST	ConnieTuesday9AMAst Meeting-Join Microsoft Teams DCP student bio My path to earning the Doctor of Counseling and Psychotherapy has been anything but direct. I earned a Master of Education in counseling psychology and a Master's in neuropsychology from McGill in 1996. I also hold an MSc from Université Laval in organizational psychology. These degrees were achieved while I was working in Quebec's public health and social services. I started my career in public service in 1984. I held various roles, including psychologist and neuropsychologist, retiring in 2024 after spending the last nine years as chief of operations for regional services on Quebec's Gaspé coast. I maintained a small private practice as a psychologist-neuropsychologist throughout my forty years in the public sector. During my public service career, I worked with diverse clientele, with most of my time spent in Youth Protection (child protective services) and with young offenders. I also worked with sexual offenders in provincial detention facilities. My theoretical orientation is cognitive-behavioral, though I have utilized both CBT and solution-focused approaches. I continue to practice neuropsychology. My supervisory experience often involved dual administrative-clinical roles. In my weekly sessions, I will present various ethical topics related to therapy using a psychoeducational approach. These topics will include dual relationships, elder abuse, and breaches of confidentiality, among others. I look forward to meeting you on your journey.
Monique Auffrey	Tuesdays @ 2pm AST	MoniqueTuesday2PMAst Meeting-Join Microsoft Teams DCP student bio My name is Monique Auffrey. I am licensed as a social worker in Alberta and have practiced in NS. I have 23 years of post Masters experience in counselling and leadership. I use an integrative humanistic practice model in my work as a therapist and supervisor. I have interests in working from a trauma informed and intersectional lens.
Tamar Spilberg	Wednesdays @ 3pm AST	TamarWednesday3PMAst Meeting-Join Microsoft Teams DCP student bio I am Tamar Spilberg, a therapist with a Master of Social work, with 24 years of experience in mental health counseling. I am dedicated to helping clients navigate psychological and emotional challenges. My work is rooted in providing a safe,

		<p>non-judgmental space where clients feel heard, valued, and understood. I practice an integrative therapeutic approach, drawing from cognitive-behavioral therapy (CBT) to address maladaptive thoughts and behaviors and narrative therapy to help clients reshape their personal stories. I incorporate mindfulness-based strategies to enhance emotional regulation and promote self-awareness. I specialize in working with adolescents and adults who face anxiety, depression, trauma, substance use, relationship difficulties, grief, loss, and life transition. Given my bilingual abilities, I serve diverse clients from different cultural backgrounds. I am deeply committed to empathy, cultural humility, ethical practice, and respect for client autonomy. I believe in a strengths-based approach, recognizing that each client brings inherent resilience and potential for growth. I emphasize a collaborative therapeutic process that empowers clients to take ownership of their healing journey. My strengths as a therapist include establishing strong therapeutic alliances and creating an atmosphere of trust. I am skilled at reading clients' emotional states and adapting my interventions to meet their unique needs. I aspire to expand my knowledge in treating complex cases, including co-occurring mental health and substance use disorders while integrating cutting-edge research into my practice. Through my work, I aim to help clients build resilience, develop effective coping strategies, and foster meaningful changes that enhance their overall quality of life. My goal is to promote mental health awareness in my community and advocate for the well-being of those I serve.</p>
Raquel Karam	Wednesdays @ 5 :30pm AST	<p>RaquelWednesday5.30PMast Meeting-Join Microsoft Teams</p> <p>DCP student bio</p> <p>Raquel is a Canadian Certified Counsellor with the Canadian Counselling and Psychotherapy Association and a Doctor of Counselling and Psychotherapy student at Yorkville University. She also holds a Permanent Professional Teaching Certificate in the province of Alberta. Raquel places importance on the counselling profession's aim to empower people through the development of self-awareness and psychoeducation while supporting their need for growth. She works with clients in English and French, ages 9 and up across Canada who are seeking mental health and neurodiversity supports. Through an integrative approach, Raquel employs humanistic, existential, and acceptance and commitment therapy (ACT) principles while tailoring this to foster acceptance, mindfulness, and purposeful action. In creating a secure and collaborative environment, she encourages exploration and insight, acknowledges diverse backgrounds, and utilizes a range of therapeutic techniques to foster growth and positive change in her clients. She values understanding her clients within their socio-cultural context, recognizing nuanced stressors, and addressing past experiences that may influence their present struggles. This may be achieved while clients are facing a new diagnosis, learning to cope with a life transition, or attempting to set achievable goals. Raquel is qualified to provide services through training in her master's program in counselling psychology, additional training in ACT, ongoing supervision by a Registered Psychologist, and certification as a Canadian Certified Counsellor.</p>

Jennifer Rousseau	Thursdays @ 2pm AST	<p>JenniferThursday2PMast Meeting-Join Microsoft Teams</p> <p>DCP Student Bio Hi students, welcome to coaching! I am Jenny Rousseau, a MACP graduate and student in the DCP program. I provide supervision using an integrative model that combines trauma-informed practice, grounded in the Integrative Developmental Model, with an emphasis on emotional safety, collaboration, reflective practice, and ethical decision-making. I am a Certified Canadian Counsellor, private practice child trauma therapist. I completed the certificate program for child trauma, progressive counting, and EMDR at the Child Trauma Institute in Massachusetts. My MACP practicum was in adult acute mental health at a local hospital, utilizing CBT. I started out providing direct service work in a maximum security facility for youth, assessment and receiving home, and home for men with schizophrenia, as well as child protection work in four provinces since 1989.</p> <p>We can collaboratively set an agenda for our 5 weeks, and you may choose from the following psychoeducational topics:</p> <ul style="list-style-type: none"> -when to breach confidentiality due to risk of harm to others -managing parent/child differing goals for treatment -how to manage a conflict of interest that isn't known until after several sessions -dual relationships such as therapist, hockey team mom -duty to report abuse -when to breach confidentiality due to risk of harm to others
Raymond Johnson	Thursdays @ 9pm AST	<p>RaymondThursday9PMast Meeting-Join Microsoft Teams</p> <p>DCP student bio I am a Registered Nurse, Counselling Therapist, and Child and Youth Care Counsellor licensed with ACTA and a CCPA professional member. My certifications include Certified Mindfulness-Informed Professional, Certified in Dialectical Behaviour Therapy, Certified Clinical Anxiety Treatment Professional, and iGCBT Certified Practitioner.</p> <p>I have 35 years of practice experience in various counselling settings, including hospital, community counselling, both individual and group therapy, mediation, and mental health nursing. I have been a supervisor of mental health nurses, clinical social workers, and psychologists for over ten years in various settings. I adhere to an egalitarian worldview within the framework of Adlerian theory. My supervisory training encompasses both Clinical Supervision of nurses and Clinical Supervision of therapists.</p>

		In addition to general topics that may arise in supervision, I have knowledge and interest in the ethics of senior's health and reporting abuse in Alberta.
Kiran Servansing	Fridays @ 1PM AST	<p>KiranSFriday1PMast Meeting-Join Microsoft Teams</p> <p>DCP Student Bio My name is Kiran Servansing , and I am a Registered Psychotherapist (CRPO). I hold an MA in Counselling and am a doctoral candidate in psychotherapy and counselling. I practice in English and French and work with adults and emerging adults in university and private-practice settings. My clinical focus includes trauma, anxiety, mood concerns, life transitions, and intercultural stressors, with significant experience supporting international and BIPOC students. My approach is integrative, drawing on CBT, EMDR, attachment-informed practice, and mindfulness, grounded in cultural humility. I adhere to CRPO Professional Practice Standards and the CCPA Code of Ethics and engage in ongoing professional development in supervision, ethics, trauma, and cultural responsiveness.</p>
Lacy Runner	Fridays @ 3pm AST	<p>LacyFriday3PMast Meeting-Join Microsoft Teams</p> <p>DCP Student Bio I am the Health & Wellness Services Director for the Tsuut'ina Nation. When requested, I provide mental health support through equine therapy to Treaty 7 and 8 nations. I draw from my Dene and Secwepemc heritage cultural practices to incorporate a hybrid practice model when supporting individuals in their healing journey. I am also a trainer and facilitator for the Crisis and Trauma Resource Institute, delivering meaningful information to organizations and Indigenous communities across Canada.</p> <p>I hold a Master of Counselling Psychology, is a Canadian Certified Counsellor, holds a Bachelor of Arts degree in Criminal Justice with a minor in Indigenous Studies and is also a PhD candidate with Yorkville University for the Counselling Psychotherapy Doctorate program. Through education and life experience, I am able to possess the necessary skills to support individuals with diverse mental health needs also while specializing in equine therapy for children and youth. I also believe in spreading awareness and education of trauma-informed practices to break down colonial systems and beliefs and support all individuals from diverse backgrounds with a compassionate and empathetic approach.</p>

		In addition to general topics that may arise in supervision, I am knowledgeable regarding topics about how to practice trauma informed skills when working within an indigenous population or communities.
Fawn MacInnis	Saturdays @ 10am AST	<p>FawnSaturday10AMAst Meeting-Join Microsoft Teams</p> <p>DCP Student Bio I am a Registered Social Worker with the Ontario College of Social Workers and Social Service Workers, holding a BSW from Laurentian University and an MSW from the University of Windsor. Currently, I am pursuing a Doctor of Counselling and Psychotherapy at Yorkville University.</p> <p>With over ten years of experience, I specialize in individual and couples therapy, focusing on relationship dynamics, mental health, addictions, trauma, grief, and infidelity. I integrate humanistic, strength-based, and systemic approaches with evidence-based modalities including CBT, EMDR, Solution-Focused Therapy, and the Gottman Method.</p> <p>As a clinical supervisor, I provide collaborative, reflective guidance that balances support with accountability. My supervision fosters professional growth, clinical competency, and ethical practice through case consultation, session review, role-play, and reflective discussion. I am committed to mentoring clinicians to deliver confident, competent, and client-centered care.</p>
Brigitte Julien	Saturdays @ 11am AST	<p>BrigitteSaturday11AMAst Meeting-Join Microsoft Teams</p> <p>DCP Student Bio Hi! I'm Brigitte Julien, a bilingual Registered Social Worker with over 25 years of frontline and leadership experience, and someone who's passionate about helping emerging clinicians feel grounded, confident, and ready for the real world of therapy. By day, I'm the Mental Health Lead and Social Worker with the Conseil scolaire du Grand Nord, working at the intersection of schools, families, and community systems. By night (and sometimes between hockey games, dual roles are real!), I do private practice, along with coaching future therapists through the tricky, messy, and deeply meaningful parts of this work.</p> <p>My style? Warm, down-to earth, and very real. I blend trauma-informed, humanistic, experiential, and attachment-based approaches with solid tools from CBT, Parent-Child Interaction Therapy, play therapy, and advanced threat/risk assessment (EMRV Levels 1-3, Trainer).</p> <p>With me, we'll tackle the stuff that textbooks only skim: when to breach confidentiality, what "duty to report" actually</p>

		<p>looks like, including elder abuse, and child abuse and n'égale, how to navigate parent–child treatment goal clashes, what to do when a conflict of interest pops up mid-treatment, and how to handle dual relationships, clients under the influence, and those moments when your personal values are tested.</p> <p>If you're looking for a coaching space that's practical, supportive, and a little bit fun, where you can bring your questions, your uncertainties, and your curiosity, then you are in the right place. Let's roll up our sleeves and get into the real work together.</p>
--	--	--