

Student Name	Session Day/ Time	Teams Links	DCP Student Bio
Joana Matthews	<p>Mondays @ 10:30amAT (9:30amET)</p> <p>*Session will run on Easter Monday (April 1)</p>	<a href="https://teams.microsoft.com/join/19%3a0d1534bd69c843f08e76d8e4ed07b6e8%40thread.tacv2/1709780227992?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/join/19%3a0d1534bd69c843f08e76d8e4ed07b6e8%40thread.tacv2/1709780227992?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>Joana is a qualified registered counsellor and counsellor educator based in Barbados. She holds a BA in Psychology and Criminology from Canada, a Master's degree in Counselling Psychology from Barbados, and an MBA with a specialization in HR from the UK. As a lifelong learner, she is currently pursuing a professional doctorate. With a diverse background, Joana has worked across various sectors including the school system, youth services, and currently operates a thriving private practice, primarily serving adults navigating life's challenges in the workplace. Additionally, she contributes her expertise as a part-time lecturer in a graduate program at The University of the West Indies - Cave Hill Campus. Joana's counselling approach is characterized by assimilative integration, firmly grounded in Cognitive Behavioural Therapy (CBT). Her consultancy experience spans vocational counselling, school counselling, and organizational psychology. Notably, Joana has contributed to research on family risk factors and the presence of conduct disorder among juveniles in Barbados. In addition to her professional practice, Joana is actively involved in providing psychoeducation through a diverse portfolio of webinars. Topics include managing anxiety, stress management, promoting mental well-being in the workplace, conflict resolution, and navigating career transitions.</p>
Lisa Porter	<p>Mondays @ 1pmAT (12pmET)</p> <p>*Session will run on Easter Monday (April 1)</p>	<a href="https://teams.microsoft.com/join/19%3a7f946bb09af8495dba03389d536d8dde%40thread.tacv2/1709780443829?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/join/19%3a7f946bb09af8495dba03389d536d8dde%40thread.tacv2/1709780443829?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>I am a high school counsellor, working with adolescents, age 12-18. I like to work from a Person Centered theoretical orientation, although the busy schedule of a high school counsellor frequently requires a more immediate Solution-Focused response from me! Issues I commonly work with are: anxiety, depression, substance use, and interpersonal relationship challenges.</p>
Lindsay Mason	<p>Tuesdays @ 1pmAT (12pmET)</p>	<a href="https://teams.microsoft.com/join/19%3a4820f56f58e946bcbecf4f8bec0bda09%40thread.tacv2/1709780708105?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/join/19%3a4820f56f58e946bcbecf4f8bec0bda09%40thread.tacv2/1709780708105?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>I have 13 years of working in mental health and counselling and a graduate degree from the University of Toronto in counselling psychology. My practice flows from an integrative framework, drawing predominately from cognitive behavioural therapy, narrative therapy, mindfulness-based cognitive therapy, positive psychology, solution-</p>

			<p>focused brief therapy, and multicultural counselling perspectives. I specialize in working with adolescents and adults, collaboratively working through issues that may impede personal, interpersonal, academic, and career growth. Areas of specialization include anxiety, depression, life transitions, self-worth, and co-dependency issues. I currently work in a university setting and private practice.</p>
Jolene Holland	<p>Wednesdays @ 6pmAT (5pmET)</p>	<a href="https://teams.microsoft.com/l/meetup-join/19%3a24e3cc5fda1b4c09968c35924084ea8e%40thread.tacv2/1709780890910?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3a24e3cc5fda1b4c09968c35924084ea8e%40thread.tacv2/1709780890910?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>In practice, I have been trained in and work with persons who have experienced psychosocial trauma, and areas of specialty include: sexual violence, interpersonal partner violence, violent victimization through crime, traumatic stress, PTSD, and systemic oppression. My theoretical orientation is based in attachment theory, and highly informed by the neuropsychology of trauma and development.</p> <p>I am passionate about reducing or eliminating barriers to treatment for those who have experienced traumatic stress and face marginalization due to poverty, race, sexual orientation, gender identity, disability, (and others), or practical barriers such as geography. My work is mobile, and largely pro bono or sliding scale, to help accommodate the diversity of these populations. As a result of these passions, my work is also informed by multicultural and social justice competencies, and includes advocacy and teaching self-advocacy.</p> <p>You are welcome to join me in an engaging and interactive experience!</p>
Carla Pauls	<p>Thursdays @ 11amAT (10amET)</p>	<a href="https://teams.microsoft.com/l/meetup-join/19%3ae6441babcf61483dbcb8a297fe9eff8b%40thread.tacv2/1709781217271?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ae6441babcf61483dbcb8a297fe9eff8b%40thread.tacv2/1709781217271?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>My name is Carla Pauls. I am a psychotherapist in Winnipeg, Manitoba. I work with trauma and addictions, as well as grief and loss. I work primarily with parents who have lost children, people facing end-of-life, and surviving partners of completed suicides. I work through a humanistic lens; narrative therapy is my first love. I am looking forward to meeting and working with you over this term!</p>
Clare Wowryk	<p>Thursdays @ 1pmAT (12pmET)</p>	<a href="https://teams.microsoft.com/l/meetup-join/19%3a678eea43e94a49a0a24387c93ed04d90%40thread.tacv2/1709781413950?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3a678eea43e94a49a0a24387c93ed04d90%40thread.tacv2/1709781413950?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>In my practice as a psychotherapist, I take a particular interest in working with personality disorders (mostly NPD, BPD), mood disorders, and narcissistic abuse. Working from a Constructivist, narrative therapy, and psychodynamic perspective, I endeavour to help clients uncover</p>

			<p>how their internalized beliefs and created meanings are acting as a barrier to achieving their ideal self. As the Director of Continuing Education and Resource Development for Riverbend Counselling, I take considerable interest in enhancing our quality of service and competency, and carry my approach to counselling through to my approach to education.</p>
Anna Bell	<p>Thursdays @ 6:30pmAT (5:30pmET)</p>	<a href="https://teams.microsoft.com/l/meetup-join/19%3a837f9b7c03084941a5a244422a9ee9b2%40thread.tacv2/1709781556432?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3a837f9b7c03084941a5a244422a9ee9b2%40thread.tacv2/1709781556432?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>I am Anna Bell, a Registered Clinical Counsellor based in Vancouver, BC, dedicated to fostering your growth as a psychotherapist. With a career spanning since 2003, I initially served as a Clinical Psychologist in Brazil before transitioning to my current role as an RCC. Over the past two decades, I have pursued numerous specializations, delving into areas such as Jungian psychology, Sandplay, Art therapy, Brainspotting, and crisis and trauma interventions.</p> <p>As an alumna of the Master of Arts in Counselling Psychology (MACP) program, I am currently engaged in doctoral studies at YU, furthering my commitment to advancing knowledge in the field. Proudly embracing both my Brazilian and Canadian identity, I have found fulfillment in working extensively with immigrants from diverse backgrounds worldwide within my thriving private practice.</p> <p>My extensive experience and diverse skill set uniquely position me to offer valuable support and guidance in your journey as a psychotherapist. I look forward to the opportunity to collaborate and contribute to your professional development.</p>
Rhonda Kotchapaw	<p>Fridays @ 12pmAT (11amET)</p> <p>*Session will run on Good Friday (March 29)</p>	<a href="https://teams.microsoft.com/l/meetup-join/19%3a3453fd7f2ae3420bba389d471e14ad68%40thread.tacv2/1709781753220?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3a3453fd7f2ae3420bba389d471e14ad68%40thread.tacv2/1709781753220?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>I work from a trauma-informed lens and predominantly see individuals who have PTSD and complex PTSD symptomology. The primary modalities I use are trauma-informed emotionally focused individual therapy (EFIT), eye movement desensitization and reprocessing (EMDR), and flash technique. I complement these modalities with cognitive behavioural therapy (CBT), dialectical behavioural therapy (CBT), and mindfulness.</p> <p>My theoretical orientation for counselling is attachment theory, and although supervision is not counselling, attachment theory influences my perspective as a supervisor. Embedded in this theory is the belief that the emotional, mental, and social development of an individual is influenced by their earliest experiences with attachment</p>

			<p>figures and that current-day challenges may be reflective of those early experiences. My understanding of change, based on attachment theory and my understanding of how the brain stores trauma and unprocessed disturbing material, occurs through various mechanisms such as psychoeducation, insight and awareness, self-compassion practices, emotion regulation, bilateral stimulation, cognitive restructuring, identity exploration, and others.</p>
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Coaching Skills Sessions Run Weekly from March 11 to April 12  
Please note all sessions are held in Teams