

Smiler Overton

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Summary

Therapist, application to be registered, and licensed with Canadian Counselling Psychological Association (CCPA) is pending. Excellent communication, group facilitation and empathetic listening skills. Able to provide atmosphere for others to advocate for their own and others' health and wellness. Finished coursework and practicum for a master's in counselling at Yorkville University, Fredericton.

Skills

- Able to successfully engage in therapeutic alliance with clients.
- Incorporates biopsychosocial model in choosing assessments and interventions.
- Can successfully implement Cognitive Behavioural Therapy with clients (CBT).
- Also familiar with a variety of excellent techniques from approaches such as Narrative Therapy and Solution-Focused Therapy (SFT) that are integrated into the therapeutic approach.

Experience

Practicum Therapist 01/2023 - 08/2023

Pivot Point Family Growth Centre | Duncan, BC

- ❖ Managed caseload of 15 clients.
- ❖ Offered client-directed therapeutic services to each client.
- ❖ Demonstrated successful ability to implement Intake and CBT Assessment tools.
- ❖ Gained valuable experience with working with individuals with Autism and diverse needs.

Teaching assistant 03/2013 - 10/2019

Oak and Orca Bio-regional School | Victoria, BC

- ❖ Modelled and taught basic and advanced social skills, conflict management techniques, and effective study approaches for students.
- ❖ Led social, emotional, intellectual, and physical development through age-appropriate enrichment activities.
- ❖ Tutored and supported students individually and in groups of up to 20 students.
- ❖ Reviewed lesson concepts in creative ways, such as setting up pretend play scenarios that highlighted students' learning goals.
- ❖ Collaborated with teachers on lesson plan development and implementation.

Entrepreneur 05/2020 – 2021

Smiling Planet Consulting | Victoria, BC

- ❖ Established a business model that promotes sustainable practices.
- ❖ Tutored secondary students and facilitated academic learning plans.
- ❖ Established business procedures that consider equitable and ethical practices.

Education

Master of Arts in Counselling Psychology 01/2021 – 08/2023

Yorkville University | Fredericton, New Brunswick

- ❖ Demonstrated thorough understanding of the ethics involved in providing counselling services.
- ❖ Familiarized with CCPA regulations and guidelines.
- ❖ In-depth knowledge of evidence-based psychotherapies.
- ❖ Focused on strength-based cognitive/ behavioural models.
- ❖ Practised client-directed approach.
- ❖ Well versed with the DSM-V.

Bachelor of Science in Psychology 09/2002 – 06/2005

University of Victoria | British Columbia

- ❖ Volunteered in Peer Helping program, offering services that provided support to other University students.
- ❖ Coordinated Peer Helping program through UVic Counselling services.
- ❖ Completed bachelor's degree with a multidisciplinary approach.