

Curriculum Vitae

Pauline O'Brien

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Education

- 2016 Doctor of Education, Counselling Psychology
Applied Psychology and Human Development
Ontario Institute for Studies in Education, University of Toronto
Internships: Hamilton Family Health Team
Clinical supervisor: Nathan Cooper, PsyD
Dissertation: Mental Health Counselling in Family Health Teams: A Narrative Inquiry
Supervisor: Suzanne Stewart, PhD
- 2008 Diploma, Management Studies
McMaster University
Centre for Continuing Education
- 2004 Master in Education, Counselling
University of Ottawa
Internships: Trauma Management Group (Ottawa)
Clinical supervisor: Audrey Shanefield
Synthesis project: The Impact of Psychological Trauma: Implications for Assessment and Treatment
Supervisor: Brad Cousins, PhD
- 2002 B.A. (Honours), Psychology
University of Ottawa

Employment

- Sept 2019 – present Founder
The Compassion Project (School)
Hamilton, ON
- June 2018 – Jan 2020 Clinical Manager
Barrett Centre for Crisis Support (Good Shepherd)
Hamilton, ON
- April 2010 – June 2018 Mental Health Counsellor, Practicum Supervisor
Hamilton Family Health Team

	Hamilton, ON
January 2008-April 2010	Counsellor, Personal and Academic skills McMaster University Centre for Student Development Hamilton, ON
January 2006 – January 2008	Program Coordinator, Senior Instructor Mental Health, Nunavut Arctic College Nunavut, NU
October 2004 – December 2005	Mental Health & Addictions Counsellor Psychology Instructor CMHA – Inuvik Inuvik, NT
September 2002-April 2004	Trauma counsellor/ Critical Incident Stress Management Trauma Management Group Ottawa, ON

Primary Research & Teaching Interests

Interprofessional collaborative mental health, Indigenous mental health, psychological trauma, addiction, crisis intervention, cultural safety, counsellor education, clinical supervision

Guest Lectures

- 2014. Privilege and Oppression. Pharm 376 Practicing pharmacy with diverse populations. School of Pharmacy, University of Waterloo, Kitchener, invited by Professor Jeff Wong.
- 2010 How to Create Effective Presentations. LABR 3H03 Research Methods. School of Labour Studies, McMaster University. Invited by Professor Don Wells
- 2010 Cultural Competency, Cultural Safety: SOC 1AA3 Intro to Social Work. School of Social Work, McMaster University. Invited by Professor Deb Nifakis
- 2009 Introduction to Academic Skills. CMST 1A03 Intro to Communications. Department of Communication & Multimedia, McMaster University. Invited by Professor Joanne Buckley

Conference Presentations

- 2017. Mental Health Counselling in Family Health Teams, A Narrative Inquiry
Mental Health Family Health Team Networking Event
Stratford, ON

Course Development & Teaching Experience

Yorkville University, MACP Program (May 2022-present)

Courses:

PSYC 6256 Applying Interventions
PSYC 6233 Assessment in
Counselling
PSYC 6273 Cultural Diversity in
Counselling
PSYC 6246 Counselling Skills
PSYC 6163 Counselling Modalities:
Behavioural and Cognitive

The Compassion Project (School)

The Empowered Supervisor: 36 hours
Of directed learning in clinical
supervision

McMaster University, CCE-Addiction Education 2010

– Present Courses:

ADD 828 Problem Management Skills for Helpers
ADD 830 Solution Focused Approaches in Addictions Counselling
ADD 888 Assessment of Addictive Behaviour
ADD 122 Counselling Techniques

Mohawk College 2017-2018

Courses:

PSYC SS021 Abnormal Psychology

Department of Health, Government of Nunavut/Nunavut Arctic College, Cambridge Bay,
NU/Iqaluit, NU

2014-2015

Courses:

163-200 Foundations of Health Promotion
163-235 Mental Health Promotion

Department of Social Sciences, Clinical Behavioural Sciences Program, McMaster University
2010-2013

Courses:

976-I Acceptance & Commitment Therapy

Nunavut Arctic College, Iqaluit, NU 2006-2008

Courses:

067-100 Inuit History & Culture
067-101 Interpersonal Communication
067-103 Healthy Living
067-105 Human Growth & Development

067-107 Diseases & Disorders
067-111 Introduction to Pharmacology
067-113 Family Dynamics
067-115 Counselling & Interviewing Skills
067-117 Cultural Integration I
067-119 Introduction to Field Placement 1
067-200 Supporting Healthy Families
067-201 Mental Health Assessment
067-203 Crisis Intervention Techniques
067-205 Violence & Abuse
067-217 Cultural Integration II
067-207 Substance Abuse and Addictions
067-215 Counselling & Interviewing II
067-209 Grief & Loss
067-211 Community Development
067-213 Healing & Mental Health
067-219 Field Placement II

Aurora College, Criminal Justice Program, Inuvik, NT 2004-2005
Courses:

Introduction to Psychology

Professional Service and Affiliations Community

Involvement:

2008 – 2010 President’s Advisory Committee for Building an Inclusive Community
McMaster University
2008- 2009 Co-organizer of Disability Services Fall Preview
McMaster University
2008 – 2009 Co-organizer of Disability Services May at MAC
McMaster University
2008- 2009 Co-organizer of HYPE program for students with disabilities
McMaster University
2006-2008 Committee Member – Nunavut Mental Health Program Steering Committee
2004-2006 Coordinator for Inuvik Suicide Hotline
Inuvik, NT
2004-2006 Co-Coordinator for Take Back the Night Event
Inuvik, NT

Memberships & Registrations:

Certified Supervisor: Member since 2006 - Canadian Counselling and Psychotherapy Association
Certified Supervisor: Member since 2016 - Canadian Addictions Counsellor Certification
Federation
Registered Psychotherapist since - 2015 College of Psychotherapists of Ontario
Certified Member 2010-2012 – Canfit Pro Personal Trainer Specialist

Additional Training & Professional Development:

ASIST T4T (2019)
CPR & First Aid for Healthcare professionals (2018, ongoing)
Dialectical Behavior Therapy (DBT Hamilton, 2018)
Canfitpro personal trainer specialist (2010-2012)
Cognitive Processing Therapy (2012)
Acceptance & Commitment Therapy (2011)
Cognitive Behaviour Therapy (Level 1) (2011)
Critical Incident Stress Management (Mitchell Model) (2007)
Trauma-Focused Cognitive Behaviour Therapy (2007)
Youth Substance Abuse (2006)
Critical Incident Stress Management (TMG Model) (2004)
Applied Suicide Intervention Skills Training (CMHA) (2002)
Non-violent Crisis Intervention (CMHA) (2002)

Public Engagement

Guest Panellist

2008 Addiction: How to talk to loved ones. Centre for Student Development, McMaster University
2006 Drugs & Substance Abuse: Department of Social Services, Government of NWT
2005 What is Harassment? Student services. Aurora College
2005 Drugs & Substance Abuse: Student Services. Samuel Hearn HS

Newspaper

2007 Mental health grads go to work, Northern News Service. Online.
2006 Help Line in Crisis, Northern News Service. Online

Radio Interview:

2006 “Mental Health Diploma Program”. CBC Radio North Nov 2007.