

*Curriculum Vitae*  
**Pauline O'Brien**

**Business Address**      43 Thornton Trail  
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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**

- June 2018 – present      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,

**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**

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.

