

Cristina Dueck M.C., CCPA

POST-SECONDARY EDUCATION

Master of Counselling, Lethbridge University, 2010

Project Topic: Reflective Practice and Counsellor Identity

Bachelor of Arts, Psychology, Augustana University College, 2003

CERTIFICATION

Canadian Certified Counsellor Certificate # 4236, as conferred by the Canadian Counselling and Psychotherapy Association, 2010-Present

RELEVANT PROFESSIONAL EXPERIENCE

Sessional Professor Brandon University, Brandon, MB 2016-Present

- Counselling Theories & Practice

Faculty Supervisor for Practicum Students 2016-Present

- In partnership with Brandon University

Field Supervisor for Practicum Student 2015

- In partnership with Brandon University

Clinical Supervisor for Practicum Student 2014-2015

- In partnership with University of Lethbridge professor, Dr. Dawn McBride

Individual Counsellor Forensic Psychological Services, Brandon, MB 2013-Present

- Individual assessment and treatment addressing extreme trauma or emotional distress

Individual, Child and Family Counsellor Foster Common Unity Counselling, Brandon, MB, 2012-Present

- Assessment and treatment (individual, children/youth, family) of a wide range of mental health disorders and behavior difficulties
- Areas of Competence Include: depression, anxiety, anger, stress management, abuse, grief, behavior management, and trauma
- Eclectic approach to therapy including cognitive behavioral therapy, person-centered and expressive methods of counselling
- Counsel First Nations and Indian Residential School Survivors

Social Programming Coordinator and Implementer Foster Common Unity Counselling Services, Brandon, MB, 2012 to 2015

- Created and facilitated workshops to schools on various topics such as: problem solving, emotion regulation, stress reduction tools, communication, bullying, refusal skills

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Individual/Youth Counsellor The Counselling Centre, Brandon, MB 2008, 2010-2012

- In addition to recent experience co-facilitated a men's group for individual with domestic abuse

Child & Adolescent Counsellor The Child and Adolescent Treatment Centre, Brandon, MB (practicum student 4 months) 2009

- Provided individual and group counselling to children and youth using cognitive behavioral strategies, person centered and applied expressive therapies
- Co-facilitated a play therapy group for children aged 8-10 who had behavior difficulties
- Co-facilitated a social skills group
- Provided assessments, recorded client progress, treatment planning and closure reports

Children's Counsellor Mary's House, Brandon, MB, 2009-2009

- Assessed children's psychosocial needs within the program
- Linked youth and their parents with resources in the community
- Provided parenting support/education to women in the program
- Provided formal individual counselling services to youth to meet their psychosocial needs
- Facilitated self-esteem groups for teenagers
- Co-facilitated Tip of the Iceberg, an Anger Management group for women

Family Group Conference Coordinator (term position) Samaritan House Ministries, Brandon, MB, 2007-2008

- Collaborated with families, their support systems, and community agencies
- Planned, organized, and mediated group conferences
- Supported and followed up with families to ensure their support plan is working

Family School Liaison Counsellor Innovations Project with Grasslands School Division, Brooks, AB, 2006-2007

- Provided individual, group and family counselling, including connecting families with resources within the school and community
- Provided education and support services to parents, teachers and support staff
- Provided in class presentations on a variety of behavioral and emotional issues
- Implemented the C.A.R.E. program to grade two and three students

Family School Liaison Counsellor The SPEC Association, Brooks, AB, 2004-2006

- Provided individual, group and family counselling which included providing individual assessments and treatment plans
- Connected families with resources within the school and community
- Provided education and support services to parents

Family Support Worker/Senior Family Support Worker The SPEC Association, Brooks, Alberta, 2001-2004

- Provided child and youth work, supervised visits, parent support work as contracted by South East Alberta Child and Family Services
- Senior worker responsibilities included reading case documentation, hiring staff, train new employees, make agendas for staff meetings
- Provided services in a multicultural diverse community

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Approved Service Provider

Government Agencies

- Compensation for Victims of Crime - Criminal Justice Division, Trauma Counsellor

Employment Assistance Programs

- Homewood Human Solutions Short-term Solution Focused Therapy Counsellor
- Shepell FGI Employee and Family Assisted Program
- Ceridian Life Works EAP Affiliate Short-term Solution Focused Therapy, Individual, Family and Relationship Counsellor

First Nations Counselling

- First Nations & Inuit Health, Government of Canada - Crisis Counseling for Aboriginals, 2011-Present
- Indian Residential Schools, Government of Canada - Counselling for Survivors and Family Members of Residential Schools, 2011-Present

RELATED EDUCATION/WORKSHOPS/CONFERENCES

- 2016 Substance Use Screening- Teleconference Homewood Health Solutions
- 2016 Suicide Risk Assessment in EFAP- Teleconference Homewood Health Solutions
- 2015 One Canoe, One Paddle- Holistic, Culturally Competent Care for Aboriginal Children and Young People, Ela Smith, MSW, RSW, Brandon, MB
- 2015 Renew Parenting Skills Using the Traditional Teachings and Values, Janet Fox, Brandon, MB
- 2015 Mental Health First Aid for First Nations, Michael Pietrus with Mental Health Commission of Canada, Brandon, MB
- 2015 Concepts of Traditional Mindfulness and Neuro-decolonization of the Mind and Body, Dr. Michael Yellow Bird, Brandon, MB
- 2015 From Cultural Awareness to Indigenous Practices: Critical Reflections on a Spectrum of Services, Dr. Michael Hart, BSW, BA, MSW, Ph.D., Brandon, MB
- 2015 Substance Use Trends among Aboriginal People in the Addiction Foundation of Manitoba, Western Regions and Implications, John Jackson, RPN, BSc RPN, Rehabilitation Counsellor, Brandon, MB
- 2015 Working with Aboriginal People Impacted by Residential Schools, Barry French, Brandon Correctional Centre, Brandon, MB
- 2015 Addressing Issues that are Hardest to Confront, Dr. Chandra Kant, Brandon, MB
- 2015 First Nations Mental Wellness Continuum Framework, Dr. Brenda Restoule, Brandon, MB
- 2015 Mindfulness-Integrated Cognitive Behavior Therapy Training, Dr. Bruno Cayoun, Winnipeg, MB
- 2015 Beyond Counselling: Interesting Work That Counsellors Can Do, Roberta Neault, Ph.D., Webinar
- 2015 Introduction to the Safe & Together Model, Heidi Rankin, Brandon, MB
- 2015 Practicum Supervision: Extending Your Private Practice, Helen Massefeller, Ph.D., Webinar

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- 2015 Working Anytime, Anywhere: The Joys of Working Virtually, Webinar
- 2015 Creative Therapies For Adolescents with Eating Disorders, Webinar
- 2015 Psychotherapy For Trauma/Stress Related Disorders, Webinar
- 2014 Psychotherapy- Personality Disorders, M. Hejazi, Webinar
- 2014 Helping Clients Forgive, Daniel Klassen, Ph.D., Webinar
- 2014 Counselling Grieving Clients: Unique Issues & Current Trends, Darcy Harris, Ph.D., Webinar
- 2014 Dual Relationships: If You Can't Avoid Them, How Can You Manage Them? Roberta Neault, Ph.D., Webinar
- 2014 I Didn't Go to Grad School to Become a Secretary! Forms, Files, and Following Legal Requirements, Webinar
- 2014 Navigating the Maze: The Confusing World of Regulation, Registration and Certification of Counsellors in Canada, Webinar
- 2014 Building a Successful Practice: Begin with the End in Mind, Webinar
- 2014 So You Want to Work for EAPs, Webinar
- 2009 Non-Violent Crisis Intervention, Brandon, MB
- 2009 Applied Suicide Intervention Skills Training Tune Up, Brooks, AB
- 2007 Non-Violent Crisis Intervention, Mike Dunlop, Brooks, AB
- 2007 Next Step Training (extension of Challenge Days), Brooks, AB
- 2007 Behavior Management, Melanie Reed-Zukowski, C. Psychologist, Brooks, AB
- 2007 Level Two Threat Assessment, Kevin Cameron, M.Sc., R.S.W., Brooks, AB
- 2007 Bullying, Sandra Woitas, Brooks, AB
- 2006 Applied Suicide Intervention Skills Training, Dierdre Mayze, Brooks, AB
- 2006 Protection of Children Involved in Prostitution Act, Lorne MacLeod, Brooks, AB
- 2006 Relationships-Roland LaHaye Masters, Professor @ Mount Royal College
- 2005 True Colors with Children and Families- Rae-Leigh Ferris, Licensed Consultant, Brooks, AB
- 2005 Counselling the Bereaved- Kelly Ferdell, Psychologist, Brooks, AB
- 2005 Level 1 Threat Assessment Training- Melanie Reed-Zukowski, C. Psychologist, Brooks, AB
- 2005 Anti-Racism Response Training- Linda Fehr, Brooks, AB
- 2005 Michelle Borba, Ed.D., Brooks, AB
- 2005 Expressive Strategies- Bonnie Rude-Weisman, C. Psychologist, Brooks, AB
- 2005 Behavior Disorders in the Classroom – Joanne Steed-Takasaki, Brooks, AB
- 2005 Functional Behavior Assessment – Terry Scott, Ph. D, Brooks, AB
- 2005 Alberta's Prevention Bullying Strategy- Paula Coombs, Brooks, AB
- 2005 FASD: Secrets in the Classroom – Laura Elliot, Brooks, AB
- 2005 Family Violence Presentation- Jamie Evans, Phoenix Safe House, Brooks, AB
- 2005 Transforming Stress- Brenda Miller, Hands on Health, Brooks, AB
- 2005 Understanding Deliberate Self Harm Behavior- Careen Griffin, BA, RSW, Brooks, AB
- 2005 Crystal Meth- Sgt. McKnight, Brooks, AB
- 2004 Attachment- Cheryl Ann Nelson, Program Supervisor, Brooks, AB

SERVICE TO THE COMMUNITY

2015 Present Canadian Psychological Association- Manitoba Chapter

- Board Member

2012 Present Richmond Park Mennonite Brethren Church

- Taught Sunday school & organize decorating committee

2007-2009 Samaritan House Ministries

- Helped sort food for Hampers
- Volunteered for various activities within the program

2004 Brooks Food Bank

- Helped sort food for Hampers

2003-2004 The Mustard Seed, Calgary

- Wrapped Christmas gifts, cleaned living quarters, sorted Christmas gifts, served food

2003 The Drop In Center, Calgary

- Served food

2003 Strathmore Hampers, Strathmore

- Sorted food

2003 United Church, Strathmore

- Organized Christmas gifts for overseas

2000-2001 Neighborhood Youth Center, Camrose

- Organized games for youth to participate in after school
 - Interacted with a variety of youth in the after school program as a positive role model
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