

Heather Sansom

MA, MA, PhD,
Reg. Psychotherapist
Researcher
Rec. Therapist, Coach
Author

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Education

PhD, Rural Studies
Promoting psycho-social
resilience/rural mental health
University of Guelph
Kemptville/ Guelph
MA, Counselling Psychology
Yorkville University
Grad. Dip. Spiritual Care &
Psychotherapy
Wilfrid Laurier University
Diploma, Recreation Therapy
Canadore College
MA & BA Interdisciplinary,
First Class
McGill University

Featured Memberships

*College of Registered
Psychotherapists of Ontario
*Canadian Assoc. Spiritual Care
*Eating Disorder Comm. of Practice
*Canadian Psychological
Association

Accomplishments

Published: books, chapters,
magazine & newspaper articles
International speaker
Successful grant writing
Effective therapist

Objective: Promote wellbeing and mental health.

Profile Highlights

- Bilingual (English / French), some German & Spanish
- Fully registered and independent psychotherapist (CRPO)
- PhD in positive psychology (resilience) through nature based recreation
- MA Counselling Psychology, Grad. Diploma Spiritual Care & Psychotherapy
- 4 years clinical experience in hospital settings, EAP, & private practice
- Additional professional training: CBT, CPT, Narrative, Existential, Art, EFT, Solution-Focused, ACT, DBT, trauma-informed, experiential modalities
- ASIST suicide prevention & Mental Health First Aid
- 14 years wellbeing professional (coach/rehab & therapeutic recreation)
- Prior career in profit & non-profit management informs client care
- Other training: program evaluation & management, knowledge translation

Professional Roles

Psychotherapy & Psycho-Spiritual Health-Care

- Private Practice: Move Your Mind Counselling, Kemptville (Since June 2019)
 - Private practice specializing in EAP support, health crisis, eating/body issues, neurodiversity, trauma, work/academic/sport performance stress
 - Traditional talk & experiential modalities (equine, animal, nature, art, recreation)
- EAP: Morneau Shepell (Fall 2019 temp. p/t) & Workplace Options (Since Feb. 2020)
 - Employee Assistance Program employers: tele, virtual, and in-person
 - Short-Term, Single-Session, Solution-Focused, Rehab, Brief Narrative & Crisis counselling
- Health-Care: The Ottawa Hospital, Internships (Sept. 2018 – Dec. 2019)
 - Trained in multi-faith spiritual care, extensive practice in psycho-spiritual care for grief, trauma, and health crisis
 - Single-session, Narrative, Existential, Client-Centred

Teaching & Research

- Teaching: Community College Instructor, Health Promotion (2018-2019)
- Sport & Rehab Workshop Designer & Facilitator (since 2007)
- Research: 4-H Ontario /University of Guelph (2014-2018)
- Eastern Ontario Physical Activity Network Youth Sedentariness Study (2016)

Therapeutic Recreation

- Private Practice: Equifitt.com, Kemptville (Since Sept 2007)
- Health-Care: The Royal Ottawa Mental Health Centre, Intern (May 2017 – Apr. 2019)

Business & Non-Profit Leadership

- Serena Canada fertility service, Interim Executive Director (2017-2018)
- Habitat for Humanity Thousand Islands Board & Strategic Planning (2013-2015)
- Various committees: housing security, recreation accessibility (2014-2015)
- National Program Manager, Equestrian Canada, 2010-2013
- Marketing Director & Manager, IT & information services (2004-2007)
- Process Improvement Consultant, various (2002-2004)
- Other business development and corporate training (1998-2002)

Detailed CV, References, Publications & Conferences: on request.