

HEATHER SANSOM, PHD

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OBJECTIVE : PROMOTE AND SUPPORT MENTAL HEALTH AND HUMAN WELLBEING.

SOME RELEVANT QUALIFICATIONS

- Registered Psychotherapist (Qualifying)
- Master's in Counselling Psychology, CASC psycho-spiritual counselling Basic training
- PhD in resilience and positive psychology through therapeutic recreation.
- Professional training in Cognitive Behavioural Therapy, Motivational Interviewing, ACT, Narrative & Existential Therapy, Solution-focused, and animal /recreation interventions.
- Over 2 years clinical experience at Royal Ottawa Mental Health and Ottawa Hospital
- 10+ years experience in coaching and therapeutic recreation
- Bilingual (English/French) with some knowledge of German and Spanish

EDUCATION

PHD: RESILIENCE & RURAL RECREATION , UNIVERSITY OF GUELPH	JULY 2018
MA IN COUNSELLING PSYCHOLOGY , YORKVILLE UNIVERSITY	DEC 2019
MA, RELIGIOUS STUDIES, FIRST CLASS , MCGILL UNIVERSITY	SEPT 1998
BA, FIRST CLASS, DEANS HONOUR , 4 YEAR HONOURS, MCGILL UNIVERSITY	AUG 1996
DIPLOMA, RECREATION THERAPY , CANADORE COLLEGE	DEC 2018
OTHER COURSES: MBA COURSES, HEC, U DE MONTREAL (2000-2002); FRENCH, U OF TORONTO (1992-1993)	

WELLBEING ROLES

COUNSELLOR (SPIRITUAL CARE/PSYCHOTHERAPY INTERN) , THE OTTAWA HOSPITAL	SEPT 2018 - DEC 2019
COUNSELLOR (EAP) , P/T MORNEAU SHEPELL	SINCE OCT 2019
PROFESSOR , P/T ALGONQUIN COLLEGE RECREATION & HEALTH PROMOTION	2018-2019
RECREATION THERAPIST (INTERN & VOLUNTEER) , ROYAL OTTAWA MENTAL HEALTH CENTRE	2017-2019
WELLBEING CONSULTANT , HEATHERSANSOM.CA (SEE NEXT PAGE)	SINCE MARCH 2013
COACH & RECREATION THERAPIST , MOVE YOUR MIND.CA & EQUIFIT.COM	SINCE SEPT 2007

OTHER WELLBEING & MENTAL HEALTH TRAINING

Recent Mental Health Training

Narrative Therapy: Responding to Trauma , Centre for Treatment of Sexual Abuse & Trauma, Ottawa, ON	Sept. 2019
Meaning Therapy 2.0 Summer Institute , Dr. Paul Wong/ROH, Toronto, ON	April & July 2019
Mindfulness Based Stress Reduction , ROH, Ottawa, ON	April 2019
Narrative Therapy Tools for Exploring Stories , CTRI, Ottawa, ON	March 2019
Understanding and Treating Complex Trauma , CCPA, Ottawa, ON	Feb. 2019
Motivational Interviewing , CCPA, Ottawa, ON	Nov. 2018
Cognitive Processing Therapy , Medical University of South Carolina	Oct. 2018
Essentials of CBT Levels 1 & 2, Foundations & Implementing CBT , OICBT, Ottawa, ON	June 2018
Integrated and Experiential Cognitive Behavioural Therapy (CBT) , ROH, Ottawa, ON	Feb. 2018
Strategies for Resolving Impact of Post-Traumatic Stress , Crisis & Trauma Research Institute (CTRI), Ottawa, ON	Feb. 2018
Applied Suicide Intervention Skills Training (ASIST) , Royal Ottawa Mental Health, Ottawa, ON	Nov. 2017

Other Mental Health Training & Workshops

Role of Attunement in Fostering Intimate Relationships, CCPA, Ottawa, ON	April 2018
Evidence Based Treatment for Mood Disorders, The Royal Mental Health Research, Ottawa, ON	April 2018
Introduction to Neuroimaging Seminar Series, ROH, Ottawa, ON	April 2018
Attachment, Psychotherapy and Change, Canadian Counselling & Psychotherapy Assoc. (CCPA), Ottawa, ON	April 2018
De-escalating Potentially Violent Situations, Crisis & Trauma Institute, Ottawa, ON	March 2018
Beyond Dementia: Exploring Senior Mental Health in Long Term Care, ROH, Ottawa, ON	Sept. 2017
Equine Assisted Interactions Professional Development, University of Denver, Colorado	July 2017
Nature, Spirituality and Mental Health, Royal Ottawa Mental Health Centre(ROH), Ottawa, ON	May 2017
Music Therapy for Survivors of Trauma, Royal Ottawa Mental Health Centre (ROH), Ottawa, ON	March 2017
Mental Health First Aid, Mental Health Commission of Canada course, Ottawa, ON	Dec. 2016
Pastoral Care, Ecumenical training, Ottawa Pastoral Care, Ottawa, ON	Nov. 2016
Healthy Minds for Healthy Children, High Five, Ottawa, ON	Sept. 2016
Certified Coach Practitioner, Life Coach, Certified Coaches Federation, Ottawa, ON	Aug. 2015
Mind Games Sport Psychology Intensive, Psy-Santé, Montreal, QC	Feb. 2008

Other Recreation & Wellbeing Training

High Five, (applied positive youth development) Parks and Recreation Ontario, Beckwith, ON	July 2016
Certified Hike Leader, Hike Ontario, Ottawa, ON	Oct. 2015
Riding Out of Your Mind Sport Psychology, (course) Body Mind Motion, Calgary, AB	Nov. 2014
National Coaching Certification (NCCP) Equestrian Coach, Equestrian Canada, Ottawa, ON	June. 2013
Wilderness First Aid, SOLO, Stowe, Vermont	May. 2013
Riding Instructor, Centered Riding International, Ottawa, ON	Sept. 2010
Certificate in Adaptive Training for athletes with disabilities, Peter Morel/TopShape, Ottawa, ON	Nov. 2009
Personal Trainer Specialist, Canfit Pro, Ottawa, ON	Sept. 2007

OTHER PROFESSIONAL EXPERIENCE

CONSULTANT, HEATHERSANSOM.CA	SINCE MARCH 2013
<ul style="list-style-type: none"> • INTERIM EXECUTIVE DIRECTOR, SERENA CANADA, 2017/2018 • PROGRAM EVALUATION CONSULTANT, 4-H ONTARIO, 2016/2017 • RESEARCH PROJECT LEAD, 4-H ONTARIO Resilience Research Project, 2014-2018 • RESEARCH DESIGN CONSULTANT, EASTERN ONTARIO PHYSICAL ACTIVITY NETWORK 2016 • STRATEGIC PLANNING FACILITATOR, HABITAT FOR HUMANITY, 1ST PLACE OPTIONS 2013/2014 	
COACH, REC THERAPIST, OWNER, MOVE YOUR MIND.CA AND EQUIFIT.COM	SINCE SEPT 2007
Promoting mental and physical wellbeing through education, program development, individual client service and community partnerships	

OTHER ROLES	1998 - 2013
<ul style="list-style-type: none"> • NATIONAL PROGRAM DIRECTION, EQUESTRIAN CANADA COACHING MANAGER JUNE 2010 – APRIL 2013 • MARKETING MANAGER, COGNOS INC (IBM) NOV 2006 – JULY 2007 • DIRECTOR SALES & MARKETING, THE IT DEPARTMENT INC. AUG 2004 - AUG 2006 • MANAGEMENT CONSULTANT, VARIOUS PROCESS IMPROVEMENT OCT 2002 - AUG 2004 • NATIONAL TRAINING MANAGEMENT, SALES TRAINER, VAN HOUTTE COFFEE AUG 2000 - OCT 2002 • REGIONAL SALES, EASTERN CANADA, PEARSON EDUCATION AUG 1998 - AUG 2000 • ENGLISH INSTRUCTOR, ÉCOLE DE LANGUES DE L'ESTRIE JUNE 1997 - JULY 1998 	
BOARD LEADERSHIP	SINCE 2004
<ul style="list-style-type: none"> • HABITAT FOR HUMANITY, MEMBER AND DIRECTOR OF FUNDRAISING SPRING 2013 – FEB 2015 • AFFORDABLE HOUSING SUB-COMMITTEE, NORTH GRENVILLE SPRING 2015 • ACCESSIBLE RECREATION COMMITTEE, LEEDS GRENVILLE PUBLIC HEALTH FALL 2014 – SPRING 2016 • RURAL RECREATION ASSOCIATION, LANARK LEEDS GRENVILLE PUBLIC HEALTH FALL 2014 – SPRING 2016 	

SEE SUBSEQUENT PAGES FOR OTHER TRAINING, CERTIFICATIONS, CONFERENCES, PRESENTATIONS & PUBLICATIONS

Other Professional Certifications & Training

Other Professional Certifications

Youth Program Evaluation, YouthREX Certification, York University, Toronto, ON	Jan. 2017
Secret Security Clearance Level II, RCMP, Ottawa, ON (also obtained in 2006)	Aug. 2016
Certificate, Gestion de Projets(Altitude Project Management certificate), University of Ottawa	Feb. 2015
German Language Certificate Level A2, Goethe Institute, Ottawa, ON	Dec. 2014
Six-Sigma Basic training, The Home Depot, Atlanta, Georgia	Jul 2002
Certified Trainer New Brunswick Community College, course design and delivery for adult learning	Spring2001

Other Professional Training

Program Evaluation (Graduate course, applied case project: 4-H leadership camp) Guelph, ON	Summer 2016
Knowledge Translation and Transfer, University of Guelph, Guelph, ON	April 2016
Project Management Training (Mitacs, met requirement for PMI CAPM) Kingston & Guelph, ON	March 2016
Rédaction Stratégique (Strategic Writing), University of Ottawa, Ottawa, ON	March 2015
Project Management Skills and Tools, University of Ottawa, Ottawa, ON	Feb. 2015
Skills for University Teaching Assistants, University of Ottawa workshop, Ottawa, ON	Jan. 2015
NCCP Learning Facilitator Training for Master Learning Facilitators, CAC, Kemptville, ON	June 2012

Other Professional Development: *(workshops taken)*

Young Researcher's Conference: Technology & Mental Health, Royal IMHR, Ottawa, ON	May 2018
Animals on the Mind: neurodiversity and human-animal interaction, Denver, CO	May 2018
High Performance Coaching, Analyzing Performance (NCCP), Equestrian Canada, Ottawa, ON	April 2018
Charity and Not-for-profit Law Seminar, Carters Law, Ottawa, ON	Feb. 2018
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	Nov. 2015
Association for Non Profit and Social Economy Research (ANSER) at Social Sciences and Humanities Congress, Ottawa, ON	June 2015
Community Economic Development 101, OMAFRA, Kemptville, ON (Ontario Ministry of Agriculture, Food and Rural Affairs)	March 2015
Researching Resilience in Challenging Contexts & Using Visual Methods in Challenging Contexts, Halifax, NS, workshops run by Resilience Research Centre at Dalhousie University	April/May 2014
Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON	Nov. 2014
Leeds Grenville Economic Development Summit, Kemptville, ON	Nov. 2014
Sport Canada Research Initiative Conference (SCRIC), Ottawa, ON	Oct. 2014

Presentations & Facilitation *(workshops and presentations given)*

Inviting Resilience: conference on trauma and promoting resilience, Peterborough, ON. Thinking Outside the Box: Learning from the 4-H Equine Resilience Research Project	May 2019
IMHR Young Researchers' Conference: Making a (bio) mark: Interactions between Physiology and Mental Health, Ottawa, ON. Royal Ottawa Mental Health Centre. Poster presentation.	May 2017
4-H Ontario Volunteer AGM, Alliston, ON. The 4-H Resilience Research Project: Learn to do by Doing Equine Futures, Stockholm, Sweden. Presentation: Building Resilience with Equine-Based Youth Programs	March 2017
Building Vibrant Rural Futures: Mobilizing Knowledge and Informing Policy, Guelph, ON. Canadian Rural Revitalization Federation. Presentation: Building Resilient Rural Communities	Oct. 2016
Mental Health for All, Toronto, ON. Sport for Resilience, Exploring Physical Activity as a Vehicle for Fostering Resilience- poster presentation (Canadian Mental Health Association national conference)	Oct. 2016
Mental Health for All, Toronto, ON. Sport for Resilience, Exploring Physical Activity as a Vehicle for Fostering Resilience- poster presentation (Canadian Mental Health Association national conference)	Sept. 2016
International Human Science Research Conference, Ottawa, ON. Nature Based Physical Activity as a Source for Resilience, Exploring Participant Experience	July 2016

4-H Ontario Annual General Meeting, Alliston, ON. The Unique Contribution of 4-H in the Current Rural Climate, and Researching Resilience	March 2016
Canadian Sport for Life Conference, Gatineau, Quebec. Sport for Resilience: The Canadian Wellbeing Crisis and Sport Based Support.	Jan. 2016
Sport Canada Research Initiative Conference, Gatineau, QC. Poster: rural sport for resilience	Oct. 2015
Pathways to Resilience, Halifax, NS. Poster and session presentations: Sport for Resilience- rurality and youth resilience through equine-based activity	June 2015
Exploring Our Potential, University of Guelph, School of Environmental Design & Rural Development Guelph, ON. ‘Rural sport-for-development: fostering rural youth resilience through participation in equine based physical activity’	April 2015
European Association of Animal Production, Copenhagen, Denmark. Invited speaker: ‘State of the Equine Industry in Canada’, presentation also published as a book chapter	Aug. 2014
Researching Resilience in Challenging Contexts, Halifax, NS. Poster presentation ‘rural youth adversity and building resilience through animal-assisted physical activity’	April 2014
Certified Horsemanship Association International Conference, Buffalo, NY Long Term Athlete Development and Rider Fitness Basics for Equestrian Coaches	Oct. 2013
Equine Canada Annual National Conventions, Ottawa (2), ON & St-John’s, NFLD strategic plan/vision sharing, athlete development gaps, coaching and athlete development programs and structure	2011- 2013
International Group for Equestrian Qualifications, Stromsholm, Sweden. The Canadian equestrian coaching system and long term athlete development	Oct. 2012
Coaching Association of Canada annual National Sport Organization leadership Conference, Ottawa, ON Best practices in coaching program development	June 2012
Canadian Pony Club Annual National AGM, Toronto, ON The rider as an athlete: fitness for teenage athletes	Nov. 2009
University of Guelph Balance in Motion Symposium, Kemptville, ON Developing equestrian athletic abilities	Oct. 2008
Interviews with CBC Radio, Riding as exercise option for older adults & Importance of fitness	2008 & 2009
Can-Am Equine Conference, London, ON Equestrian biomechanics and fitness	March 2008
Various Convention & Corporate Presentations, Montreal, Toronto, Ottawa Sales & marketing product and strategy	1998-2006

Publications

Peer Reviewed- Academic:

Sansom, H. (2018). <i>Rural recreation for resilience: youth development and life-skill outcomes in 4-H Ontario horse clubs. Application of a resilience and rural lens to physical activity for psycho-social wellbeing.</i> (Doctoral dissertation). Guelph, Ontario: University of Guelph.	2018 08
Sansom, H. (2017). Community Recreation as Therapeutic: The 4-H Resilience Research Project. <i>Therapeutic Recreation Practice and Research: Journal of Therapeutic Recreation Ontario</i> , 12, 30-45.	2017 06
Sansom, H. (2016). State of the Equine Industry in Canada. In Evans R, Vial C. (Eds.). <i>The New Equine Economy in the 21st Century.</i> (pp.237-254). Wageningen, The Netherlands: Wageningen Academic Publishers.	2016 01
Sansom, H. (2015) Heather Sansom- abstract on Sport-for-resilience: Understanding rural youth resilience through participation in 4-H horse programs. <i>CRRF E-Newsletter.</i> Emerging Research Edition. Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 12
Sansom, H., Cummings, H., Levac, L. poster: ‘Sport-for-resilience: Addressing Rural Youth Wellbeing, resilience and equine based physical activity. Pathways to Resilience. Halifax, NS	2015 06
Sansom, H. (2015) Heather Sansom- abstract on rural youth recreation and resilience. <i>CRRF E-Newsletter Student Research Edition 2015.</i> Canadian Rural Revitalization Foundation (CRRF) Halifax, NS.	2015 03

Sansom, H, Wilton BL. (2014) **The Equine industry in Canada: developing resiliency in a diverse and complex landscape.**In EAAP Scientific Committee (Eds.). *Book of Abstracts of the 65th Annual Meeting of the European Federation of Animal Science.* (p.75). Wageningen, The Netherlands: Wageningen Academic Publishers. **2014 08**

Peer Reviewed- Professional:

The Case for Core Training. *Running Room Magazine.* Volume 22, issue 4, July/August 2016, p.42 **2016 07**

Fit to Ride in Nine Weeks. (book)Trafalgar Square Publishing, North Pomfret, VT **2016 05**

Columnist: National and international journals, on fitness, conditioning, & equestrian coaching. **2007-2016**

Some Regular Columns:

The Rider (Ont., provincial, monthly) 105 articles 2007-present

Equine Canada Magazine (national)12 articles 2010-2013

Chaff Chat (Australia, international) 20 articles 2009-present

Dressage Today (USA, international, monthly) 60 articles 2009-2012

Ecogold Newsletter (Cda, international, monthly) 20 articles 2009-2011

Canadian Horse Journal (Cda, national, bi-monthly)17 articles 2008-2011

Horse Sport (Cda, national, monthly column)11 articles 2009-2010

Occasional Columns:(20) *Horse-Canada* (Cda), *Hunter & Sport Horse* (USA), *Hoofbeats* (Aus)

Coaching Courses and athlete reference materials: Editor for Equine Canada manuals (approx. 15 manuals) **2010-2013**

Knowledge Mobilization and Transfer- Books:

Killer Core Workout for Riders, ebook ISBN 978-0-9813391-7-7 **2015**

Killer Core Workout for Runners, ebookISBN 978-0-9813391-5-3 **2013**

Gentle Workout for Mature Riders, ebookISBN 978-0-9813391-2-2 **2013**

Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume II, ebookISBN 978-0-9813391-4-6 **2013**

Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume I, ebookISBN 978-0-9813391-3-9 **2010**

Handy Stretching Guide for Riders, ebookISBN 978-0-9813391-1-5 **2009**

Knowledge Mobilization and Transfer- Articles & Columns:

Resilience Research, Leadership in Action, 4-H Ontario, 16(2), p. 12 **2016 06**

Think About What Food Security Really Means, North Grenville Times 4(2), p.16 **2016 01 13**

Accessible Recreation, recreation for all income brackets in our community, North Grenville Times 3(50), p.27 **2015 12 16**

Growing but Not Green, local development and sustainability. North Grenville Times 3(42), p.8 **2015 10 21**

Animal Sports and the Reduction of Violence. Sport and Development ENewsletter. v. 143, June. Available at: <http://sportanddev.org/en/newsviews/newsletter/> **2015 06**

Be Safe on Area Snowmobile Trails, Use Them Responsibly, Kemptville Advance Feb. 26, 2015, p.7 **2015 02 26**

Citizens, not Consumer or Taxpayer, Letter to the Editor, North Grenville Times 3(2), pp.5-6 **2015 02 11**

Our Municipal Budget, Recreation and Public Health, North Grenville Times 3(2), p.7 **2015 01 14**

Time to be Grateful, rural poverty and insecure housing, North Grenville Times 3(1), p.10 **2015 01 08**

Impressive Seminar With BR+E Alliance, green assets, active transport & sustainable dev. NG Times 2(39) **2014 10 01**

Reflections on my visit to equine-assisted activity farms in Finland. Finnish website www.hevostoiminta.net/36 **2014 09 21**

A Positive Approach to Young People, inclusion vs. marginalizing public discourse, North Grenville Times 2(17) **2014 04 30**

How Important is Our Future II, planning our future- preserving rural assets, North Grenville Times 2(12) **2014 03 26**

Popular Audience- Reviewed Articles:

Share the Love Art Exhibit and Auction, article with photo, Kemptville Advance Feb. 12, 2015, p.K4 **2015 02 12**

Exhibit and Auction, article, Kemptville Advance Feb. 12, 2015, p.K13 **2015 02 12**

Popular Audience- Books and Book Chapters:

Sansom, H. **Ten Years that Changed my Life.** (pp.188-189) and **A Campus is a Community** (pp.190-191) In Stark, J. (Ed.) *Those Were the Days.* Janet Stark. Kemptville, ON.2016. (ISBN 978-0-995—2005) **2016**

Sansom, H. **My Horse My Teacher.** (pp.127-134)In Marlewski-Probert B, Stafford S. (Eds.) *Horse Tales for the Soul* v7. K&B Products, Yellville, AR: K&B Products. 2007 **2007**

Sansom, H. **My Anna.** (pp.51-56)In Marlewski-Probert B, Stafford S. (Eds.) *Horse Tales for the Soul* v6. K&B Products, Yellville, AR: K&B Products. 2007 **2007**