

Celine ROBERT

Psychologist (Candidate Register)

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PROFESSIONAL EXPERIENCE

- 01/2020 - current** **Psychologist (Candidate register), Dr. Hubley-Carruthers And Associates, Halifax, NS**
I am a Psychologist (Candidate Register, #10788) working for a private practice clinic. I am registered with the Nova Scotia Board of Examiners in Psychology (NSBEP) and a member of The Association of Psychologists of Nova Scotia (APNS) since October 2017. I am providing individual psychotherapy sessions for adults (18 and over) using various approaches such as CBT, PCT, Schema Therapy, and ACT.
- 10/2017 - 12/2019** **Psychologist (Candidate register), Green Leaf Psychological Services, Halifax, NS**
I worked as a Psychologist (Candidate Register) working for a private practice clinic. I am providing psychotherapy sessions for adults using various approaches such as CBT, PCT, Schema Therapy, and ACT.
- 1/2015 - 6/2017** **Counsellor, Student Counselling Center, University of Manitoba, Winnipeg, MB**
I conducted intake and triage assessments to establish students' needs (e.g., individual/group therapy, university or community services). I provided psychotherapy sessions using various approaches (e.g. CBT, PCT) to help students overcome their difficulties (e.g., depression, anxiety disorders, transitioning, emotion-management, identity, etc.). I wrote documentation supporting the students' needs, such as requests for accommodation, or medical/psychiatric referrals. I ran a weekly drop-in anxiety group and a 6-week anxiety group. I actively participated in the weekly consultation team meetings and in various committees. I used an electronic medical record software to maintain clinical records.
- 7-12/2014** **Contract Counsellor, Aulneau Renewal Centre, Winnipeg MB**
I offered therapy sessions to adults and young adults in a non-for-profit organization.
- 2-8/2014** **Mental Health Counsellor, Sara Riel Inc., Winnipeg, MB**
I worked as a Mental Health Counsellor in Sara Riel's Kenny Housing project. I was providing counselling and developing intervention programs for clients with mental health difficulties. In collaboration with clients, I set goals, evaluated their progress, and prepared reports. I also provided referrals or liaised with communities to propose alternative services for clients' well-being.
- 8/2012 - 5/2013** **Clinical Psychological Associate, Department of Cognitive Behavioural Therapy, University Hospital of Vaud (CHUV), Prangins, Switzerland**
In this hospital, I conducted individual assessments and then psychotherapy sessions with patients using various cognitive behavioral therapy techniques (exposures, cognitive restructuring, emotion management, etc.). I also co-ran a therapeutic group about assertiveness skills for participants with a social anxiety disorder.
- 7/2011 - 7/2012** **Counsellor in charge of a reinsertion program, Center for social support and professional reinsertion (CASI), Caritas-Vaud, Yverdon-les-Bains and Vevey, Switzerland**
The CASI had the mission to take care of people who are unemployed or had social or financial difficulties. I evaluated the capacity of long-term unemployed people to re-enter the workforce. I had to assess the needs of people benefiting from social welfare to reconnect with the community. I also provided individual supportive counselling in daily life difficulties (e.g., housing, job search, communication with social services). Using weekly interviews, assessment techniques, and observations during workshops, I highlighted their strengths and difficulties. I then wrote evaluation reports for social services and job placement services highlighting the strengths of the individuals.
- 10/2010 - 9/2011** **Post-graduate Intern in Psychology, Psychiatric Unit for Mental Development (UPDM), Geneva University Hospital, Switzerland**
I co-animated group therapy sessions with patients suffering from cognitive disability and psychiatric disorders (e.g., problems with emotions management, social relationships, self-confidence). I also participated in individual psychotherapy sessions as co-therapist, and then as principal therapist. I

conducted psychological assessments and prepared reports using tools such as WAIS, AAPEP, TAPA, and EPI. I actively participated in supervision sessions and colloquiums with the multidisciplinary team. Finally, I participated in neuropsychiatric assessment as an observer.

8/2009 – 8/2010 **Part-time Practicum in Psychology, Neuchatel Association for Psychiatric Support (ANAAP), Neuchâtel and La-Chaux-de-Fonds, Switzerland**

I welcomed patients with psychiatric disorders and their family. I conducted individual sessions that included listening to their problems and helping/supporting them all the way through their recovery process. I was also co-animating a support group about anxiety disorders and addictions. Finally, I actively participated in supervision sessions and colloquiums with the team.

1-6/2009 **Part-time Practicum in Psychology, Department of Counseling & Psychology, (CPDP), University of Fribourg, Fribourg, Switzerland**

During this first internship, I had the opportunity to participate in my first therapy sessions as co-therapist. I was also in charge of ensuring patients completed various tests (e.g., 16PF, PSS, CBCL, Edinburgh bulimic inventory) and scoring them. I also helped with managing patients' files, establishing diagnostics for health insurance companies (e.g., using the CIM-10 manual), and participated in supervision sessions.

EDUCATION

2010-2011 **Master of Advanced Studies (M.A.S.), Clinical Psycho-sociology, University of Lausanne, Switzerland**

MAS thesis on the commitment of patients suffering from intellectual disability in group therapy

2008-2010 **Master of Science (M.Sc.), Clinical & Health Psychology, University of Fribourg, Switzerland**

Master thesis on the content of supervision sessions in Person-Centered Psychotherapy, using the critical incident technique

2005-2008 **Bachelor of Science (B.Sc.) in Psychology, University of Lausanne, Switzerland - including 1-year exchange program, B.Sc. in Psychology, University of Montréal, Canada (2007-2008)**

Bachelor thesis on Workaholism

CONTINUOUS EDUCATION & EXTRA COURSES

03/2019 **Examination for Professional Practice in Psychology (EPPP)**

4/2018 **Introduction to ACT for Clinicians**, presented by Caroline Martin, Halifax (NS)

5/2017 **CBT Boot Camp 2.0: Using Mind Over Mood 2**, presented by Christine Padesky, Winnipeg (MB)

4/2017 **Evidence-Based Treatment of Anxiety & Related Disorders** presented by Martin Anthony, Winnipeg (MB)

6/2016 **Canadian Psychological Association Convention**, Victoria (BC)

5/2016 **Treating complex Trauma**, presented by Christine Courtois, HQS Professional Development, Winnipeg (MB)

4/2015 **Gender and Sexual Identity in Youth**, Crisis & Trauma Resource Institute, Inc., Winnipeg (MB)

11/2014 **Applied Suicide Intervention Skills Training (ASIST)**, Winnipeg (MB)

10/2014 **Attachment Treatment Therapy Level 1 and 2**, Aulneau Renewal Center, Winnipeg (MB)

9/2014 **Life Story Board Tool Training**, presented by Rob Chase MD, Winnipeg (MB)

5/2014 **Non-Violence Crisis Intervention (NVCi)**, Sara Riel Inc., Winnipeg (MB)

3/2014 **Mental Health First Aid**, Selkirk Hospital (MB)

3/2014 **Cognitive Behaviour Therapy for Suicidality** by The Beck Institute, Winnipeg (MB)

3/2013 Half-day training on **a tool to evaluate needs and difficulties in life** (ELADEB), CHUV Lausanne

3/2013 1-day seminar on **Introduction to Clarification-oriented Psychotherapy**, CHUV Lausanne

12/2012 1-day seminar on **Young's Schema Therapy**, Luxembourg City

9/2012 2-day workshop on the **animation of therapeutic group on emotion management**, CHUV Lausanne

2010-2011 Master course (6 ETCS) in **Projective Techniques** (e.g., Rorschach and TAT), University of Lausanne

12/2010 Introduction to **Clinical Hypnosis**, University Hospital of Geneva

LANGUAGES

French (Mother tongue), English (Fluent), German (Basic notions)