

# VIVIANE VASCONCELOS WINGERAK

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## OVERVIEW OF QUALIFICATIONS

- Masters in Counselling Psychology;
- Specialized training in the areas of child therapy, family separation and divorce, trauma and abuse, attachment and post-traumatic stress;
- Registered with the BC Association of Clinical Counsellors;
- Experience in Mental Health settings, including evidence-based clinical interventions;
- Bilingual (English and Portuguese)

## EDUCATIONAL HISTORY

**M.Ed. (Counselling Psychology)** University of Victoria, Victoria/ BC  
(2002-2004)

**Bachelors of Science (Psychology) – with Honours** University of Northern British Columbia  
(1997-2000)

## PROFESSIONAL AFFILIATION

**B.C. Association of Clinical Counsellors** Registered and insured as a Clinical Counsellor (2006-present)

**Canadian Counselling Association** Associated from 2003 to August 2006  
Insured as a Clinical Counsellor (2004-2006)

**BC Hear the Child Society Roster** Associated from January 2013 to present.

## WORK EXPERIENCE

**Therapist/ Child and Youth Therapist** Private Practice: Synergy Counselling Associates  
( Nov 2004 to present). Kamloops, BC –  
Assessment and treatment of general life/ mental health problems, in addition to specialized trauma work, including ICBC and Crime Victim Services claims. EAP services are also provided.

**Child and Youth Mental Health Clinician**

**Child and Youth Mental Health – Ministry for Children and Family Development**

Part-time

(May 2007 to Oct 2010). Kamloops, BC

Assessment and treatment of mental health problems in children and youth. Integrated Case Management and Community consultation and education are also provided.

**Mental Health Clinician**

**Interior Health Authority**

(March 2006 to May 2007). Kamloops, BC

Assessments and treatment in the area of Reproductive Mental Health. Services included individual and group therapy as well as community education and consultation.

**Child and Youth Mental Health Clinician**

**Contract with Child and Youth Mental Health –**

Contract held by Big Brothers Big Sisters of Kamloops.

(August 2005- Mar 2006). Kamloops, BC

Working as part of the local Child and Youth Mental Health team, with equivalent duties and tasks.

**Therapist/ Child and Youth Therapist**

(\*practicum and private practice)

**Shewchuk-Dann & Associates Inc.** (Jan2001\*- Nov 2004) – Kamloops, BC

- Assessment and treatment focusing in the areas of: abuse (treatment and prevention), depression, anxiety, behavioural problems, psychological trauma, grief, and relationship difficulties.
- Individual, couple and family therapy.
- Experience with children and youth ages, 3 to 19, as well as adults.
- Employee and Family Assistance Counselling.
- Experience with multi-cultural clients.

**Volunteer Counsellor**

**Kamloops Sexual Assault Counseling Centre** (Dec (2000- Dec-2002) – Kamloops, BC

Counselling services to victims of sexual abuse, including immediate crisis intervention through crisis line work and sexual assault response team work.

**FURTHER THERAPY MODALITY TRAINING AND QUALIFICATIONS**

**2014**

***Gottman Couples Level II***

4 -day (20 hours self-paced)

Gottman Institute

- 2013**                      ***Narrative Therapy***  
Level 01 certification – 5 days – Vancouver, BC  
Offered by the Vancouver School of Narrative Therapy.
- 2013**                      ***Gottman Couples Level I***  
3-day (20 hours self-paced)  
Gottman Institute
- 2013**                      ***Self-Regulation Therapy***  
***The Psychophysiology of Addiction and Recovery***  
1- day workshop – 7 hrs – Kelowna, BC  
Presented by Dr. Josephs & Dr.Zettl (May 3rd)  
Organized by the Canadian Foundation for Trauma Research and Education.
- 2012**                      ***Dancing in the Fire: Keeping Parenting Coordination Cases on Track***  
2-day workshop – 14 hrs – Vancouver, BC  
Presented by Dr. Matthew Sullivan (Sept 19 & 20)  
Organized by the BC Parenting Co-ordinators Roster Society.
- 2012**                      ***High Conflict Families: The Parenting Coordinator Solution***  
2-day workshop – 12 hrs – Kelowna, BC  
Presented by Dr. Joan Kelly (April 19 & 20)  
Organized by the BC Parenting Co-ordinators Roster Society.
- 2011**                      ***Complex PTSD, Attachment and Dissociative Symptoms: Treating Children & Teens With Pervasive Emotion Dysregulation using EMDR And Adjunctive Approaches***  
2-day workshop – 14 hrs - Surrey, BC  
by Ana Maria Gomez, MC, LCP, EMDRIA approved consult.  
(April 29 & 30)
- 2010**                      ***Step by Step: Making EMDR Treatment Effective and Developmentally Appropriate for Children and Adolescents***  
2-day workshop – 14 hrs - Richmond, BC  
by Ana Maria Gomez, MC, LCP, EMDRIA approved consult.  
(Sept 13 & 14)
- 2010**                      ***Nerurosequential Model of Therapeutics***  
20-week clinical consultations and teachings of the model by Dr. Bruce Perry (30hrs)  
Via teleconference through the Child Trauma Academy
- 2010**                      ***Trauma and Dissociation Treatment***  
4-day intensive training - Kamloops/ BC  
by Dr. Sandra Wieland (Feb 19&20/ June 4 &5)

- 2010**                      ***Level B Testing***  
Child and Youth Mental Health through Dr. Chuck Geddes  
2-day workshop - Kamloops, BC
- 2009**                      ***Advanced EMDR: Consultation Day***  
1-day workshop – 6.5 hrs –Vancouver, BC  
by Dr. Marshal Wilensky (November 28)
- 2009**                      ***Cognitive Behavioural Therapy***  
2-day workshop – 14hrs –Vancouver, BC  
by CBT Connections (November 25 & 26)
- 2009**                      ***Play Therapy with Abused and Traumatized Children***  
2-day workshop – 14hrs –Kelowna, BC  
by Dr. Sandra Wieland
- 2009**                      ***Clinical Parenting Capacity Model by Mothers Affected by Mental Illness***  
1-day training – 7hrs – Vancouver, BC  
by Dr. Pratibha Reebye & Stacy Tzoumakis  
Child and Adolescent Psychiatry and Reproductive Mental Health, BC Children's/ Women's Hospital
- 2007**                      ***Advanced Eye Movement Desensitization and Reprocessing (EMDR)***  
2-day training – 14h – Vancouver, BC  
by Katie O'Shea & Marshall Wilensky, Ph.D..
- 2007**                      ***Narrative Therapy by Dr. Steve Madigan***  
2 day workshop – 14 hrs – Kamloops, BC (Oct 26/ 27)  
Held by the Kamloops Center for Therapy
- 2006**                      ***Advanced Watch Wait and Wonder :An attachment-based intervention for children birth to twelve years***  
2 day training – 14hrs – Prince George/ BC (Apr 3/ 4)
- 2006**                      ***Satir Transformational Systemic Therapy (Level 1)***  
Over 70 hr training – Kamloops, BC (April to June)  
Satir Institute of the Pacific (Kathlyne Mki-Banmen)
- 2005**                      ***ASSIST – Applied Suicide Intervention Skills Training (by Living Works)***  
2-day training – 14hrs – Kamloops, BC  
Held by Interior Community Services (Dec 14/ 15)

- 2005 ***Modified Interaction Guidance (MIG) with Diane Benoit***  
2- day workshop 14hrs – Kamloops, BC  
Henry Grube (October 06/ 07)
- 2005 ***Watch Wait and Wonder (basic training): An attachment-based intervention for children birth to twelve years***  
14 hours of training. Kamloops/ BC
- 2003 ***Eye Movement Desensitization and Reprocessing (EMDR) Level II Training*** (of a 2-level training) – 14h
- 2002 ***Eye Movement Desensitization and Reprocessing (EMDR) –***  
(Oct 18, 19, 20)  
Level I Training (of a 2-level training) – 14h
- 2002 ***Gesell Developmental Assessment***  
(2-day training)  
Infant Development Program of B.C.  
Vancouver/ BC
- 2002 ***Ages & Stages Social-Emotional Questionnaire***  
(1-day workshop)  
Vancouver/ BC
- 2000 ***Crisis Line Training***  
Kamloops Sexual Assault Counselling Centre..

#### **OTHER SEMINARS AND WORKSHOPS ATTENDED**

- 2014 ***Therapeutic Conversations: Narrative Therapy Conference***  
Vancouver, BC  
Vancouver School of Narrative Therapy
- 2014 ***Indigenous Cultural Competence Training***  
Online Course (10 hours)  
Offered by the Provincial Health Services in BC
- 2013 ***Family Law for Professionals Other Than Lawyers***  
October 22 to October 24 (21 hours), Vancouver?BC  
Coordinated by John Paul Boyd  
Offered through the BC Parenting Coordinator Society

- 2013**                                ***“Voice of the Child”***  
1 day workshop – 7 hrs – Live Broadcast from Vancouver, BC  
Presented by Dr. Fidler (Sept 18) as part of the Parenting  
Coordination Training.  
Organized by the Continuing Legal Education Society of BC.
- 2012**                                ***Effective Clinical Assessments and Therapeutic Interventions  
for Alienated Children and their Family Members***  
2-day workshop – 14hrs – Kamloops, BC  
Presented by Dr. Kathleen Reay (October 23 & 24)  
Organized by the BC Parenting Co-ordinators Roster Society.
- 2012**                                ***Separation, Children, & Divorce: How to Help Parents Meet  
the Biggest Challenges***  
1-day workshop – 6 hrs – Kelowna, BC  
Presented by Dr. Joan Kelly (April 18)  
Organized by the BC Parenting Co-ordinators Roster Society.
- 2010**                                ***Clinical Series in Dual Diagnosis (DDMH)***  
By Challenging Behavioural Analysis and Consultation Ltd –  
Dr. Nathan Ory (videoconference)
- 2010**                                ***Assessment and Treatment of Traumatized Children and  
Adolescents with Complex Trauma/ Dissociative Symptoms***  
4-day training through the International Society for the Study of  
Trauma and Dissociation  
Delivered by Dr. S. Wieland – Kamloops, BC  
(March 19& 20 – Jun 4<sup>th</sup> and 5<sup>th</sup>)
- 2010**                                ***RRSR: Recognizing and Responding to Suicide Risk: Essential  
Skills for Clinicians***  
2-day workshop through the American Association of  
Suicidology  
Delivered by Dr. R.D. Canning – Vancouver, BC  
(March 09 – 10)
- 2009**                                ***Evolution of Psychotherapy Conference***  
5-day conference in Anaheim, California  
(Dec 8<sup>th</sup> – 12<sup>th</sup>)
- 2009**                                ***Cognitive Behavioural Therapy for Anxiety***  
2 day training by CBT Connections – Vancouver, BC  
(Nov 25, 26)
- 2009**                                ***Mental Health Needs of Children In Foster Care***  
1 day training with , Dr. Vanessa LaPointe – Kamloops, BC  
(Sept 25)

- 2007**                    ***Infant Mental Health Training***  
2 day training with Infant psychiatrist, Dr. Pratibha Reebye –  
Vancouver, BC (Oct 3/ 4)
- 2006**                    ***Understanding Addictions (by Dr. Bayla Schechter)***  
1 day workshop -7 hrs - Kamloops, BC  
Interior Health Authority (Dec 4)
- 2006**                    ***Perinatal Workshop by Reproductive Mental Health Team –  
B.C. Women’s Hospital***  
1 day workshop – Vernon, BC (June 31)  
Interior/ Coastal Health Authorities
- 2006**                    ***Attachment***  
1 day workshop – Kamloops/ BC  
Interior Community Services
- 2006**                    ***Friends for Life Program*** (School-based childhood anxiety  
program)  
1 day workshop – Kamloops, BC  
Henry Grube – Child and Youth Mental Health/ SD # 73
- 2004**                    ***Play Therapy: Theory and techniques***  
(2-day workshop with Dr. Judith D. Bertoia)  
Victoria/ BC
- 2004**                    ***Maltreatment and attachment: A neurodevelopmental  
perspective (with Dr. Bruce Perry)***  
*The Early Years Conference 2002: Relationships  
(Preconference)*  
Interprofessional Continuing Education/ UBC  
Vancouver/ BC
- 2004**                    ***The Early Years Conference 2004: Relationships***  
(2-day conference)  
Interprofessional Continuing Education/ UBC  
Vancouver/ BC
- 2004**                    ***Infant Cry (presentation by Dr. Barr)***  
Vancouver/ BC
- 2004**                    ***Down Syndrome Conference: Explore Beyond (2-day  
conference)***  
Canadian Down Syndrome Society  
Vancouver/ BC

- 2003** *Fetal Alcohol Spectrum Disorder: Doing What Works (2-day)*  
Interprofessional Continuing Education/ UBC  
Vancouver/ BC
- 2002** *The Early Years Conference 2002 (2-day conference)*  
Interprofessional Continuing Education/ UBC  
Vancouver/ BC
- 2002** *Fetal Alcohol Spectrum Disorder (2-day workshop)*  
FAS/E Support Network of B.C.  
Kamloops/ BC
- 2002** *Trauma and Attachment (2-day conference)*  
Vancouver/ BC
- 2002** *Play Therapy Workshop Series (M.Ed. practicum)*  
Shewchuk-Dann & Associates  
Kamloops/ BC
- 2001** *Trauma (2-day workshop with Dr. Bessel van der Kolk)*  
Lousage Institute/ Calgary, Alberta.
- 2001** *Perinatal Issues of Families with High Risk Lifestyle*  
BC Reproductive Care Program  
Kamloops, BC.

#### **WORKSHOPS PRESENTED\***

\*In addition to the specific workshops listed below, the therapist regularly delivers wellness presentations through an employee assistance program.

- 2010** Back to Basics: How special needs and traumatized children have taught us about what matters most in childcare. (Oct 23rd)  
Early Childhood Educator's Regional Conference  
Thompson Rivers University - 100 Kamloops/ BC
- 2007** Healing from Sexual Abuse Trauma (April 26/ 27)  
Co-facilitated with Dr. Daria Shewchuk-Dann  
Canim Lake Band - 100 Mile House/ BC
- 2006** Attachment  
Co-facilitated 2-hour presentation for social workers at the  
Ministry for Children and Family Development



- 2006** Attachment  
Co-facilitated 2-hour presentation for the Kamloops Infant Development Society.
- 2003** (delivered on two occasions) “Brain Development, Trauma and Attachment in Infants”  
Workshop developed for the Foster Parent Association and the Ministry of Children and Family Development
- 2002** “Brain Development, Trauma and Attachment in Infants”  
Workshop developed for the Foster Parent Association and the Ministry of Children and Family Development

### PUBLICATIONS

Beaumont, S. L., Vasconcelos, V. C. B., & Ruggery, M. (2001). **Similarities and differences in mother-daughter and mother-son conversations during preadolescence and adolescence.** *Journal of Language and Social Psychology*, 20(4), 419-444.

Herman, B., & Vasconcelos, V. C. B (2003). **Current and historical understandings of antecedents in teaching new behaviors to children.** *The B.C. Counsellor*, 25(2), 95-107.