

CELESTE M. SCHELL, B.A., M.C., R.C.C.

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DEGREES AND CERTIFICATIONS:

2017	Certified Daring Way® Facilitator
2015 – 2016	Certificate in Complex Trauma
2014	Narrative Therapy – Level 1
2013	Gottman Couple Therapy – Level 2
2011	Gottman Couples Therapy – Level 1
2008	Certification in Trauma – Focused Cognitive Behavioural Therapy
2007 – 2008	Certification in Interpersonal Psychotherapy
2006	Satir Level 1 Certificate
2004 – 2006	Master's in Counselling Psychology
2004 – 2006	Certification in Cognitive Behavioural Therapy for Anxiety and Depression
1999 – 2001	Diploma in Systemic Family/Marital Therapy
1992 – 1996	Bachelor of Arts Honours in Psychology
1988 – 1992	Dr. Martin Leboldus, High School Diploma in French Immersion

MEMBERSHIP:

2006 – present	Registered member of the British Columbia Association of Clinical Counsellors (BCACC) in good standing
2017- Present	Daring Way™ member

AREAS OF CLINICAL COMPETENCIES

- Couples and relationship therapy
- Individual mental health counselling/treatment for:
 - Anxiety
 - Depression
 - Panic
 - Disordered Eating
 - OCD
 - Self-esteem
 - Anger/stress management
 - Co-dependency
- Greif and Loss
- Interpersonal, Social, Systemic, Spiritual dynamics
- and transitions
- Daring Way Workshops, Retreats and Groups
- Cognitive Behaviour Therapy for Insomnia
- Trauma due to historical/current abuse, MVAs, injuries, witnessing of events
- Developmental disabilities
- Support for individuals and loved ones of those exploring gender variance or sexual identity
- Family therapy
- Evidence-based treatment modalities
- Adolescents

WORK EXPERIENCE:

Private Practice

2006 – Present

- Provide individual therapy to adults, children, and/or adolescents, family therapy, and couples/marital therapy
- Group Counselling/Retreats/Workshops
- Supervision for Master’s level counselors and/or practicum students
- Working with different EAP and FEAP, as well as government contracts
- Use of a variety of modalities including Systemic, Satir, Narrative, Cognitive Behavioural, Interpersonal, Gottman Couple’s therapy, Acceptance and Commitment therapy, and others

Child and Youth Mental Health Clinician

MINISTRY FOR CHILDREN AND FAMILIES DEVELOPMENT (MCFD)

January 2000 – March 2009

- Provide individual, group, and family therapy, as well as case management for clients 6-18 years of age
- Provide crisis intervention/suicide risk assessments and intake, mental health assessments and treatment planning

Group facilitator/Coordinator /Workshop Facilitator

June 2000 – Present

- Facilitate groups such as The Daring Way™, Cognitive Therapy for Insomnia, Anger Management and Anxiety for all ages
- Facilitate workshops for parents, teachers and other interested community members

Caseworker/ Program Coordinator

BIG BROTHERS & SISTERS OF KAMLOOPS

November 1997 – January 2001

- Screened and coordinated volunteer applicants
- Managed programs, fundraising, marketing, and day-to-day operations of non-profit agency

PROFESSIONAL DEVELOPMENT

2023	Emotion-Focused Individual Therapy Level 2 (ICEFT) ACT for Perfectionism and People Pleasing (PsychWire)
2022	Emotion-Focused Individual Therapy Level 1 (VCEFT) Managing Sleep Problems: In People with Anxiety, Depression, Trauma and Pain - Colleen E. Carney (Jack Hirose & Associates Inc.
2021	Acceptance and Commitment Therapy (Praxis Continuing Education) ACT for Beginners (Psychwire) ACT for Depression and Anxiety Disorders (Advanced)
2020	Eating Disorders Masterclass (Jack Hirose) CBT – Anxiety – Beck Institute CBT- Depression – Beck Institute Coaching Strategies for Leaders – CTRI – (2 Days) Providing Effective Therapy for the LGBTQ2S+ Community (1 Day)

2019	Legal Issues for Counsellors – Maureen McEvoy –(1 Day) Emotion Focused Family Therapy (2 Day) CBT – Essentials – Beck Institute
2018	Daring Way Event – Gratitude and Joy
2017	Certified Daring Way Facilitator Training Emotion Focused Therapy International Psychotherapy Conference (5 Day)
2016	Certificate in Complex Trauma (Justice Institute of BC) Cognitive Behaviour Therapy for Insomnia (Dr. Gregg Jacobs) Family Violence – Impact on Separation & Divorce (Justice Institute of BC) A Roadmap through Collaborative Process: Introductory Interdisciplinary Training (Bev Churchill & Cathie Heinrich)
2015	Imago Couples Therapy (Harville Hendrix)
2014	Therapeutic Conversations – Narrative therapy Trauma Specific Treatment – From Practice to Praxis – Pt 2
2013	Family Law for Professionals other than Lawyers Hear the Child portion of the Parenting Coordinator Training- Continuing Legal Education Society of BC Self-Regulation Therapy (SRT) And The Grounded Therapist – Sharon Priest-Nagata The Psychophysiology of Addiction –The Canadian Foundation for Trauma Research and Education Gottman Couples Therapy - Level II Evolution of Psychotherapy International Conference
2012	Micro-Expressions Training and Subtle Expressions Training – Dr. Paul Ekman Effective Clinical Assessments and Therapeutic Interventions for Alienated Children and Their Family Members: A 2-Day Training Workshop for Mental Health and Social Service Providers – Dr. Kathleen Reay
2011	Gottman Couples Therapy Level 1 (2 day) Dying to be Thin – Narrative Therapy for eating disorders (2 day) Personality Disorders – Greg Lester (1 day) Stress Management – Greg Lester (1 day)
2010	Couples Therapy using the Satir Model (2 day)
2009	The Evolution of Psychotherapy (7 day conference) Pre-Marital/Re-Marital Therapy (2 day) Healing From Childhood Sexual Abuse And Trauma (2 day)
2008	Attachment Workshop – Diane Benoit (2-day training) Suicide Prevention And Intervention – UBC Psychology Department
2007	Interpersonal Psychotherapy – 3 day training and certification program
2006	Satir Systemic Brief Therapy – Level 1 (Kathlyne Maki-Banmen) Eating Disorders Prevention Advanced CBT for Depression

2005	Cognitive therapy for difficult clients (Christine Padesky)
2004	CBT for children and youth with Anxiety 2 day training in Addictions Counselling
2003	Using the DSM-IV-TR Advanced Training Dual Diagnoses Helping Anxious Children Using the DMS- IV- TR
2002	Group Processes (ED-D 414) – University of Victoria Expressive Art Therapy Child Centered Play Therapy Helping Relationships (ED-D 417) – University of Victoria
2001	Anxiety Disorders Treatment Program Care for Traumatized Children and Youth Conflict Resolution – Training for Trainers Invisible 10% (Counseling Issues with gay, lesbian, etc). Integrated Case Management The Gift of Significance – Grief Workshop
2000	Teaching Pro-Social Behaviors to Antisocial Youth Advanced Suicide Assessment and Intervention Group Facilitation Training Understanding Pharmacology from a Counselor’s Perspective Anger Management Training
1999	Certificate- Interviewing Volunteers in Positions of Trust Child Safety and Sexual Abuse Prevention Training Basic Counseling Skills (UBC)

PRESENTER/FACILITATOR:

Fall 2000 – Present

- Daring Way Events – ongoing
- Cognitive Behavioural Therapy for Insomnia - ongoing
- Five Anger Management groups
- One Anger Management – Training for Trainers
- One Workshop on Anger Management for Foster Parents
- Nine Groups for Anxiety
- Two Workshops on Mood Disorders for the District of Clearwater
- Two Workshops on Perfectionism

REFERENCES

Available upon request