

## SEAN P. C. MONAGHAN

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### EDUCATION

<b>Master of Counselling</b> University of Calgary, Alberta	2008 – 2011 3.97/4.00 Cumulative GPA
<b>Bachelor of Arts, Psychology Major</b> Thompson Rivers University	1999 3.98/4.00 Cumulative GPA Governor General Silver Medal

### CAREER – CURRENT POSITION

#### Private Practice Counselling

##### SYNERGY COUNSELLING ASSOCIATES

October 2012 to present, Kamloops, BC

Areas of focus:

- Mental Health Counselling – Treating depression, anxiety, grief and loss, trauma, life transitions
- Substance Use Counselling – Conducting assessments, treatment, and referrals
- Couple and Family Counselling – Treating intergenerational issues, reducing family dysfunction, enhancing family and couple relationships, effective communication, youth conflict, effective parenting, collaborative divorce, and Hear the Child Reports

### PREVIOUS POSITIONS

#### CLINICAL PRACTICE LEAD – PHOENIX CENTRE MAY, 2011 – AUGUST, 2015

Responsibilities:

- Program development and research for the Phoenix Centre
- Supervision of Youth Outpatient Counselling
- Provide guidance, facilitate workplace solutions, and deliver related training and orientation requirements
- Facilitation of Adult Detox Therapy Groups
- Maintain a half-time caseload in the Youth Outpatient Counselling Program
- Offer consultative services to community agencies in the area of Youth Addiction Treatment and Withdrawal Management addiction related problems
- Conducting psycho-educational presentations for community partners and the public

**PSYCHIATRIC SOCIAL WORKER – YOUTH FORENSIC PSYCHIATRIC SERVICES APRIL, 2011 – SEP 2012**

Responsibilities:

- Court-ordered Psychosocial Assessment Reports
- General Mental Health Treatment – including trauma, crisis intervention, depression, anxiety, grief and loss
- Violent Offender Treatment – anger management, coping with stress, emotionally focused treatment
- Sexual Offender Treatment – sexual deviation, sexualization, offence cycles

**YOUTH COUNSELLOR - OSPREY PLACE (PHOENIX CENTRE) 2006 – 2011**

Responsibilities:

- Conducting intake interviews and individual counselling with adjudicated youth
- Facilitating group therapy
- Organizing and facilitating graduation ceremonies
- Writing discharge summaries
- Creating and implementing after-care plans

**ADOLESCENT OUTPATIENT COUNSELLOR - RAVEN CENTRE 2008 – 2009**

Responsibilities:

- Individual counselling for both voluntary and mandated (school suspensions/probation orders) adolescents
- Presenting and discussing drug and alcohol issues with high school classes
- Completing and facilitating referrals to treatment programs

**ADULT DRUG AND ALCOHOL COUNSELLOR – KAMLOOPS REGIONAL CORRECTIONAL CENTRE 2010**

Responsibilities:

- Individual counselling for adult inmates. Counselling issues included anger management, drug and alcohol addiction, relationship concerns, stress management, anxiety, depression, and trauma.
- Completing and facilitating referrals to treatment programs.

**FAMILY SUPPORT WORKER - INTERIOR COMMUNITY SERVICES (ICS) 2005 – 2006**

Employed in a wide range of services: Residential Supervision, Street Services, Family Enrichment Program, and the Families in Transition Program

Responsibilities:

- Outpatient and outreach counselling work with youth and families involved in child protection concerns
- Educating parents on issues of attachment and discipline
- Advocacy work for families in financial duress
- Family counselling for issues including relationship violence, parent child conflicts, child-school problems, and parental neglect

**SUPPORT WORKER - KIWANIS HOUSE 2001 – 2005**

Performed a wide range of duties, including the facilitation of groups, administering medications, performing intakes and discharges, and responding to client crises.

**ALBERTA HOSPITAL (PSYCHIATRIC AIDE) 1987 – 1988**

## CERTIFICATION AND ADDITIONAL TRAINING

Emotion Focused Therapy Externship	2023 (4 day training)
Mindfulness Based Self-Compassion	2023 (5 day training)
Eye Movement Desensitization and Reprocessing	2017 (6 day workshop)
Trauma Therapy – Bessel Van der Kolk	2017 (8 weeks online)
Indigenous Cultural Safety Online Training Program	2016 (8 weeks online)
Emotionally Focused Therapy	2016-2017 (6 weeks online)
Acceptance and Commitment Therapy	2016 (1 day workshop)
Collaborative Family Law	2016 (3 day workshop)
Satir Transformational Systemic Therapy	2015-2016 (10 day workshop)
Narrative Therapy Workshop	2014 (3 day workshop)
Satir Trauma Therapy Training	2013 (2 day intensive)
Motivational Interviewing Certificates (Basic MI, Scoring MI, Aerobic MI) Dr. Burke, Kamloops, BC	2010 (54 hours of direct training)
Brief Systemic Family Therapy Diploma, The Family Therapy Centre, Kamloops, BC	2008 (2 year certification)
Applied Suicide Intervention Skills Training	2005 (1 day training)
Non-violent Crisis Intervention Training	2005 (1 day training)
Attachment Workshop (Dr. Neufeld)	2005 (8 day workshop)

## PRACTICUM EXPERIENCE

Community Solutions Network, Andrew Bezooyen, R.C.C.	January 2011 – present
Interior Community Services, Shelly Bonnah, M.A.	September 2010 – December 2010

## VOLUNTEER EXPERIENCE

Kamloops Organic Food Co-op Writing Funding Proposals	2002-2003
Elizabeth Fry Society Individual Support Work	2001-2002
Canadian Mental Health Association Facilitating Group Work	1998-1999

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## COMMUNITY INVOLVEMENT

Member of the ASK Wellness Board of Directors	2016 - present
Kamloops Youth Soccer Association (Coach)	2002 – 2008
Students Promoting Environmental Awareness Events Organizer	1998 – 1999

## SKILLS

- Strong ability to develop an effective working alliance with clients of diverse backgrounds, cultures, and ages.
- Skilled at providing emotional/cognitive/behavioural counselling for clients presenting with a variety of issues.
- Experienced at client advocacy work and community networking for clients.
- Strong writing skills, including pre-sentence reports, discharge summaries, service and end of service/transition plans.
- Experience presenting drug and alcohol information to community professionals (facilitator for Core Addictions Practice – 5 day workshop).
- Experience presenting group workshops and facilitating group sharing – particularly during the recovery process.

## EXTRA-CURRICULAR ACTIVITIES AND INTERESTS

I have a strong appreciation for nature and its healing abilities. I tend to seek active, outdoor activities such as cross-country skiing, hiking, soccer, and cycling. In more restful moods, I enjoy reading, socializing, and yoga. Although I have not travelled for years, I have an adventurous spirit, and have journeyed to various countries in Europe and Africa.