

KIM GOWAN

Dip Counselling/Human Resources, BSc, MACP, CCC, RCT-C

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I believe that community service starts at home, and I grew up with the support of wonderful grandparents who taught me a strong sense of community. That was the beginning of my goal to work in the mental health field. I believe that no two clients are alike therefore their needs will not be the same. History plays a role in how we live our lives, how we bond and find our partners. Every therapeutic plan needs to be approached with empathy, openness and in a safe environment. I have a broad experience base with many mental health issues. I have worked with forensic populations, both victims and perpetrators of sexual and intimate partner violence, depression, anxiety, divorce, mood disorders and trauma. I utilize a trauma-informed approach to develop an individual plan, integrating methods that will best fit each client.

EXPERIENCE

DATES FROM – NOVEMBER 2020- PRESENT

COUNSELLING THERAPIST, PEOPLES' COUNSELLING CLINIC

COUNSELLING THERAPIST (INTERN) APRIL 2019-DECEMBER 2019)

- Provide intake, and counselling services for clients assigned by the Department of Justice- Domestic Violence Court Programme.
- Complete reports for the Domestic Violence Court.
- Maintain records and files for clients.
- Liaise and collaborate with any professionals or community members required to support clients.
- Facilitate group for Domestic Violence Programme
- Maintain and keep up to date with the current theories and services available

DATES FROM – FEBRUARY 2020- PRESENT

COUNSELLING THERAPIST (PRIVATE PRACTITIONER),

- Provide intake, and counselling services for clients seeking services for mental health issues, depression, anxiety, addictions, trauma, and intimate partner violence, provide services for individual clients as required by the Domestic Violence Court.
- Complete reports for the Domestic Violence Court.
- Maintain records and files for clients.
- Liaise and collaborate with any professionals or community members required to support clients.
- Maintain and keep up to date with current theories and services available that may benefit clients.
- Maintain supervision both with peers and advisors.

Dates from -December 2014- June 2019

Support Counsellor (RRSS),

- Regional Residential Services Society offers residential choices that support the individual dreams and goals of adults with intellectual disabilities.
- Assist residents in areas such as communication, household management, life skills, personal care, positive strategies in expressing emotions, program planning and community access.
- Complete and update all files regarding individual clients with current appointments
- Be flexible with work hours and keep up to date with training

Dates from May 2013 (volunteer) September 2013-March 2015 (closure)

Feed Nova Scotia (Helpline)- Bedford- NS

- Support people on the toll-free helpline, which was available province wide 24/7.
- Determine level of support that was needed (taxi service for DCS clients, food bank direction, emergency food support mental health issues), direct or find support for person, in some cases active or empathetic listening.
- Provide support for crisis calls until police or crisis team was in place

EDUCATION

DECEMBER, 2019 (GRADUATED AFTER 8 MONTH ON-SITE PRACTICUM)

MASTER OF ARTS COUNSELLING PSYCHOLOGY, YORKVILLE UNIVERSITY (GPA 4.15)

Areas of focus were; Trauma, Developmental Psychology, Human Sexuality, and Family Systems.

OCTOBER 2014- 4 MONTH PRACTICUM AT FAMILY SOS

DIPLOMA COUNSELLING & HUMAN RESOURCES, SUCCESS COLLEGE

Large component of volunteer work in the community, to learn community resources.

Bachelor of Science, Psychology- University of Victoria-

Minor in Biology-

Grew up on the west coast, on Vancouver Island, then moved to Chilliwack, B.C. before heading to the east coast.

CERTIFICATIONS: SEMINARS & ADDITIONAL TRAINING

- Mental Health Academy Bridging the Gap Summit -November 2020-
- - Understanding the Trauma of Incarceration
- -Challenges of Benefits of Treating Mental Health Needs of the Underserved during a Pandemic
- -Culturally Sensitive Strategies for Counselling AAPI Clients Affected by COVID-19 and Racial Discrimination
- -Nkonsonkonson: Nourishment for the Survivor Soul
- - Brief Poetry Therapy Interventions for Black Survivors of Sexual Trauma
- ASSIT
- Mental Health First Aid
- Dealing with Difficult People Helping Clients Cope with Loss and Grief
- Supporting Clients through Life Transitions
- Suicide Prevention Seminar- May 16-17, 2020
- Emotionally Focused Therapy

VOLUNTEER EXPERIENCE

Special Olympics Canada-Coach (September 2009- present)

Curling- some softball-

Support physical and intellectually challenged youth and adults learning to curl and in competition, plan and prepare activities, teach new skills in a fun and safe way, providing a sense of community and friendship.

Feed Nova Scotia- (2011-2012)

Volunteer in Food warehouse (sorting food) –

Filling boxes, sorting food to be distributed throughout food banks in the city (an activity done with family and school)

Volunteer on Helpline-

Trained on the helpline- volunteered one evening a week, answering calls on the 24/7 helpline, which was discontinued in March 2015.

Churchill Academy (2005-2009)

President of PTO, Board of Directors, Founding Member, Parent-teacher organization, Parent-Churchill Academy is a not-for-profit school for children with learning disabilities and other learning issues. It was founded due to the collapse of a private school. The PTO was organized to fund raise for the school, and support parents new to the school find funding, medical support for both children and families that are dealing with challenging circumstances, and set up extra-curricular programs for students, and families.