

## VIVIANE 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;
- Collaborative Family Law Professional and Hear the Child Roster Member;
- 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)

**Bachelor of Science (Psychology)**  
– with Honours

University of Northern British Columbia  
(1997 – 2000)

### PROFESSIONAL AFFILIATION

<b>B.C. Association of Clinical Counsellors</b>	2006 – present
<b>Canadian Counselling Association</b>	2003 – 2006
<b>BC Hear the Child Society Roster</b>	2013 – present
<b>Kamloops Collaborative Family Law Association</b>	2016 – present

## WORK EXPERIENCE

### **Therapist/ Child and Youth Therapist**

#### **PRIVATE PRACTICE: SYNERGY COUNSELLING ASSOCIATES**

November 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 to 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.**

Jan 2001\* to 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**

December 2000 to December 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

2017	Emotion Focused Couples Counselling Online program Sue Johnson
2015 – ongoing	Family Mediation Certificate Justice Institute of BC
2015	Imago Couples Therapy 4 -day (20 hours self-paced) Harville Handrix
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. Zetl (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)

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2010	Nerurosequetial Model of Therapeutics 20-week clinical consultations and teachings of the model by Dr. Bruce Perry (30 hrs) Via teleconference through the Child Trauma Academy
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2010	Trauma and Dissociation Treatment 4-day intensive training - Kamloops/ BC by Dr. Sandra Wieland (Feb 19 & 20/ June 4 & 5)
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2010	Level B Testing Child and Youth Mental Health through Dr. Chuck Geddes, 2-day workshop - Kamloops, BC
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2009	Advanced EMDR: Consultation Day 1-day workshop – 6.5 hrs –Vancouver, BC by Dr. Marshal Wilensky (November 28)
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2009	Cognitive Behavioural Therapy 2-day workshop – 14 hrs –Vancouver, BC by CBT Connections (November 25 & 26)
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2009	Play Therapy with Abused and Traumatized Children 2-day workshop – 14 hrs –Kelowna, BC by Dr. Sandra Wieland
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2009	Clinical Parenting Capacity Model by Mothers Affected by Mental Illness 1-day training – 7 hrs – Vancouver, BC by Dr. Pratibha Reebye & Stacy Tzoumakis Child and Adolescent Psychiatry and Reproductive Mental Health, BC Children’s/ Women’s Hospital
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2007	Advanced Eye Movement Desensitization and Reprocessing (EMDR) 2-day training – 14 hrs – Vancouver, BC by Katie O’Shea & Marshall Wilensky, Ph.D.
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2007	Narrative Therapy by Dr. Steve Madigan 2 day workshop – 14 hrs – Kamloops, BC (Oct 26 & 27) Held by the Kamloops Center for Therapy
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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)
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2006	Satir Transformational Systemic Therapy (Level 1) Over 70 hrs training – Kamloops, BC (April to June) Satir Institute of the Pacific (Kathlyne Mki-Banmen)
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2005	ASSIST – Applied Suicide Intervention Skills Training (by Living Works) 2-day training – 14 hrs – Kamloops, BC Held by Interior Community Services (Dec 14 & 15)
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2005	Modified Interaction Guidance (MIG) with Diane Benoit 2-day workshop 14 hrs – Kamloops, BC, Henry Grube (October 6 & 7)
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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) – 14 hrs
2002	Eye Movement Desensitization and Reprocessing (EMDR) – (Oct 18, 19, 20) Level I Training (of a 2-level training) – 14 hrs
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**

2016	Introduction to DSM V Justice Institute of BC
2016	A Roadmap through the Collaborative Process: Introductory Interdisciplinary Training Kelowna, BC Bev Churchill & Cathie Heinrich
2016	Assessments and Intervention: The Intersection of Family Law and Psychology 2 days (March 10 & 11), Vancouver, BC via live webinar Continuing Legal Education Society of BC (CLEBC)
2014	Family Violence: Impact on Separation and Divorce Justice Institute of BC
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

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2012	Effective Clinical Assessments and Therapeutic Interventions for Alienated Children and their Family Members 2-day workshop – 14 hrs – 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 4th and 5th)
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 9 & 10)
2009	Evolution of Psychotherapy Conference 5-day conference in Anaheim, California (Dec 8th – 12th)
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 Schecter) 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 11day workshop – Kamloops/ BC Interior Community Services
2006	Friends for Life Program (School-based childhood anxiety program) 11day workshop – Kamloops, BC Henry Grube – Child and Youth Mental Health/SD #73

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- 2004 Play Therapy: Theory and techniques  
(2-day workshop with Dr. Judith D. Bertoia)  
Victoria, BC
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- 2004 Maltreatment and attachment: A neurodevelopmental perspective (with Dr. Bruce Perry)  
The Early Years Conference 2002: Relationships (Preconference)  
Interprofessional Continuing Education/ UBC  
Vancouver, BC
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- 2004 The Early Years Conference 2004: Relationships  
(2-day conference)  
Interprofessional Continuing Education/ UBC  
Vancouver, BC
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- 2004 Infant Cry (presentation by Dr. Barr)  
Vancouver, BC
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- 2004 Down Syndrome Conference: Explore Beyond (2-day conference)  
Canadian Down Syndrome Society  
Vancouver, BC
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- 2003 Fetal Alcohol Spectrum Disorder: Doing What Works (2-day)  
Interprofessional Continuing Education/UBC  
Vancouver, BC
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- 2002 The Early Years Conference 2002 (2-day conference)  
Interprofessional Continuing Education/UBC  
Vancouver, BC
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- 2002 Fetal Alcohol Spectrum Disorder (2-day workshop)  
FAS/E Support Network of BC  
Kamloops, BC
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- 2002 Trauma and Attachment (2-day conference)  
Vancouver, BC
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- 2002 Play Therapy Workshop Series (M.Ed. practicum)  
Shewchuk-Dann & Associates  
Kamloops, BC
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- 2001 Trauma (2-day workshop with Dr. Bessel van der Kolk)  
Lousage Institute, Calgary, Alberta
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- 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.*

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