

DR. CONNIE WANLIN R. PSYCH.

Genest MacGillivray Psychologists

5739 Inglis St.

Halifax NS

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(902) 492-2546

PROFESSIONAL EXPERIENCE

2012-present Private practice, Associate, Genest MacGillivray Psychologist, Halifax, NS

Provides individual counseling to adults, adolescents, families and couples.
Offers walk and talk therapy sessions when appropriate

2007- 2011 Private practice, consultant, BC

2005- 2007 Brookstone Health Services, Vancouver BC

Provided individual counseling to adults, adolescents, families and couples.

2006-2007 Centre for Integrative Healing (Now InspireHealth) Vancouver BC

Provided psychological services to Cancer patients, their families and spouses.

2001-2006 Private practice, Mountainview Wellness Centre, South Surrey, BC

- Provided individual counseling to adults, adolescents, families and couples.
- Special focus on health (such as chronic illnesses, cancer survival) sport (including athletes recovering from orthopedic injuries and concussions), rehabilitation psychology (including individuals suffering from chronic pain, coping with head injuries and recovering from workplace and motor vehicle accidents).
- Consulted with multi-disciplinary community based service providers, (e.g. physiotherapist, occupational therapist, physicians, naturopaths, vocational rehabilitation consultants and kinesiologists), referral sources (e.g., insurance companies, adjudicators, lawyers, and service providers), and EAP's (case by case contracts).
- Facilitated a weekly stress management group, Rhythm and Relaxation

2001- 2004 Peace Arch Community Services, White Rock, BC

Provided individual counseling to adults, adolescents, families and couples.

2002-2004 Dr. Chuck Jung and Associates, Surrey and Abbotsford BC

- Consulted with multi-disciplinary community based service providers, (e.g. physiotherapist, occupational therapist, physicians, vocational rehabilitation consultants and kinesiologists), and referral sources (e.g., insurance companies, adjudicators, lawyers, and service providers).
- Provided individual counseling to individuals, couples and families.
- Special focus on injury rehabilitation issues e.g. pain management, coping with head injuries, stress management.

2002-2003 Wilson Banwell, White Rock, BC

Provided individual counseling to adults, families and couples through their employee assistance benefit plan (EAP).

2000- 2002 Columbia Rehabilitation Centre, Langley, BC

- Consulted with multi-disciplinary team (e.g. physiotherapist, occupational therapist, physicians, vocational rehabilitation consultants and kinesiologists). □ Completed assessments and developed reports as required □ Provided individual counseling to adults.
- Facilitated psycho-educational groups on pain management. □ Facilitated a guided relaxation group.

1999-2000 Outpatient Adult Therapist, Chestnut Ridge Counseling Services Inc., Uniontown Pennsylvania

- Consult with multi-disciplinary team (e.g. nurses, psychiatrists, social workers) □ Provide individual counseling to adults and couples.
- Facilitate a single mom parenting/support group and pain management groups. Incorporate exercise into psychotherapy.

GRADUATE TRAINING

1998-1999 Graduate Student Intern, West Virginia University Department of Behavioral Medicine and Psychiatry / West Virginia University

- Provided career assessment, time management training, and wellness training to clients in an out-patient thought disorders program.
- Provided individual counseling for clients from the thought disorder program.
- Co-facilitated out-patient thought disorder group.

1999 Graduate Student Intern, Sharpe Hospital, Westin West Virginia

- Member of an interdisciplinary team, which provided in-patient evaluation, intervention, treatment, and support services via group and individual therapy.
- Consultation with the adult forensic unit, the adolescent unit, dual diagnosis unit, and women's issues cases.

1998 Graduate Student Intern, Student Assistance Program, West Virginia University

- Provided group and individual addictions counseling and education to students and student athletes.
- Worked with all athletes who tested positive for the use of banned substances.
- Advised clients with development problems on issues of social interaction, relationships, life adjustment, grief, and coping with stress.
- Facilitated an addictions support group.

1996-1999 Graduate Student Intern, Athletic Department, West Virginia University

- Provided group and individual mental training sessions
- Worked with athletic trainers to develop recovering programs for athletes recovering from traumatic injuries.

EDUCATION

2000	Doctorate of Education	Sport Psychology	West Virginia University
1999	Master of Arts	Counseling	West Virginia University
1995	Master of Science	Sport Psychology	University of Manitoba
1993	Bachelor of Arts - Advanced	Psychology	University of Manitoba

ADDITIONAL CERTIFICATION / TRAINING

- Neufeld Workshop: Making Sense of Adolescence (2019)
- Dr. Sue Johnson: Emotionally Focused Couples Therapy Intro workshop (2016)
- Neufeld Workshop: Making sense of Anxiety (2015)
- Neufeld Workshop: Making sense of Attention Deficit (2015)
- Level Two Neufeld Intensive: (2011)
- Level One Neufeld Intensive: Making Sense of Stuck Kids (2010)
- Acceptance and Commitment Therapy Training (2007)
- CPA Ethics Course (2009)
- BCPA Ethics Workshop (2006)
- Level One Gottman Training: Bridging the Couple Chasm' Couples Therapy - A Research-Based Approach (2005)
- EDxTM (Energy Diagnostic and Treatment Method) Level 1 (2005)
- Health Rhythms Facilitator Training (2004 and 2005)
- Art for Helping Professionals (2004)
- Existential Analysis and the Treatment of Anxiety (2003)
- Level I EMDR (Eye Movement Desensitization and Reprocessing , a trauma intervention technique) (2001)
- Cognitive Behavioral Interventions for Pain Management (1999)
- Basic Hypnosis Certification, West Virginia University (1999)
- Smoking Cessation Specialist Certification, University of Pittsburgh School of Medicine (1999)
- Crisis Intervention Training, Sharpe Hospital - West Virginia State Psychiatric Institution (1999)
- Supervision with Dr. Chuck Jung (2002-2004) in the area of rehabilitation psychology and working with clients with head injuries.
- Bilingual (French speaking)
- Registered Psychologist #1491 (Member of the College of Psychologist of British Columbia 2001-2011) #0710 (Nova Scotia Board of Examiners of Psychology)

CONFERENCES ATTENDED

- 1994-2000, 2005** Association for the Advancement of Applied Sport Psychology, Annual Conference
- 2002, 2003, 2004** Pacific Coast Brain Injury Conference
- 2002** Canadian Pain Society, Annual Conference

ASSOCIATION MEMBERSHIPS

- 2012-present** Nova Scotia Association of Psychologists
- 2012-present** Canadian Register of Health Service Psychologists
- 2000-2007** B.C. Mental Training Group, Member
- 2000- 2007** B.C. Psychological Association, Member
- 2000-2002** International Association for the Study of Pain, Member
- 1994-2000, 2005** Association for the Advancement of Applied Sport Psychology

PUBLICATIONS AND PRESENTATIONS

- Wanlin C. (January 2015) OptiMYze Magazine, Beating the Winter Blues
- Wanlin C. (March 2015) OptiMYze Magazine, Visualization
- Wanlin C. (May 2015) OptiMYze Magazine, Overcoming Procrastination
- Wanlin C. (May, 2006) Getting into the zone and getting your team groove on, National Wheelchair Basketball World Cup training camp.
- Farres L., Muscat A., MacNeill K., Sedgwick W., Queree M., Lonsdale C., Wanlin C., Richardson S. (2005) Professional Development in Sport Psychology: Examining the Development of SportPsych. British Columbia as a Community of Practice and Professional Growth, Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver British Columbia
- Wanlin C. (August, 2005) Rhythm for Wellness, Every Women Ever Where Retreat, Whistler BC.
- Wanlin C. (July, 2005) Rhythm for Wellness Group, Adolescent Psychiatric Unit, Surrey Memorial Hospital, Surrey BC.
- Wanlin C. (June, 2005) Rhythm for Wellness Group, Peace Arch Community Service Wellness fair, White Rock BC.
- Wanlin C. (May, 2005) Rhythm for Wellness Group, Cedars, Female Residential Addictions Program, Burnaby BC.
- Wanlin C. (February, 2005) Rhythm for Wellness Group, Women with HIV, Lake Cowagen, BC.
- Wanlin C. (2004) Coping with Anxiety, Depression Screening Day Presentation, Mountainview Wellness Centre.

Wanlin C. & Woo, D. (2004) Anxiety to Harmony: Coping with Performance Anxiety, Workshop, Forufera Centre, Vancouver B.C.

Wanlin C. (2003) Down but not out: Coping with Depression, Depression Screening Day Presentation, Mountainview Wellness Centre.

Wanlin C. (2002) Playing with Pain, Interview for Discovery Channel Television.

Wanlin C. (2002) Playing with Pain, In-service Workshop, Columbia Rehabilitation Centre, Langley B.C.

Wanlin C. (2001) Chronic Pain, In-service Workshop, Columbia Rehabilitation Centre, Langley B.C.

Wanlin (2001) Addictions in the Injury Rehabilitation Population, In-service Workshop, Columbia Rehabilitation Centre, Langley B.C.

Wanlin (2001) Dealing with difficult clients: Aggressive Behavior, In-service Workshop, Columbia Rehabilitation Centre, Langley B.C.

Wanlin, C & Thandi A. (2000) Harassment in the workplace. In-service Workshop, Columbia Rehabilitation Centre, Langley B.C.

Wanlin, C. M. (2000) The relationship between communication, trust, success, satisfaction, and longevity in ice dancing and pairs skating. Association for the Advancement of Applied Sports Psychology Conference, Nashville, USA, Poster Presentation.

Wanlin, C. M. (2000) The relationship between communication, trust, success, satisfaction, and longevity in ice dancing and pairs skating. United States Figure Skating Association Scientific Congress, Cleveland, USA, Lecture Presentation.

Wanlin, C. M. & Hays, K. (1999). Professional cross training: Making writing more than an academic pursuit. Association for the Advancement of Applied Sports Psychology Conference, Banff, Canada, Workshop Presentation.

Wanlin, C. M., Sherwood, D., Shaw, K, & Maniar, S. (1999). Collaborative consulting: A concept for the new millennium. Association for the Advancement of Applied Sports Psychology Conference, Banff, Canada, Poster Presentation.

Wanlin, C. M., Sherwood, D., Shaw, K, & Maniar, S. (1999). "Collaborative consulting: A concept for the new millennium." Association for the Advancement of Applied Sports Psychology Conference, Banff, Canada, Poster Presentation.

Etzel, E., Perna, F., Zizzi, S., Goldman, C., Alghren, R., Wanlin, C., & Shaw, K. (1999). "In pursuit of certification: A model for acquiring a variety of applied sport psychology experience in a university setting." Association for the Advancement of Applied Sports Psychology Conference, Banff, Canada, Workshop Presentation.

Wanlin, C. M. (1998). "Relationship issues in ice dancing: A preliminary investigation." Annual Conference of the American Psychological Association, San Francisco, USA, Poster Presentation.

Hrycaiko, D. L. & Wanlin, C. M. (1998). "The utilization of logbooks in multiple baseline across individuals' approaches to mental training" Association for the Advancement of Applied Sports Psychology Conference, Cape Cod, USA, Symposium Presentation.

Wanlin, C. M., & Hrycaiko, D. L.(1996). "The effects of a mental skills package on the passing accuracy of volleyball players." Association for the Advancement of Applied Sports Psychology Conference, Williamsburg, USA, Lecture Presentation.

Wanlin, C. M., & Hrycaiko, D. L (1995). "Towards goal achievement: The effects of a goal setting package on the performance of young female speed skaters." Association for the Advancement of Applied Sports Psychology Conference, New Orleans, USA, Poster Presentation.

Wanlin, C. M., & Boyd, K. R. (1995). "Peer team consulting: A new approach," World Congress on Mental Training and Excellence, Ottawa, Canada, Poster Presentation.

Wanlin, C. M., Botterill, C., Toogood, A., Patrick, T., Friesen, R., & Ingram, L. (1995). "The provincial sport science service centre: A new direction for Manitoba," World Congress on Mental Training and Excellence, Ottawa, Canada, Poster Presentation.

Wanlin, C. M. (1994). "Towards goal achievement: The effects of a goal-setting package on the performance of young female speed skaters," 10th Conference and International Congress: Access to Active Living, Victoria, Canada, Lecture Presentation.

CURRENT INTERESTS

Family, Fitness (running and cycling), Singing and Drumming