

Curriculum Vitae
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Summary

A leading philosophy in my life has been to embrace new ideas and challenges. This has enabled me to enjoy many rich and wonderful experiences, both professionally and personally. Professionally, as a teacher, a counsellor, or firefighter, it has always been my goal to serve others the best I can with the gifts I have been given. Likewise, in the many other aspects of my life (parenting, archery, photography, etc.) I have always challenged myself to make each experience the best it can be.

Counselling Experience

Private Practice Counselling

2015 – Present

Operated a private counselling practice (MvH Counselling) since 2015, providing mental health counselling to a diverse population in Lethbridge and surrounding area. Started Blue Rein Ranch Counselling and Animal Assisted Therapy in 2017, focussing specifically on providing mental health counselling that integrates horses and other animals into the therapy process. I continue to provide counselling services both at the ranch, as well as at my office in Lethbridge.

<https://mvhcounselling.ca/>

<https://bluereinranch.ca/>

Lethbridge Family Services

Counsellor – August 2016 to July 2017

Currently employed as a counsellor at Lethbridge Family Services (LFS). LFS provides counselling services to a wide range of clients in Lethbridge and area. www.lfsfamily.ca. I see clients ages 12 and up, including couples, with various presenting issues, but a large percentage of clients have a history of trauma.

Acceptance and mindfulness strategies are used extensively in my practice to help clients appreciate themselves, as well as embrace emotional honesty. Clients learn to view themselves in the context of their problems, not as problem themselves. Clients are encouraged to engage in self-compassion and self-care between sessions.

University of Lethbridge Counselling Services

Master of Counselling practicum – September 2015 to April 2016

My Counselling internship consisted in over 180 hours of individual personal counselling of university students presenting with a variety of issues: anxiety, depression, OCD, trauma, relationships, addictions, etc.

The University of Lethbridge provides free counselling to its students for up to 10 sessions. If more long-term counselling is required, clients may be referred to other agencies in the community.

Over 60 hours of direct and indirect supervision under Terri Saunders (M.S.W., C.S.W.).

Teaching Experience

Providence Christian School

Teacher – 2017 to present

Half time junior and senior high teacher. Currently teaching junior high math and physical education, and junior and senior high woodworking.

Calvin Christian School

High School Counsellor – 2010 to 2016

Half time high & middle school counsellor. (appx. 400 students)

- Coordinate program planning for students who present with behavioural problems, absenteeism, mental health issues, etc. This involved the following:
 - Gathering information from administrators, teachers, special educators, parents, mental health professionals, and the student.
 - Coordinating and monitoring interventions with classroom teachers, educational assistants, special educators, administrators, and other caregivers
 - Providing individual counselling and support to students in working towards achieving goals.
- Career and guidance counselling:
 - Course selection
 - Post-secondary planning
- Personal counselling: Counselling was provided for the following: anxiety, depression, self-injury, trauma, disordered eating, conflict resolution, relationships, etc. Referrals were made to external agencies (AHS, Mental Health, private counselling, etc.) when required.

High School Teacher – 2010 to 2016

Half time teaching position – Health, CALM, CTF, Math, Social Studies, & Cabinetmaking.

Middle School Teacher – 2001 to 2010

Grade 8 homeroom class – all subjects.

Education

Master of Counselling – University of Lethbridge – 2016

<http://www.uleth.ca/education/programs-degrees/graduate-studies/m-counselling>

Completed Master of Counselling program at the University of Lethbridge in April 2016. The following is a list of academic courses:

- Professional Ethics and Conduct
- Foundational Counselling and Conflict Resolution Skills
- Theories of Counselling and their Application to Client Change
- Counselling Diverse Clients
- Assessment: Processes and Application
- Counselling Strategies and Interventions
- Research and Program Evaluation Skills
- Cognitive and Affective Bases of Behaviour
- Issues Across the Life Span
- Biosocial Foundations of Health Psychology
- General Counselling Practicum
- Specialized Counselling Practicum

University of Lethbridge - 2000

B.Sc./B.Ed.

Math/Math Education – with Great Distinction

Minor: Social Studies Education

Related Education

Professional Development:

- Mental Health First Aid – 2 days
- Solution Focused Counselling (levels 1 and 2) – 4 days
- Unlocking Suicidal Secrets
- ASIST (Applied Suicide Intervention Skills Training) – Dec. 2014
- RESOLVE Research conference Oct. 21, 2013
- Little Warriors Sexual Abuse Prevention Training
- Attachment, Mind, and Brain: How Neural Development is Shaped by our Close Relationships – Daniel Siegel
- The Impact of Trauma and Neglect on the Developing Child – Bruce Perry
- Violence and Threat Risk Assessment Level 1
- Violence and Threat Risk Assessment Level 2
- Action Oriented, Hope Centred Career Development – Dr. Norm Amundson
- The Explosive Child: Understanding & Helping Behaviourally Challenging Kids – Dr. Ross Green
- Dreamcatchers Caring with Critters Animal Assisted Therapy Introductory Workshop
- Janina Fisher – Attachment and Trauma – 2 days.
- AAI 101 – Basic Principles of Animal Assisted Therapy
- Ethical Issues of Animal Assisted Interventions

Workshops attended from Crisis and Trauma Research Institute (www.ctrinstitute.com):

- Self-Injury Behaviour in Youth: Issues and Strategies – 2 days
- Motivating Change: Strategies for Approaching Resistance – 2 days
- Critical Incident Group Debriefing
- Anxiety: Practical Intervention Strategies
- Counselling Skills: An Introduction and Overview – 3 days
- Depression: Practical Intervention Strategies
- Understanding Mental Illness

Online Counselling Skills course through ICS Canada (www.icslearn.ca/counseling)

Participation in Healthy Minds/Healthy Children online modules on a variety of mental health topics. 41 professional credits.

Skills

Counselling Skills

- Ability to form strong working alliance with clients.
- Ability to make clients feel heard.
- Ability to empower clients to heal and make changes in their lives.

Interpersonal skills

- Ability to establish connections with others by attentive listening, demonstrating empathy, and providing thoughtful feedback.
- Ability to problem solve in a team environment.
- Ability to empower others to use their strengths to contribute to cooperative problem solving and teamwork.

Leadership skills

- A variety of leadership experiences throughout my career enabled me to develop a leadership style that draws on the people in the organization. It is my belief that strong leaders should always strive to engage those with whom they are privileged to work with.

Organizational skills

- Ability to conceptualize and organize initiatives from start to completion. This is something that I really enjoy. I'm always asking myself "What could make this organization better?" "What can we do to provide better service?" The excitement that comes with new challenges is one of the things that continuously drives me to do the best job I can do.
- Ability to "get the job done."
- Able to see the "big picture" but also pay attention to the details.

Technical skills

- I've always been a hands-on person who enjoys learning new skills. I am adept at working with a variety of large and small equipment, computers, shop tools, etc.

Projects/accomplishments:

Counselling program

- Calvin Christian School High School Counselling program.
 - Development of counselling program with accompanying handbook outlining counselling protocols, ethical guidelines, etc.
 - Organized bi-annual career fairs consisting of over 40 local businesses that came and networked with our high school students.

Middle school restructuring

- Worked with a team of administrators and teachers in the development of a middle school. The current structure was redesigned so that middle school (grades 6-8) was established as a separate and unique entity from elementary and high school.

Building Committee

- Served on a building committee for two additions to our school of around 30,000 square feet of additional space, as well as 5000 square feet of shop space.

School shop program

- Developed CTS woodworking program for grades 7-12.

Skills competition

- Initiated our school's involvement in Skills Alberta. Our students have repeatedly won awards at the regional level and several have won silver and gold at the provincial level. We are the only Canadian school to have two students from the same class who participated provincially at the secondary level and who both will be participating internationally at World Skills in Brazil at the post-secondary level.

Grant application

- Successfully applied for the TransCanada Equipment Grant for schools. Received \$10,000 for additional welding equipment.

Substance abuse committee

- Served on the school substance abuse committee. In the years I was on this committee we developed a policy to deal with substance abuse, and implemented several proactive measures to reduce the levels of substance abuse in the community.

Fire department

- Fire department operations: training, emergency response, recruitment, budgeting, incident command, equipment & apparatus maintenance and replacement, etc.

Construction

- Construction of two houses.

Other Experience

Nobleford & District Emergency Services – 2000 to 2013

The Nobleford and District Emergency Services consists of approximately twenty-four members, and provides fire and EMS services to the Village of Nobleford and the surrounding area in Lethbridge County.

- Volunteer firefighter for twelve years
- Held the following positions:
 - Firefighter: 2000-2002
 - Captain: 2002-2009
 - Training Officer: 2004-2009
 - Chief: 2009-2013
- Duties:
 - Respond to fire and EMS emergencies in the Village of Nobleford and surrounding district within Lethbridge County.
 - Develop and coordinate fire and EMS training program.
 - Develop and maintain Fire Service Policy Manual and accompanying Standard Operating Guidelines.
 - Create and manage annual fire department budgets.
 - Conduct Incident Command at fires, motor vehicle collisions, and other emergencies.
 - Participate in regional fire chiefs meetings.
 - Participate in the coordination of emergency operations for large scale disasters within Lethbridge County.
- Recognition
 - 12 year Emergency Services Medal – Province of Alberta

Board of Directors – Structural Truss Systems & Forma Steel

I currently sit on the board of directors of two companies (Structural Truss Systems and Forma Steel) in Fort Macleod that employ around 60 people. Together with 6 others, we conduct monthly meetings to manage the affairs of both companies.

www.structuraltrussystems.com

www.formasteel.ca

Personal Background

I was born and raised on a farm near Coaldale Alberta. After high school, I completed a certificate in Mechanics at the Lethbridge College, and then continued to work on the farm for 5 years. My wife, Erica, is from Fort Macleod, and we married in May 1996. The following January I returned to university to pursue a degree in Education. We moved to the Village of Nobleford in 1999 and lived there for 14 years. We currently live on 23 acres south of Fort Macleod, Alberta, where we enjoy country living with our children. Our hobbies include woodworking, archery, outdoor photography, camping, horseback riding, and raising German Shepherd dogs.

References: