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CAYLEE VILLETT

BA, MC, R Psych

PROFESSIONAL CREDENTIALS

College of Alberta Psychologists – Registered Psychologist #4645

EDUCATION

2013 Athabasca University – Graduate Center for Applied Psychology
Master of Counselling – Counselling Psychology

2007 University of Alberta
Bachelor of Arts with Distinction- Psychology and Sociology

PROFESSIONAL EXPERIENCE

Private Practitioner March 2017-Present
Amundson & Associates

- Areas of practice include: Individual and systemic based therapeutic interventions with children, adolescents, adults, families and couples. Common presenting issues include trauma and abuse, domestic violence, attachment and family or origin issues, depression, anxiety, as well as other emotional regulation challenges.

Clinical Supervisor February 2017-Present
Counselling Services, Catholic Family Services

- Provide clinical supervision for counselling staff and master level students.
- Provide therapeutic services to clients with a diverse range of needs and demographics.
- Engage in maintaining and strengthening collaborative relationships with community partners.
- Develop and implement programming, proposals and reporting to ensure program and agency expectations and outcomes are reached as well as continuing to serve clients based on current best practices.

Clinical Counsellor January 2016-February 2017
Counselling and Personal Development Program, YWCA of Calgary

- Provide therapeutic services to children, adolescents, adults and families who have been impacted by family violence, abuse, transitions, and other life stress.

- Provide mentorship to graduate level students completing counselling practicums.
- Provide consultation and training presentations for other agency programs and community groups on topics including trauma informed care and harm reduction.
- Work collaboratively with other members of client's support systems and with partners in the community to ensure continuity of care, advocacy and best practices related to client wellness.

Mental Health Clinician (contract position)

May 2015-December 2015

Psychiatric Emergency Services, Alberta Health Services

- Conduct general assessments to evaluate clinical presentations, level of risk, and identify appropriate interventions and treatment plans for patients seen through psychiatric emergency services.
- Provide crisis based support services to patients that have been seen by psychiatric emergency services and then discharged back into community. These services include interventions focused on the individual, the couple, or the family unit.
- Provide patients with brief counselling and interventions based on a multifaceted approach tailored to client's needs to bridge the gap during waitlist for specialized services.
- Collaborate within a multidisciplinary team and other professionals involved in the client's care to ensure clear communication, and holistic treatment plans.
- Collaborate with community based treatment options and supports to assist clients in accessing appropriate programs and resources to meet their needs.

Mental Health Clinician

May 2013-May 2015

Pathways to Housing, The Alex Community Health Centre

- Collaborate as a member of multidisciplinary assertive community treatment team to serve a caseload of clients experiencing complex mental health and addiction concerns, homelessness, and involvement with the justice system.
- Develop and implement treatment plans with clients, including assessments, individualized intervention strategies, and facilitate therapeutic groups.
- Engage in clinical consultation within the team as well as with other professionals.
- Develop and facilitate professional educational opportunities and presentations within the program and broader community including the Calgary Homeless Foundation.

Program Coordinator

Sept 2012-May 2013

Grimmon House Intensive Treatment Program, Boys and Girls Clubs of Calgary

- Develop and implement programming of a provincial addictions and trauma treatment center, serving female youth with status through PSECA (Protection of Sexually Exploited Children Act).
- Direct supervisor for 7 full time youth workers and a certified addictions counsellor to support their professional development and engagement with youth.
- Management of the broader team including the program psychologist and teacher.

- Complete intake assessment of all youth referred to the program.
- Oversee the clinical treatment planning and implementation of interventions for each youth.
- Support youth and their families throughout treatment, and following completion of treatment to access further supports and specialized services within their community.

Program Coordinator

January 2011-August 2012

Safehouse Youth Shelter, Boys and Girls Clubs of Calgary

- Manage the program activities of a transitional shelter for youth aged 15-19 with child welfare status through a housing first, harm reduction, trauma informed approach.
- Direct supervisor for 7 full time youth workers to support their professional development as well as practicum students through MRU and Ambrose College.
- Case management of youth in the program as well as for outreach youth.
- Collaborate with other natural and professional supports including families, probation, and CFSA.
- Advocate and assist in completing referrals for access to programming, housing, and resources as needed for youth.

Mental Health Counsellor (Masters Practicum Placement)

September 2011-April 2012

Mosaic Primary Care Network

- Provide individual, and family counselling, as well as stress and anxiety groups for clients referred through the primary care network.
- Work within a multidisciplinary team of professionals involved with the primary care network.
- Participate in the development of programming for new Canadians through an Immigrant and Refugee mental health initiative.
- Develop treatment plans and implement interventions with clients, including assessments, and individualized intervention strategies to clients through the Calgary Drop In Centre.
- Assist clients in accessing resources and programming accessible in the community.

Client Service/Mentoring Coordinator

August 2007-January 2011

Big Brothers Big Sisters of Calgary and Area

- Conduct intake assessments and facilitate program orientations of children, families, and volunteers.
- Providing ongoing support to a caseload of mentoring matches in a variety of community and site based programs including CBE schools and Cops4Kids with CPS.
- Develop and maintain relationships with community partners to grow existing programs and create new initiatives, including the development of the 'Cops for Kids' mentoring partnership with CPS.

PRESENTATIONS

2016 Supporting Change and Growth: A harm reduction approach
Calgary AB, YW Calgary

Becoming Trauma Informed
Calgary AB, YW Calgary

2015 Harm Reduction vs Harm Acceptance
Calgary AB, Calgary Homeless Foundation

2014 Trauma 101
Calgary AB, The Alex Community Health Centre

AWARDS AND HONORS

- Alexander Rutherford Scholarship 2003
- Jason Lang Scholarship 2003, 2004, 2005
- Burns Memorial Fund Scholarship 2003, 2005, 2006

PROFESSIONAL DEVELOPMENT ACTIVITIES

- Emotion Focused Therapy: On Target Couple Interventions in the Age of Attachment, Sue Johnson, June 2017
- Psychological First Aid (PFA) Train the Trainer workshop, Alberta Health Services, May, 2017
- Psychological First Aid (PFA), Alberta Health Services, March 2017
- Level 1 and 2 EMDR: transforming trauma with EMDR, Laurel Parnell, August 2016
- Introduction to Play Therapy: Essential Skills and Techniques, Rocky Mountain Play Therapy Institute, February 2016
- Dismantling Domestic Violence, Allison Mclauchlan, February, 2016
- Informed Consent and Record Keeping Seminar, Dawn McBride, April 2015
- Group Therapy Facilitation Training, Gabrielle Korell and Dawn McBride, April 2015
- CBSST Advanced Training with Eric Granholm, February 2015
- Trauma Competency Conference with Eric Gentry, January 2015
- Skills for Psychological Recovery Training, October 2014
- Motivational Interviewing-Focusing Skills Training with Paul Burke, December 2013
- CBSST for Serious Mental Illness with Eric Granholm, October 2013
- De-Escalation Training , CTR Institute, September 2013