

Shauna Pupp, M.C., Registered Psychologist  
 Pupp Psychological Consulting Services  
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## Education

PhD Student

Expected 2019

Doctorate of Health Psychology (PhD), Walden University, Minneapolis, MN

Master of Counseling (MC), 2007

Division of Applied Psychology, University of Calgary, Calgary, AB

Two-Week Intensive Systemic Family Therapy Externship, 2009

Sponsored by Calgary Family Therapy Center, Calgary, AB

Post Graduate Course: Cognitive and Neurological Assessment, 2010

Division of Applied Psychology, University of Calgary, Calgary, AB

Bachelor of Arts (B.A.), Major in Psychology, received in 1999

University of Lethbridge, Lethbridge, AB

## Professional Affiliations

- College of Alberta Psychologists (CAP)
  - CAP Oral Examination & Credentials Approval Committee member
- Psychologist's Association of Alberta
- Association of Family and Conciliation Court

## Professional Experience

### **Private Practitioner: Amundson and Associates, Calgary, AB, (2010-Present)**

- Areas of practice include: Individual and couple therapy, issues include depression, trauma, anxiety, family, relationship, and stress related. Other areas include, divorce, separation, and blended family issues.
- Areas of specialization include: adolescents in the area of individual and family therapy, and working with the first responder population both on individual and couple basis. Additional training in CISD/CISM

### **Alberta Health Services (AHS): Mobile Response Team, Calgary, AB, (2011-2014)**

- Work collaboratively with psychiatric emergency staff and community partners to ensure stabilization of immediate crisis
- Facilitate post crisis treatment services
- Conduct timely mental health and risk assessments in community and clinic settings
- Provide consulting services to other AHS and community Programs
- Provide Educational services for community agencies, individuals, and families

- Provide Critical Incident Stress Debriefing (CISM/CISD)
- Work collaboratively within a multidisciplinary team

**Shepell-fgi: Employee Assistance Program, Calgary & Area, AB (2006-Present)**

- Consultant for the trauma department and assist with on-site intervention following traumatic, emotional and high stress situations in the work place.
- Facilitate group and individual counseling services (CISM) following a traumatic event

**Wood's Homes: Non-profit agency for youth & Families, Calgary, AB (2007-July 2011)**

- Clinically responsible for residential treatment center of 8 clients (age 12-17)
- Conduct functional clinical, Cognitive, and risk assessments for high risk adolescents (risk factors may include: substance use, violence, suicide ideation, running, legal involvement)
- Practice individual, group, and family therapy in a treatment center for high risk youth
- Specialize in crisis intervention with youth involved with children services and youth justice
- Provide consulting services to other Wood's Homes programs
- Provide counseling services at Wood's Homes community walk-in clinic
- Work collaboratively within a multidisciplinary setting

**Human Solutions: Employee Assistance Program, Calgary & Area (2010-2014)**

- Provide counseling services to the trauma department and assist with on-site intervention following traumatic, emotional and high stress situations in the work place.
- Facilitate group and individual counseling services following a traumatic event

**Teaching Assistant: Athabasca University, Campus Alberta, Calgary, AB (Spring -2007)**

- Teaching support for the Applied Psych. Graduate Course, Working Alliance

**Crisis Counselor: Community Resource Team, Calgary, AB (2007-2009)**

- Provide crisis counseling
- Risk Assessment
- Conflict resolution

**School Counselor, William Taylor Learning Centre, Calgary, AB (2004-2007)**

- counseling in an alternative school setting
- Counseling services for youth exhibiting socio-emotional behavioral concerns.
- Developed behavioral support plans, and school-based and systemic interventions

**Youth and Family Counselor, Wood's Homes, Calgary AB, (2002-2004)**

- Provided front line services in a community group home setting
- Developed behavioral intervention programs for Adolescent boys aged 15-17

## Professional Development

### 2017

Trauma and PTSD in the First Responder Populations  
Psychologists Association of Alberta, *Presented by Dr. Megan McElheran*

Between Emergencies. A look at mental health in EMS  
Psychologists Association of Alberta, *Presented by Greg Gorecki*

New Millennial Family. Navigating best practice in a changing world  
Association of Family and Conciliation Courts

### 2016

Trauma and PTSD in the First Responder Populations  
Psychologists Association of Alberta, *Presented by Dr. Megan McElheran*

Treating Patients with Trauma  
*Jack Hirose & Associates, Presented by Dr. David Burns*

### 2014

Including the Voice of the Child in Legal System relative to separation/Divorce  
*Association of Family Courts Conciliation, Presented by Dr. Lorri Yassenik*

Transformative Mediation Techniques for High Conflict Behaviors  
*Association of Family Courts Conciliation, Presented by Dr. Sandra Fenton*

### 2013

Practice Notes 7 & 8  
*Psychologists Association of Alberta*

Assessment and treatment of personality disorders  
*Psychologists Association of Alberta*

DSM-5 Update  
*Psychologists Association of Alberta*

Psychotherapy is an Art Based on Science  
*Evolution of Psychotherapy Conference, Presented by Dr. N. Cummings*

Non-Medication Ways to Relieve Depression  
*Evolution of Psychotherapy Conference, Presented by Dr. Bill O'Hanlon*

Mindfulness and the Brain  
*Evolution of Psychotherapy Conference, Presented by Dr. Dan Siegel*

Treatment with Individuals with PTSD & Co morbid Psychiatric Disorders  
*Evolution of Psychotherapy Conference, Presented by Dr. D. Michenbaum*

Family and Couples Therapy  
*Evolution of Psychotherapy Conference, Presented by Sue Johnson, Harville Hendrix, & Harriet Lerner*

Interventions for Suicide

*Evolution of Psychotherapy Conference, Presented by Dr. Marsha Linehan*

Expertise and Psychotherapy

*Evolution of Psychotherapy Conference, Presented by Dr. S. Miller and D. Michenbaum*

Anxiety Disorders

*Evolution of Psychotherapy Conference, Presented by D. Barlow, M. Yapko, and Bessel van der Kolk*

Facilitating the RNA-DNA Epigenetics of Creating a New Consciousness

*Evolution of Psychotherapy Conference, Presented by Dr. Ernest Rossi*

Cognitive Therapy for Challenging Problems

*Evolution of Psychotherapy Conference, Presented by Judith Beck*

The Craft of Family Therapy

*Evolution of Psychotherapy Conference, Presented by Salvador Minuchin*

Cognitive Behavior Therapy: 4 Day Intensive Training

*Jack Hirose & associates, Presented by David Burns, M.D.*

Family Restructuring Therapy

*Association of Family and Courts Conciliation, Presented by Steven Carter & Bonnie Haave, Shirley Vandersteen, & James Bateman*

The Nexus Between Parent Deficiencies and Parent-Child Interactions

*Association of Family Courts Conciliation, Presented by David Weinstock & John Moran*

How Does the Child Gain a Voice?

*Association of Family Courts Conciliation, Presented by Jacqueline Beall, Pam Hemphill, & Clara Bookless*

Fifty Years of Cognitive Science

*Association of Family Courts Conciliation, Presented by Nancy Olesen, Leslie Drozd, Michael Saini, & Hon. Marjorie Slabach*

Parenting Coordination

*Association of Family Courts Conciliation, Presented by Siri Gottlieb & Gary Drenfield*

Therapeutic Reunification

*Association of Family Courts Conciliation, Presented by Rebecca Bailey, JoAnn Behrman-Lippert, & Cynthia Psaila*

Children Resisting Contact with a Parent Post Separation

*Association of Family Courts Conciliation, Presented by Shely Polak, Barbara Fidler, & Linda Popielarczyk*

Possibility of Crime; Risk Assessment, Assessing Risk of Youth Violence with the SAVRY

*Alberta Health Services, Presented by Dr. C. Baxter*

Youth at Risk for Developing Psychosis

*University of Calgary, Presented by Dr. Addington*

Mental Health Intervention with Separated/Divorced Families: Understanding Queen's Bench Family Law Practice Notes 7 & 8. Use of Independent Parenting Experts  
*Presented by Dr. S. Carter and Honorable Madam Justice Andrea Moen Court of Queen's Bench*

Abuse Toward Animals and People; Why the link is important  
*Alberta Health Services, Presented by Cst. Brenda Murdoch & Nathalie Martel*

Assessment & Treatment of Personality Disorder  
*Psychological Association of Alberta, Presented by Dr. Erdberg*

The Rapidly Evolving Field of Psychological Understandings and Services for Divorce  
 Association of Family and Conciliation Courts

## **2012**

Separation and Divorce Today  
*Psychological Association of Alberta*

Family Restructuring Therapy: Interventions with High Conflict Separation and Divorce  
*Psychological Association of Alberta, Presented by Dr. Steven Carter*

How to Avoid Complaints and Meeting with the Complaints Director  
*College of Alberta Psychologists, Presented by Karl Seidenz, LLP*

Dual Roles and Relationships: The Conflictual and the Complimentary  
*College of Alberta Psychologists, Presented by Dr. Amundson*

Saphris: A novel treatment option for Bipolar and Schizophrenia  
*Alberta Health Services, Presented by Dr. Oluboka*

Quality of Care for Schizophrenia in Calgary  
*Alberta Health Services, University of Calgary*

Group Crisis Intervention  
*International Critical Incident Stress Foundation, Presented by Michael Brager*

PPVT- 4 (Peabody Picture and Vocabulary Test, 4<sup>th</sup> Edition) & EVT-2 (Expressive vocabulary test, 2nd Edition)  
*Pearson, Presented by Dr. Tina Eichstadt*

Cognitive Behaviour Therapy: The basics  
*Alberta Health Services, Presented by Dr. Backs-Dermott*

## **2011**

The Mood Spectrum: Diagnostic Approaches & Relevance to Treatment  
*Alberta Health Services, Presented by Dr. T. Oluboka*

Achieving Clinical Excellence  
*Psychological Association of Alberta, Presented by Scott Miller*

Positive Psychology Theory, Research and Application  
*Psychological Association of Alberta, Presented by Dr. C. Peterson & Dr. Nansook Park*

WIAT – III Introduction  
*Pearson, Presented by Larry Hanken*

WIAT-III Administration and Scoring  
*Pearson, Presented by Dr. Gloria Mascow*

## **2010**

WIAT-III Overview: Administration and scoring of the WIAT-III subtests and interpretation of  
*WIAT-III data, Presented through Pearson*

Impact of Trauma and Neglect on the Developing Child  
*Presenter Dr. Bruce Perry*

Collaborative Helping: A Practice Framework for Working with Multi- Stressed  
*Families Center for Social Work and Professional Development, University of Calgary*

How to think of Problems in Supervision  
*College of Alberta Psychologists, Presented by Jon K. Amundson*

Professional Boundaries in Psychotherapy  
*College of Alberta Psychologists, Presented by Dr. Earle Waugh*

Infant/Preschool, Mental Health: Promotion, Prevention, Intervention, and Treatment  
*Program for Infant/Toddler Care, Lincoln, California, USA*

Mental Health Needs of Low-Income mother's in the United States: Implications for Pre and  
 Post Intervention in School-Based Family Counselling,  
*University of Missouri*

How do Parents Understand, Adjust, and manage their Child diagnoses with Autistic  
 Spectrum disorder?  
*Nelson Mandela Metropolitan University, South, Africa*

Barriers and Obstacles in Constructing a Family-School Relationship  
*University of Macau Presented by Dr. Gertina van Schalkwyk.*

A Discussion of Factors Impacting Identity Development in Multiracial Individuals,  
*Presented by Dr. Brian Gerrard*

The Experience and Reflections of Parents whose Teenagers are Excluded from School,  
*Presented by Dr. Andrew Smith*

Bullying, Prevention and Intervention Project  
*Presented by Dr. Nancy Rosenbledt*

## **2009**

Critical Incident and Group Debriefing,  
*Crisis and Trauma resource Institute*

Supervision: CPA Ethical Guidelines for Supervision in Psychology 2009  
*College of Alberta Psychologists, Presented by Jean Pettifor & Greg Schoepp*

Avoiding Professional Boundary Violations: The importance of Personal Integrity for  
Maintaining Integrity in Relationships  
*Presented by Derek Truscott*

**2008**

Anxiety in Adolescents  
*Calgary Learning Center*

Introduction to Group Psychotherapy  
*Calgary Health Services*

Using the Child Behaviour Checklist in Residential Programs  
*Wood's Homes, Presented by Jennifer McCormick*

Use and Interpretation of the WISC and WAIS.  
*University of Calgary*

**2007**

Working with Angry, Resistant Children and Adolescents: Strategies for Fostering Motivation,  
Self-Discipline and Resilience.  
*Jack Hirose and Associates Inc.*

Social Phobia in Adolescents, Interpersonal Psychotherapy, CBT for Adolescent  
Depression, a Developmental Perspective on Bi-Polar disorder in Children and Adolescents,  
*Conference for Behavioral Sciences*

ASIST: Suicide Intervention Training  
*Wood's Homes*

## Presentations

### 2015

Adjusting to Shift Work  
*Alberta Health Services, Pharmaceutical Staff*

### 2013

Mobile Response Team Services Provided  
*Alberta Health Services Management Group*

### 2012

Mobile Response Team Services Provided  
*Alberta Health Services: Alberta Mental Health Family Support Group*

Health Information: When someone you know commits Suicide  
*Alberta Health Services*

### 2010

Evergreen Residential Program Clinical Model  
*Wood's Homes: Homes Connections Program*

Anxiety in Supervision and Therapy  
*Oxford University, Oxford, UK: Oxford Symposium in School and Family Based Counselling*

### 2009

Evergreen Residential Program Clinical Model: Evidence Based Practice in Action  
*University of Calgary: Faculty of Social Work Annual Symposium*

### 2008

Attachment Disorder  
*Calgary AB, Wood's Homes Foster Program*

### 2007

Guidelines for Reporting Assessment Results  
*Calgary AB, Athabasca University Working Alliance Graduate Course*

School Refusal Behavior  
*Calgary AB, Calgary Board of Education and Wood's Homes School Programs*