**KELLY ELKER**

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**EDUCATION**

**Masters of Counselling Psychology** Sept. 2017 - Present

University of Calgary, Calgary, Alberta

**Bachelor of Education, Int./Senior Geography and Social Sciences**  2013

University of Western Ontario, London, Ontario

**Bachelor of Arts, Honours Double Degree Geography and Sociology**  2012

Wilfrid Laurier University, Waterloo, Ontario

**WORK EXPERIENCE**

**Practicum Student** Sept. 2019 – Present

Insight Counselling and Therapy Centre, Calgary, Alberta

* Provide individual, couples, and family counselling to clients suffering from a variety of issues, such as depression, anxiety, anger, grief, and trauma
* Promote positive change in all aspects of individuals personal and working lives
* Help clients develop a greater understanding of personality, human development, relational transactions, and life patterns
* Implement therapeutic interventions such as Transactional Analysis, Cognitive Behavioural Therapy, Solution-focused Therapy, and Acceptance and Mindfulness

**Student Success Teacher** Sept. 2019 - Present

St. Helena, Calgary, Alberta

* Remove barriers and obstacles that interfere with student success by working one on one with individual students
* Implement Attendance Improvement Plan meetings with parents, students, and administration
* Teach meditation and mindfulness extension classes that include learning about positive coping strategies and stress reduction strategies

**Fresh Start (Outreach) Teacher** Oct. 2018 – April 2019

St. Anne Academic Centre, Calgary, Alberta

* Assisted students who are at risk for not completing school due to a variety of factors and behaviours that have affected previous school performance.
* Students in this program worked through a variety of issues, such as drug and alcohol abuse, young offenders, expulsion from previous schools and mental health concerns.
* Collaborated with social workers, psychologists, teachers and families to offer support.
* Work one on one with students to build positive relationships in a calm and nurturing environment.

**School Support and Youth Counsellor** Feb. 2018- June 2018

Wood’s Homes, Calgary, Alberta

* Worked one on one with high risk children and adolescents in a school and residential setting.
* Collaborated with teachers and other school personnel to ensure students were on track, such as implementing activities and assured IPP’s were established for each student.
* Worked at Phoenix (trauma sensitive facility) to ensure supervision, support and care was implemented.

**Transitions (Mental Health) Teacher** Oct. 2014-June 2016

St. Mary’s High School, Calgary, Alberta

* Offer academic programming and modifications that are specific to individual needs by creating and implementing an IPP.
* Students in program have been diagnosed with a variety of mental health disorders such as, depression, anxiety, bipolar, post traumatic stress, and eating disorders.
* Provided input and problem solving to meet student’s mental health needs on a consistent basis
* Assist students in identifying emotional issues and develop positive coping strategies.
* Worked one on one with students to complete daily classroom work and encourage and support independence and self-advocacy.
* Communicated daily with parents, social workers, and psychologists to ensure student success.

**Social Intake Worker for the Food Bank** June 2012 - Dec. 2013

House of Friendship, Kitchener, Ontario

* Worked in the front office providing information on the food hamper program.
* Discussed food options and employment opportunities for those struggling on a low income.
* Helped individuals to resolve personal challenges, overcome employment deficiencies, and develop personal management and organizational skills.
* Assisted social workers in group therapy sessions for those struggling with a variety of mental health and personal issues.

**RELATED VOLUNTEER EXPERIENCE**

**Special Education Teacher Volunteer** Sept. 2013-June 2014

Kitchener Collegiate Institute, Kitchener, Ontario

* Taught students in the Special Education Program in Geography and Math.
* Students in this program were diagnosed with a variety of disorders such as, Asperger’s Syndrome, Fetal Alcohol Syndrome and anxiety.
* Stayed after school to supervise and help students with homework and class projects.
* Volunteered in the mornings to cook breakfast for underprivileged students.

**PROFESSIONAL DEVELOPMENT**

**Additional Qualifications for Ontario Teachers**

* Career and Guidance Education Part 1, University of Western Ontario 2014
* English as a Second Language, Part 1, University of Western Ontario 2013
* Special Education Part 1, Wilfrid Laurier University 2013

**Mental Health Related** **Professional Development**

* Understanding the DSM-5 in Clinical Practice, University of Calgary 2019
* Non-violent Crisis Training Intervention Certificate, Alberta Health Services 2018
* Mental Health Go-To Educator, Alberta Health Services 2016
* Mental Health First Aid Certificate, Canadian Mental Health Association 2013
* Applied Suicide Intervention Skills Training, Canadian Mental Health Association 2013