

Cara Gordon

MSW, RSW

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Experience

Social Worker – MVA clients

Social Worker/Psychotherapist February 2021- Present

- Complete thorough psychosocial assessments, provide ongoing counselling and psychoeducation to support clients and their family members post-MVA with pain management, mental health challenges, addictions issues, sleep challenges, and behavioural concerns
- Collaborate with other allied health members to develop and implement the most appropriate and supportive plan for the client

Kids Zen Inc.

Co-Owner, Social Worker/Psychotherapist May 2021- Present

- Complete psychosocial assessments, provide counselling and psychoeducation for parents and children to treat symptoms of anxiety, mood disorders, adjustment disorders, trauma, behavioural challenges and sleep issues
- Maintain clinical records, supervise contracted therapists and administrative assistants, complete business running tasks

LHSC Children's Hospital

Paediatric Social Worker October 2015 - Present

- Complete psychosocial assessments, provide counselling and psychoeducation for parents and children on an inpatient and outpatient basis
- Previously sat as the Social Work member on the paediatric CQI committee and sit as a member on the Social Work Professional Development Council, the United Way Committee and the Social Work Professional Council
- Link clients with appropriate community resources, create discharge plans and advocate for clients in the medical environment
- Work as a member of a multi-disciplinary team with physicians, nurses and allied health

Canadian Mental Health Association –Oxford, Middlesex & Elgin County

Crisis Outreach Worker July 2014 – January 2016

- Supported mental health consumers who have been previously involved with services and those without prior involvement by providing phone support and counselling, walk-in counselling and community visits
- Provided clinical assessments, crisis intervention & stabilization, advocacy, and community linkages to clients
- Followed program support guidelines, working collaboratively to develop and implement individualized client care plans
- Inputted case notes and data in a timely fashion

University of Windsor, School of Social Work

Graduate Assistant September 2013- December 2014

- Assisted with a research project and presented the project at CASWE conference
- Reviewed learning agreements for students on placement
- Held weekly office hours, graded assignments and exams, and offered course support to students as needed
- Provided lectures to students, assisted with lesson planning for the professors
- Sat on the Social Work Accessibility Planning Committee

Madame Vanier Children Services

Focused Family Therapy Intern April 2014 – August 2014

- Worked with families with children ages 7-14 who have behavioural challenges classified as moderate to high risk
- Utilized narrative therapy, solution-based approaches, CBT techniques and attachment theory in sessions
- Completed case notes within 24 hours and comprehensive assessments within 4 sessions

Baycrest/Rotman Institute, NeuroEducation across the Lifespan Laboratory

Research Assistant September 2012- August 2013

- Assisted with EEG testing and scoring of tasks and collected and analyzed data using Excel and SPSS
- Performed literature searches and created literature reviews, presented a poster presentation at the NSERC Auditory Neuroscience conference

Education and Awards

Professional Education Systems Institute

EMDR Step-by-Step PLUS: Your Start to Finish Guide to Safe and Successful EMDR Therapy April 2021

Advanced Trauma Treatment for Children and Adolescents: Jan 2021

A Certified Child and Adolescent Trauma Professional Training Course

Breaking the Worry Trance Certification September 2019

Laurier University July 2018

Cognitive Behavioural Therapy Certification Level I & II:

CBT with Children

Gentle Sleep Coaching Certification January 2018

University of Windsor 2013-2015

Master of Social Work

York University, Glendon Campus 2009-2013

Bilingual honors BA, Psychology, Dean's List