

Jaclyn Skinner

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SKILLS

- Active Listening
- Conflict Resolution
- Cultural Sensitivity
- Critical Thinking
- Empathy
- Exceptional Verbal and written communication
- Flexibility
- Professional Commitment
- Resourceful
- Capacity to manage several tasks or requests simultaneously

WORK EXPERIENCE

Counsellor | November 2022 - present
Mind Zen Counselling | London, ON, Canada

A clinic supporting adults through challenges, behavioural and mood changes, or post traumatic event(s)

- Provide 1:1 support to client's
- Introduce, educate and collaborate with client to build effective coping strategies
- Use therapeutic techniques to navigate client to process traumatic experiences

Counsellor | July 2022 - present
Kids Zen Counselling | London, ON, Canada

A clinic supporting children, teens, parents and families

- Introduce and collaborate to build effective coping skills
- Collaborate with parents to provide information, tangible tools and resources
- Provide 1:1 support to individuals who struggle with mental illness or behaviour challenges, using appropriate therapeutic techniques

Client Care Counsellor | November 2020 - January 2023
Lifeworks, formerly Morneau Shepell | Virtual

An employee assistance program, providing support, by telephone, to adults, adolescents and children across Canada

- Provides immediate crisis counseling/interventions to clients, via telephone
- Conduct risk assessments and determine appropriate service response
- Introduce interventions and resources to alleviate barriers the client faces
- Contact emergency services for clients who pose imminent risk
- Submit referrals for additional support services

Pediatric Social Work Intern (NICU) | August 2019 - April 2020
Monroe Carell Jr. Children's Hospital at Vanderbilt | Nashville TN, USA

Providing support to patients and their families throughout a child's diagnosis, treatment or hospitalization; easing barriers and stressors that may arise, impacting them physically or emotionally.

- Maintain professional documentation to meet department standards
- Provides brief targeted interventions for identified clients.

- Complete psychosocial assessments and work with a interprofessional team to implement a plan of care
- Educate and consult with clients, families and interprofessional team on psychosocial changes and challenges
- Revise and implement current processes for opportunities to increase consistency, such as creating an initial assessment tool
- Observed and implemented acquired skills in variety of departments, including: Cystic Fibrosis (CF) Clinic, Ethics and Case Consulting, and Burn Unit

Pediatric Social Work Intern (Psychiatric) | August 2019 - April 2020 Monroe Carell Jr. Children's Hospital at Vanderbilt | Nashville TN, USA

Conduct psychiatric initial assessments with patients, under 18 years old, and their guardians in the Emergency Department and work on an interprofessional team to determine an appropriate plan of care.

- Complete psychiatric initial assessment and assist interprofessional team with the development of an appropriate plan of care
- Practice a range of therapeutic modalities such as Motivational Interviewing
- Ensure patient safety, assess for safety concerns in their environment and their ability, with support of a guardian, to not harm themselves or others
- Educate patients, and guardians, on resources and services for internal and external support, such as Psychiatric Hospitals, support groups and therapists
- Submit referrals to treatment centers and programs on patients behalf

Social Work Intern | August 2018 - April 2019

Willowbrook Community Health and Hospice | Hendersonville TN, USA

Conduct initial assessments with patients, and their support system, to create a plan of care to provide comfort and ease to patients, and their families, in the last stages of life.

- Complete initial assessment and assist interprofessional team with the development of an appropriate plan of care
- Practiced therapeutic modalities in individual and group settings
- Ensure patient safety and assess for safety concerns
- Educate patients on resources and services available

EDUCATION

Master of Social Work | August 2018 - May 2020

University of Tennessee | Nashville TN, USA

Evidence-Based Interpersonal Practice concentration to develop skills in clinical evidence-based treatments for use with individuals and groups

- Lifespan and Neurophysiologic Development
- Cognitive Behavioral Therapy
- Trauma Treatment with Children and Adolescents
- Introduction to Psychopathology and Social Work Practice
- Evidence-based Interpersonal Practice with Groups
- Systematic Planning and Evaluation for Interpersonal Practice

Public Relations Diploma | September 2008 - May 2010

Conestoga College | Kitchener, ON, Canada

A program dedicated to strategic and creative communication strategies to solve

organizational problems or make the most of business opportunities with key publics

- Participate in the planning of public relations activities, including the development of clear, measurable communication objectives and project budgets
- Engage stakeholders by adapting language, tone and presentation style to the public relations purpose, situation, audience and channel
- Use strategies and tools to build and maintain professional relationships to support public relations activities, organizational objectives and career development

CERTIFICATES **University Center for Excellence in Developmental Disabilities (UCEDD) Trainee** | August 2019 - May 2020 | The Vanderbilt University Kennedy Center | Nashville TN, USA

Innovative leadership promote the independence, self determination, community integration, and inclusion of individuals with intellectual and developmental disabilities

- Research and Discovery
- Interdisciplinary Training
- Community and Service

Leader in Education for Neurological Disabilities | August 2019 - May 2020
The Vanderbilt University Kennedy Center | Nashville TN, USA

Focuses on teaching trainees essential knowledge, skills, and attitudes to be effective leaders in the field of Neurological Developmental Disabilities.

- Patient and Family-Centered Care
- Socio-ecological Determinants of Health & Cultural Competency
- Core Concepts in Human Development and Neurological Developmental Disabilities
- Early Diagnosis & Treatment
- Prematurity and its Effects over the Life Course
- Neonatal Abstinence Syndrome
- Mental Health and Neurological Developmental Disabilities
- Health Policy and the Law for Neurological Developmental Disabilities

Crisis Intervention | May 2019
Wilfrid Laurier University | Waterloo ON, Canada

Managing a crisis effectively, increase coping strategies, reduce the possibility of chronic or maladaptive symptoms

- Gain knowledge and develop strategies related to self-preservation and safety
- Increase knowledge base related to crisis intervention theory
- Course contributes towards completing Trauma Certificate

Treating Trauma: Frameworks and Promising Practices | May 2019
Wilfrid Laurier University | Waterloo ON, Canada

Introduced to additional approaches and frameworks for trauma that are in the process of being validated through research, or are evidence-informed

- Understand ARC Model (Attachment, Regulation, Competency)
- Course contributes towards completing Trauma Certificate

Trauma and Addictions | June 2019

Wilfrid Laurier University | Waterloo ON, Canada

A workshop that explores the connection between trauma and addiction with a focus on providing knowledge, tools and resources to effectively serve clients who are dealing with both trauma and addiction issues

- Understand the link between trauma and addiction
- Acquired tools and practical strategies to implement with clients
- Understand the impact of Adverse Childhood Experiences on future substance use dependency
- Course contributes towards completing Trauma Certificate

Tools of TraumaPlay: Play Therapy for Traumatized Children | April 2019

Lipscomb University | Nashville TN, USA

An introduction to Play Therapy for Traumatized Children

- Understand the concepts and the effectiveness of Play Therapy
- Learn and practice a range of play therapy interventions
- Understand the components to implementing the interventions

**LICENSURES &
MEMBERSHIPS**

**The Ontario College of Social Workers and Social Service Workers
Registered Social Worker**

Class Certification: General Registration Number: 835598

Date of Registration: 2020-08-25

Ontario Association Social Work

Member ID #: 22741

Date of Registration: 2022-07-29