

Allie Walker

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Registered Social Worker with over seven years of experience in the field. This experience allows me to support and provide therapy to individuals in achieving their mental health goals. My compassionate and anti-oppressive approach allows me to meet clients where they are at and help them build skills and confidence in their ability to overcome their mental health struggles.

EMPLOYMENT

Therapist

October 2023-Present

Therapist at MIND and Kids Zen Inc.

- Conduct intake assessments and provide therapy to parents, teens, and children
- Co-create treatment plans and assist individuals with setting mental health goals
- Embracing a Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) framework to increase individuals coping skills and to process through their depression, anxiety, self-esteem, trauma, and anger
- Work with HCAI clients to provide intake assessments as well as therapy sessions to individuals who are struggling with their mental, emotional, and cognitive well-being post collision

Group Therapist

May 2022-Present

Day Hospital Services at Woodstock General Hospital

- Provide support, skill development, and therapy to assist individual's mental health by implementing comprehensive group therapy programs
- Facilitate a Dialectical Behavioural Therapy (DBT) group to help clients gain skills and knowledge to challenge unwanted behaviours, emotions, thoughts, and interpersonal patterns
- Co-create treatment plans and assist individuals with setting mental health goals
- Provide multiple CBT and DBT group therapy programs to increase individuals coping skills and to process through their depression, anxiety, self-esteem, trauma, and anger
- Assess patients acuity and provide a variety of group therapy programs for patients admitted in the mental health unit
- Assist psychiatrists with assessments and treatment planning for patients
- Complete daily data collection as well as thorough documentation of client interactions

Child Protection Worker, Intake Worker

April 2016-May 2022

Family and Children's Services of St. Thomas and Elgin

- Address child protection concerns to ensure the safety and well-being of children
- Investigate child abuse, sexual assault, neglect, and conflict allegations relating to families
- Conduct joint investigations with city police services and OPP
- Write court applications for cases that require court involvement
- Connect families to appropriate services and resources to meet their needs
- Develop safety plans to help families mitigate child protection concerns
- Abide by Ministry Standards, comply with the Child and Family Services Act, and follow agency Policies and Procedures while maintaining a high caseload

Changing Ways**May 2019-January 2020**

- Facilitate a 17 week Caring Dads program specialized for men who have abused, neglected, or exposed their children to domestic violence
- Work with men on a one-on-one basis to support their needs and challenges as a father
- Teach about the developmental stages of children and parenting skills
- Write final reports relating each man's progress and accomplishments
- Connect with Probation Officers to provide updates relating to their clients

Private Practice, Dr. I. Nowicki**February-April 2016**

- Maintained client files and confidentiality
- Interacted with clients over the phone and in person answering general inquiries, scheduling appointments, and verifying OHIP health cards
- Gathered information during initial assessment
- Accurately and professionally transcribed psychiatrist and client sessions

London Methadone Clinic, 2312 Wharncliffe Rd S, London, ON**2011-2014**

- Performed urine drug testing on the methadone patients
- Informed patients of the clinic policies, regulations, and processes of the methadone clinic
- Educated about Methadone through a Methadone Maintenance Treatment Program Conference in 2012
- Observed sessions between doctors and their patients

EDUCATION**Laurentian University: Cum Laude Graduate****Graduated 2016**

Honours Degree in Social Work

Elgin-Oxford Legal Clinic, Practicum**April-July 2015**

- Performed assessments with clients and assisted individuals with legal matters
- Provided assistance to clients when completing their Ontario Disability Support Program application and with the denial process of the Ontario Disability Support Program and Canadian Pension Plan Disability Benefit

PROFESSIONAL DEVELOPMENT**Solution Focused Therapy****September 2023**

Completed through the Association for Psychological Therapies

Cognitive Behavioural Therapy Intensive Training Course**August 2023**

Completed through PESI Inc.

DBT Essentials Training**October 2022**

Completed through the Association for Psychological Therapies

Working with High Risk Infants and Their Families**June 2019**

Completed through the Ontario Association of Children's Aid Societies

Addressing Violence Perpetrating in Men and Fathers Completed through Family and Children's Services of St. Thomas and Elgin	May 2019
Caring Dads Completed and Certified through Changing Ways	May 2019
Trauma Training Completed through Vanier Children's Services	March 2019
Anti-Oppression Developmental Session for Child Welfare Staff Completed through the Ontario Association of Children's Aid Societies	June 2018
Human Trafficking Awareness Completed through Anova	March 2018
Signs of Physical and Sexual Abuse Completed through Family and Children's Services of St. Thomas and Elgin	February 2018
Drug Identification and Education Completed through Family and Children's Services of St. Thomas and Elgin	January 2018
Ontario Association of Children's Aid Societies New Worker Training Completed and certified Child Protection Worker	September 2016

REFERENCES

Available upon request.