

ALI WOODS

CYC., BSW., RSW., MA., RP (Qualifying)

1460 Beaverbrook Ave, 406
London, ON
(519) 694-3735
aliross_95@outlook.com

PROFESSIONAL SUMMARY

Registered Social Worker and Psychotherapist with extensive experience working with adolescents and young adults facing a range of mental health challenges, including anxiety, depression, trauma, and relationship difficulties. Expertise in Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Internal Family Systems (IFS), and Acceptance and Commitment Therapy (ACT). Passionate about helping clients through life transitions, building rapport, and fostering emotional growth. Additionally, I'm the author of *It's What's On The Inside That Matters*, designed to guide individuals through their therapy journey by offering structured prompts for goal setting, self-reflection, and pre- and post-session check-ins. It encourages users to track their progress, explore their emotions, and deepen their understanding of the therapeutic process.

EXPERIENCE

Better Life Therapy, London, ON
Social Worker / Psychotherapist

JUNE 2022 - PRESENT

- Provided evidence-based therapy, including CBT, DBT, ACT, and IFS, to clients dealing with anxiety, depression, trauma, and relationship challenges.
- Facilitated individual and group therapy sessions for youth and adults, promoting emotional regulation, self-awareness, and coping strategies.
- Built strong therapeutic relationships with clients, fostering a safe, supportive, and non-judgmental environment for self-exploration and healing.
- Conducted intake assessments, including risk and safety evaluations, to determine the most appropriate interventions for clients.
- Utilized trauma-informed care practices to support clients with histories of childhood abuse, bullying, and other adverse experiences.

PROFESSIONAL AFFILIATIONS

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

Registered Psychotherapist (Qualifying)
College of Registered Psychotherapists in Ontario

PROFESSIONAL DEVELOPMENT

Sue Johnson's Emotionally Focused Therapy for Couples, 2022

Internal Family Systems Therapy Training with PESI, 2023

Acceptance and Commitment Therapy Training, 2021

Karen Young Narrative Therapy in Brief Modalities, 2021

Signs of Safety Training, 2020

SOCIAL LINKS

LinkedIn
<https://www.linkedin.com/in/aliwoodstherapy/>

Website
www.bloomintowellness.ca

Instagram
@therapywithali_

Tik Tok
@therapywithali_

Kids Zen, St. Thomas, ON
Social Worker / Psychotherapist

JUNE 2022 - PRESENT

- Integrated creative interventions such as art, games, and role-playing to engage younger clients in therapy.
- Provided psychoeducation to clients and families on mental health, coping skills, and the impact of trauma on development and relationships.
- Co-facilitated group therapy programs for kids focusing on emotional regulation and interpersonal effectiveness.
- Advocated for clients' needs within multidisciplinary teams and coordinated care with other healthcare providers, schools, and community services.
- Conducted intake assessments, including risk and safety evaluations, to determine the most appropriate interventions for clients.

Wellkin, St. Thomas, ON
Clinical Youth Therapist

MARCH 2021 - JUNE 2022

- Conducted comprehensive intake screenings to assess risk factors, mental health concerns, and therapeutic needs for youth and their families, creating individualized treatment plans.
- Provided crisis response interventions for suicidal and high-risk youth, ensuring immediate safety through risk assessments, safety planning, and referrals to appropriate services.
- Delivered brief therapy sessions using evidence-based practices like CBT, DBT, and ACT, helping youth develop coping skills and manage emotional distress in short-term interventions.
- Co-facilitated Dialectical Behavior Therapy (DBT) groups for adolescents and parents, teaching emotional regulation, distress tolerance, and interpersonal effectiveness skills.
- Collaborated with multidisciplinary teams, including schools and healthcare providers, to ensure comprehensive support for high-risk youth and their families, ensuring continuity of care.

Huron-Perth Children's Aid Society, Goderich, ON
Child Protection Worker

MAY 2020 - MARCH 2021

- Managed a caseload of 20+ families providing support and intervention for families experiencing mental health issues, domestic violence, substance abuse, and child development challenges.
- Developed and implemented safety and case plans with families, setting both short- and long-term goals to reduce risk and promote stability.
- Conducted home visits and in-depth assessments to identify

potential risks and ensure compliance with the Child Youth and Family Services Act.

- Facilitated referrals to community resources such as counseling, addiction services, and parenting programs to strengthen family support systems.
- Participated in multidisciplinary team meetings to review case progress and adjust intervention plans based on family needs and risk levels.

EDUCATION

Yorkville University, Fredericton, New Brunswick
Master of Arts in Counselling Psychology

JANUARY 2021 - APRIL 2023

Wilfrid Laurier University, Brantford, Ontario
Bachelor of Social Work

SEPTEMBER 2017 - MARCH 2020

Fanshawe College, London, Ontario
Child and Youth Worker

SEPTEMBER 2014 - APRIL 2017

PUBLICATIONS

It's What's On The Inside That Matters

It's What's On The Inside That Matters is a comprehensive therapy journal designed to support individuals attending therapy. It helps users clarify their goals, engage in pre- and post-session reflections, and track progress over time. The journal includes guided prompts and resources to encourage self-awareness, healing, and personal growth, making it a valuable tool for anyone seeking to enhance their therapeutic journey. Now available through major retailers like Amazon, Indigo, and Barnes & Noble.