

DR. KARMA GUINDON, MSW, PhD, RSW, CCFT
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CURRENT POSITION

Social Worker and Certified Couple & Family Therapist, private psychotherapy, consultation, and education practice with offices in Caledon and Newmarket, Ontario

ACADEMIC BACKGROUND AND TRAINING

- **Doctor of Philosophy**, Social Work, Wilfrid Laurier University, 2018
 - Dissertation Advisor: Marshall Fine
 - Committee members: Dr. Gus Hill, Dr. Tom O'Conner, Timothy Leduc
 - Dissertation title: *Ecological Ethics for Social Work Therapy Practice*
- **Certification for Marriage and Family Therapy** designation, Couple and Family Therapy Program, Office of Open Learning, University of Guelph and Ontario Association for Marriage and Family Therapy, 2009
 - Supervisors: Judy Myers Avis and Pam Santon
- **Master of Social Work**, University of Toronto, 2001
 - Integrative research paper title: Vicarious Trauma and Professional Practice
- **Honours Bachelor of Science**, University of Toronto, Specialist: Psychology, 1993
 - Thesis supervisor: Sheri Soroka, Family Court Clinic, Clark Institute of Psychiatry
 - Thesis title: *Maternal vs. Child Perceptions of Motivation for Child Firesetting Behaviour*

CERTIFICATIONS AND INTENSIVE TRAININGS

- **DBR Approved Practitioner** – Dr. Tina Shrigley (DBR Consultant) – in progress
- **Alexander Technique Interweaves to enhance the DBT Process** – Martine Warner – September, 2024
- **DBR Levels 1, 2, 3** – Frank Corrigan, October 2022 & December 2023
- **EMDR Certification** - EMDRIA and EMDR Canada, June 2021
- **Relational Life Therapy Levels 1, 2, 3, and 40 hours of supervision** -Terry Real and Kim Ploussard, 2019-2021
- **EMDR Basic Training Levels 1 & 2** – Roy Kiessling (Leading Edge), August 2019
- **CIDP Approved Trainer** – Roy Kiessling (EMDR Consulting), January 2020
- **Clinical Social Work Supervision** – Jane Matheson (University of Calgary), November 2018, 20 hours,
- **DBT Advanced Intensive** – Kelly Koerner & Charlie Swenson (CAMH), December 2013, 32 hours
- **Narrative Therapy Intensive Training** – Judy Myers Avis (University of Guelph) October 2006, 32 hours
- **Narrative Therapy Case Supervision** – Judy Myers Avis, 2006 - 2009 – 100 hours

- **Interpersonal Psychotherapy Training Institute** - Paula Ravitz (CAMH), May 2002, 32 hours
- **Interpersonal Therapy Case Supervision** - Cindy Goodman Stulberg, 2003, 18 hours

PROFESSIONAL EXPERIENCE

- **Social Worker/Psychotherapist**, Child and Family Clinic, Southlake Regional Health Centre, Newmarket, Ontario, 2001-2014
- **Family and Systems Specialist** for York Region agencies, York Region Centralized Consultation and Assessment Service, York Region, Ontario, 2007-2008
- **Social Worker/Psychotherapist** Mental Health Services for York Region, Newmarket, Ontario, 2001-2004
- **Child and Youth Worker**, Eating Disorder Program, Southlake Regional Health Centre, Newmarket, Ontario, 1998-2001
- **Group Therapist and Supervisor**, York Region Abuse Program, Newmarket, Ontario, 1994-2001
- **Social Work Intern**, Delisle Youth Services, Toronto, Ontario, 2000-2001
- **Social Work Intern**, Child and Family Clinic and Eating Disorder Program, Southlake Regional Health Centre, Newmarket, Ontario, 2000
- **Group Therapist**, North York Women's Centre, North York, Ontario, 1996
- **Group Therapist**, Women's Sexual Assault Helpline, Newmarket, Ontario, 1996
- **Group Therapist**, Aim for Change Women's Centre, Aurora, Ontario, 1994-1995
- **Child-Parent Worker**, Vaughan Neighbourhood Support Centre, Vaughan, Ontario, 1993
- **Group Home Worker and Day Camp Counsellor**, Children's Aid Society of York Region, Newmarket, Ontario, 1990-1993
- **Resource Assistant**, Kingston AIDS Project, Kingston, Ontario, 1989

TEACHING AND SUPERVISION

- **Lecturer**, De Souza Institute, University Health Network, Winter 2016
 - Course: *Interprofessional Psychosocial Oncology: Introduction to Theory and Practice*
- **Lecturer**, University of Waterloo, School of Social Work, Fall 2015

- Course: *Relational Processes with Families in Oncology and Palliative Care*
- **Instructor**, Wilfrid Laurier University Faculty of Social Work Professional Development program, October 2013 and April 2015
 - Course: *Introduction to Dialectical Behaviour Therapy*
- **Lecturer**, Wilfrid Laurier University, Kitchener Ontario, Fall 2012
 - Course: *Use of Self, SK621*
- **Teaching Assistant**, Canadian Association of Psychosocial Oncology and Wilfrid Laurier University, Fall 2011 and Winter 2013
 - Course: *Interprofessional Psychosocial Oncology: Introduction to Theory and Practice*
- **Teaching Assistant**, Wilfrid Laurier University, Kitchener, Ontario, Fall 2009
 - Course: *Social Work Practice with Individuals* using Problem Based Learning model with Master of Social Work degree students
- **MSW Field Supervisor**, Faculty of Social Work, University of Toronto, Toronto, Ontario, 2008-2009
- **Instructor**, Social Service Worker Program, Seneca College of Applied Arts and Technology, King City, Ontario, Courses: *Group Dynamics, Field Work Seminar I, Field Work Seminar II, Field Practice*, 2006-2008
- **Instructor**, Sir Sanford Fleming College, Peterborough, Ontario, Courses: *Introductory Psychology, Abnormal Psychology*, 1998

ACADEMIC HONOURS AND AWARDS

A. External Scholarships

- Ontario Graduate Scholarship, Ministry of Training, Colleges and Universities (\$30,000), 2011-2012

B. Internal Scholarships

- Graduate Travel and Research Award, Wilfrid Laurier University (\$1,000), 2012

C. Academic Awards

- Social Sciences and Humanities Research Council of Canada (Recommended but not funded), 2012-2013
- Social Sciences and Humanities Research Council of Canada (Recommended but not funded), 2011-2012
- Graduation with High Distinction, University of Toronto, 1993

D. Academic Appointments

- Special Member of Graduate Faculty, Wilfrid Laurier University, November 2012

RESEARCH EXPERIENCE

- **Research Assistant**, Wilfrid Laurier University, Faculty of Social Work, Kitchener, Ontario and Dalhousie, University, Faculty of Social Work, Halifax, Nova Scotia, 2009-present
 - Ethics in Social Work Practice
- **Co-researcher**, Southlake Regional Health Centre, Newmarket, Ontario and The Provincial Centre of Excellence for Child and Youth Mental Health, Ottawa, 2010-2011
 - Program Evaluation of a Child, Youth, and Family Psychotherapy Service Addressing Complex Mental Health Needs within Multi-Stressed Families
- **Researcher**, Group therapy program at Child & Family Clinic, Southlake Regional Health Centre, Newmarket, Ontario 2007-2009
 - Effectiveness of Narrative Group Therapy for Children Experiencing Worry
- **Research Assistant**, Eating Disorder Program, Southlake Regional Health Centre, Newmarket, Ontario, 1997-1998
 - Comparing the Effectiveness of Cognitive Behaviour Group Therapy and Interpersonal Group Therapy for Adolescents with Anorexia Nervosa and Bulimia Nervosa
- **Research Coordinator**, Heart Action York Region, Newmarket, Ontario, 1994-1997
 - Outcomes of Heart Health Outreach Initiatives on Community Perceptions of the Benefits of Healthy Eating, Physical Activity, and Smoking Cessation
- **Research Coordinator**, York Region Abuse Program, Newmarket, Ontario, 1993-1994
 - Effectiveness of Group Therapy for Adult Women Survivors of Sexual Abuse

PEER-REVIEWED RESEARCH GRANTS RECEIVED

- **Implementation Grant**, *The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO*, 2010, \$30,000 received, with Robin Mitchell
- **Capacity Building Grant**, *The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO*, 2009, \$10,000 received, with Robin Mitchell

PROFESSIONAL PUBLICATIONS

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- Sheri Van Dijk and **Karma Guindon**. (January 2010). *The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings*. CA: New Harbinger Press.
 - Chapters I wrote addressed relationships, mindfulness, self-esteem, substance use, motivation, and reflexive awareness integrating a variety of therapeutic models including Dialectical Behaviour Therapy, Narrative Therapy, Solution Focussed Therapy, Interpersonal Therapy, and Stages of Change.

PRESENTATIONS AND PUBLICATIONS

Refereed Conference Presentations

- **Karma Guindon** “Ecological ethics for social work therapy practice”, paper presented at The 88th Congress of the Humanities and Social Sciences, Vancouver, British Columbia, June 2019
- **Karma Guindon** “Ecological ethics for contemporary social work”, paper presented at 50th Societas Ethica Annual Conference: Climate Change, Sustainability and an Ethics of an Open Future, Soesterberg, Netherlands, August 2013
- **Karma Guindon** “Resistance and Possibility: Alternative Discourses for Progressive Practice in Healthcare”, paper presented at 5th *In Sickness & In Health International Conference - From the Margins: Radical Thoughts for Health Practices and Research*; Montreal, Quebec, July 2013.
- Robin Mitchell and **Karma Guindon** “Exploring Integration: What Does Integrative Psychotherapy in a Hospital-Based Children’s Mental Health Setting Really Look Like?”, poster presented at 66th *Ontario Psychological Association Annual Convention*; Toronto, Ontario, February 2013
- **Karma Guindon** “Relational Ethics for Relationship Therapists: An Expanded Ethical Vocabulary for Contemporary Practice”, paper presented at *Ontario Association for Marriage and Family Therapy Conference – Navigating Change: RMFTs in a New Landscape*; Toronto, Ontario, November 2012
- **Karma Guindon** “Expanding Our Ethical Vocabulary: A Discussion of Ethical Approaches to Professional Ethics and their Possibilities for Everyday Practice”, paper presented at *Winds of Change Conference 5 – Conversations on the Margins Therapeutic Change, Social Change, Social Justice*; Ottawa, Ontario, June 2012
- Robin Mitchell and **Karma Guindon** “Evaluation of a Child, Youth, and Family Psychotherapy Service Addressing Complex Mental Health Needs within Multi-Stressed Families: Development, Implementation, and Preliminary Findings”, poster presented at *The Canadian Psychological Association's 72nd Annual Convention*; Toronto, Ontario, June 2-4, 2011

- **Karma Guindon** “Social Work Ethics: Creating Space for an Alternative Discourse in Professional Ethics”, paper presented at *Unsettling Feminisms Conference*; Chicago, Illinois, May 22-24, 2011
- **Karma Guindon** “A Narrative Therapy Group for Children at a hospital based children’s mental health programme”, paper presented at *Narrative Matters 2010 International Conference*, Centre for Multidisciplinary Research on Narrative, St Thomas University; Fredericton, New Brunswick, May 20-23, 2010
- **Karma Guindon** and Robin Mitchell “A 4-week, Post-Modern Psycho-Education Group for Parents”, poster presented at *Children’s Mental Health Ontario Conference*; Toronto Ontario, November 21, 2008

Guest Lectures

- **Karma Guindon** “Narrative Therapy and Social Constructionism”, presented to Master of Social Work degree students, Wilfrid Laurier University, Kitchener, Ontario, October 30, 2012. Instructor: Michelle Skop-Dror. Course Title: SK500, Human Development in Context
- **Karma Guindon** “Use of Self in Practice with Children and Families”, presented to Master of Social Work Degree students, Wilfrid Laurier University, Kitchener, Ontario, November 15, 2010, Prof. Marshall Fine. Course Title: SK621, Use of Self
- **Karma Guindon** “The Gottman Approach to Couple Therapy”, presented to Master of Social Work degree students, Wilfrid Laurier University, Kitchener, Ontario, February 22, 2010 and Jan 25, 2011, Prof. Marshall Fine
- **Karma Guindon** “Suicide Prevention”, presented to parents at Country Day School, King City, ON on behalf of Canadian Mental Health Association, February 2002

Non-Refereed Presentations

- **Karma Guindon** “Moral Responsibility, Ways of Being, and Relational Ethics for the Caring Professions”, presented to community and academic professionals, Kitchener, Ontario, November 24, 2010
- **Karma Guindon** “Narrative Therapy and Postmodernism: Hope and Possibility for Clients and Therapists”, presented to mental health professionals at Southlake Regional Health Centre, May 20 and June 3, 2009
- **Karma Guindon** “Narrative Therapy and Postmodernism: Complexity Practice with Children and Families”, presented to York Region mental health professionals. September 16, 2008
- **Karma Guindon** and Robin Mitchell “Multidisciplinary Approaches to Family Therapy”, presented to graduating students at King City High School, May 14, 2008

- **Karma Guindon** “Narrative Therapy and Metaframeworks in Family Therapy: An Integrative Approach”, presented to mental health professionals at Southlake Regional Health Centre, May 21, 2008
- **Karma Guindon** and Robin Mitchell “Creativity and Hope in Long Term Systemic Therapy”, presented to mental health professionals at Southlake Regional Health Centre, March 26, 2008
- **Karma Guindon** and Judith Hoornweg “Play Therapy Strategies with Children”, presented to Adolescent Inpatient Mental Health unit staff at Southlake Regional Health Centre, November 9, 2007
- **Karma Guindon** “Questions as Intervention”, presented to mental health professionals at Southlake Regional Health Centre, May 2007
- **Karma Guindon** “Dialectical Behaviour Therapy”, presented to mental health professionals at Southlake Regional Health Centre, April 2002

PROFESSIONAL TRAINING AND WORKSHOPS ATTENDED

2025

- Deep Brain Reorienting Inaugural Conference
- Post Level 1 and Level 2 DBR Training: Translating Theory Into Practice – Dr. Jessica Christie-Sands and Maxine Sherrell (DBR Trainings)
- Utilization of EMDR Therapy with Grief and Mourning – Roger Solomon (EMDRIA)
- EMDR Therapy with Children and Teens via Telehealth – Jackie Flynn (EMDRIA)
- EMDR Therapy and Sexual Health Symposium: Let's Keep Talking About Sex - EMDRIA

2024

- DBR-AT Somatic Body Based Interweave Training – Martin Warner and Frank Corrigan (DBR Institute)
- Clinical Applications of DBR for Clients with Dissociative Disorders – Tina Shrigley, Cindy Shrigley (Center for Trauma and Stress)
- SAFE – Working with Couples with EMDR– Deborah Kennard (Personal Transformation Institute)

2022

- Healing Children Through Integrating Play & Art Therapy with EMDR Therapy – Kim Johnson (EMDRIA)
- Deep Brain Reorienting Levels 1 and 2 – Dr. Frank Corrigan (DBR Institute)
- Minding the Body – Somatic Interventions for Enhancing EMDR Effectiveness – Janina Fisher (EMDR Canada)

2021

- EMDR 2.0 Techniques - Ad de Jongh & Suzy Matthijssen (EMDRIA)
- EMDR for Panic Disorder, OCD, and Specific Phobias – Ad de Jongh & Suzy Matthijssen (EMDRIA)
- Memory Reconsolidation, The Flash Technique & EMDR – Philip Mansfield (EMDRIA)
- The Two-Hand Interweave – Robin Shapiro (EMRIA)

- Phase 4 – When to Stay Out of the Way and When to Guide Processing – Andrew Leeds (EMDRIA)
- Relational Life Therapy Bootcamp – Terry Real (Relational Life Institute)

2020

- Relational Life Therapy Level 3 – Terry Real (Relational Life Institute)
- Interventions for EMDR: Therapists Helping Dysregulated, Dissociative Clients Learn to Self Soothe – Janina Fisher (DNMS Institute)

2019

- EMDR Basic Training Levels 1 & 2 – Roy Kiessling (EMDRIA and Leading Edge Seminars) – 50 hours
- Working with Emotion in Psychotherapy: The Transforming Power of Affect – Les Greenberg (Ananda Mental Health Workshops)
- Dialectical Behaviour Therapy with Adolescents and Emerging Adults – Jill Rathus (Ryerson Psychology Workshops)
- Relational Life Therapy Level 1 – Terry Real (Relational Life Institute)
- Multi-generational Trauma: Healing the Past to Heal the Present – Terry Real (Relational Life Institute)

2018

- Clinical Social Work Supervision – Jane Matheson (University of Calgary) - 20 hours
- Radically Open Dialectical Behaviour Therapy – Nicole Little (Ananda Mental Health Workshops)
- Introduction to LGBTQ and Providing Culturally Competent Clinical Services – e-learning module (Rainbow Health Ontario (<https://www.rainbowhealthontario.ca/training/>))

2013

- Getting Grounded: An Experiential Workshop for Direct Service Providers Who Work With Clients Who Are Overwhelmed, Helpless, and Scared – Michel Jones (Hincks-Dellcrest)

2011

- The Work that Reconnects: A Workshop for Therapists, Counselors and Helping Professionals - Judy Myers Avis and Sally Ludwig
- Coping with the Wired World: Internet Addiction and Adolescents – Bruce Ballon and Lisa Pont (CAMH)

2009

- The Essential Adventure of Our Time: The Great Turning – Joanna Macy (Guelph, Ontario)
- Mindfulness for Depression – Zindel Segal (Southlake Regional Health Centre)
- AAMFT Clinical Membership requirements – 200 hours of clinical supervision completed

2008

- Mindfulness and Therapy – Judy Myers Avis
- Social Work Research: Where to Begin? – Sandra Cuning (The Research Institute for Evidence-Based Social Work)

2007

- Addressing the Consequences of Trauma – Michael White (The Hincks-Dellcrest Centre)
- Positive Parenting Approach – Introductory Sessions – Pat Counter (Southlake Regional Health Centre)
- Executive Functioning in Children and Adolescents – Sarah Tuck (Southlake Regional Health Centre)

2006

- The First Summit On Emotionally Focused Therapy for Individuals, Couples, and Families, Ottawa
 - Emotion
 - EFT & Physical Illness
 - Blamer Softening
 - Attachment Based Therapy with Depressed Adolescents
 - Emotion Focussed Family Therapy
 - Four In-Session Process Skills
 - Resolution of Self Criticism Model
- No Talk Therapy for Children and Adolescents – Martha Straus (Leading Edge Seminars)

2005

- Pathways to Solutions with Changing At-Risk Adolescents - A Collaborative Systemic Family Therapy Approach – Matthew Selekman (Brief Therapy Training Centres/Hincks-Dellcrest Centre)
- Solution Oriented Brief Family Therapy with Self-Harming Adolescents -Matthew Selekman (Brief Therapy Training Centres/Hincks-Dellcrest Centre)

2004

- Concurrent Disorders - Kim T. Mueser
- Mindfulness in Therapy - Diane R. Gehart (Hincks-Dellcrest Centre)
- Mental Health, Addictions, and the Family – Jennifer Steadman & Phil Clausen
- Comprehensive Assessment & Treatment of Adolescents Who Commit Sexual Offences - James R. Worling
- Trusting the Process: Play Therapy of the Severely Traumatized Child – Nancy Riedel Bowers (Wilfred Laurier University)

2003

- Working with Angry and Conflictual Adolescents, Pre-teens, and their Families - Jerome Price (Michigan Family Institute)
- Dialectical Therapy for Borderline Personality Disorder - Shelley McMain & Lorne Korman (CAMH)
- First Episode Psychosis – April A. Collin (CAMH)
- The Hoping - Narrative Therapy Institute - David Epston (Hincks-Dellcrest Centre)
- Attachment Disorders – Harold Grossman
- PTSD and Dissociation – Elaine Porter
- The Impact of Divorce on Children - Andrea Litvak (University of Toronto)
- Nonviolent Crisis Intervention – A. Johnston (Crisis Prevention Institute)

2002

- Metaphors Be With You – Bill O’Hanlon (Leading Edge Series)
- Non-violent Crisis Intervention
- Emotionally Focused Therapy for Couples – Susan Johnson (Leading Edge Series)
- Teen Aggression: Why are Kids so Angry? - Umesh Jain
- Mental Health, Addictions, and the Family – Jennifer Steadman (York Support Services)

2001

- Expressive Arts in the Assessment and Treatment of Childhood Sexual Abuse
- Working with Suicidal Youth

- PTSD: Cognitive-Behavioural Approaches with Children and their Families – Donald Michenbaum
- Ottawa YouthNet Conference
- Creative Interventions for Troubled Children and Youth – Liana Lowenstein (Leading Edge)
- Trauma and Memory - Bessel van der Kolk
- More than an Anxiety Disorder: Co-Existing Conditions and Stressful Life Events, 2001 Psychiatry Day
- Critical Issues in Sibling Incest
- Understanding Trauma Assessment and Trauma Treatment with Children

1999

- Working with Sex-offenders
- Core Concepts in Palliative Care (40hours)

1998

- Eating Disorder Conference: Body Wise Children and Adolescents, Toronto
- Vicarious Trauma and the Helping Professional – Jennifer Steadman

1997

- Developing and Instructing Workshops for the Mature Learner
- Trauma Assessment and Play Therapy
- McMaster University Summer Institute on Gerontology

1996

- Current Youth Issues
- Self-care for Helping Professionals
- Social Services and the Asian Community
- Program Evaluation
- Fundraising for Non-profit Organizations
- Focus Group Coordination and Facilitation

1995

- Ritual Abuse - Women's Sexual Assault Helpline

PROFESSIONAL MEMBERSHIPS

- Ontario College of Social Workers and Social Service Workers – Membership#803440
- Ontario Association of Social Workers - Membership#8484
- American Association for Marriage and Family Therapy Clinical Member – Membership#112534
- Canadian Association for Social Work Education Membership#1733
- Association for Practical and Professional Ethics

PROFESSIONAL SERVICE

- Member, Annual Conference Program Committee 2014, Association for Practical and Professional Ethics, Indiana University, Bloomington, Indiana
- Invited speaker to graduating students at Humberview Secondary School, Caledon, Ontario. November 14, 2013

- Focus group facilitator, Curriculum Review Consultation Day, Faculty of Social Work, Wilfrid Laurier University, Kitchener, Ontario, Feb 14, 2013
- Chair, Mental Health Education Committee, Mental Health Department, Southlake Regional Health Centre, March 2011- August 2012
- Committee member, Unit Council for Child and Adolescent Mental Health, Southlake Regional Health Centre, September 2010 – August 2012
- Committee member, Development and Fundraising Committee, Wilfrid Laurier University, January 2011 – August 2012
- Committee member, Central West LHIN Committee, Caledon Community Services, January 2011 - January 2012
- Abstract reviewer for American Association for Marriage and Family Therapy 2009 Conference