

Emma JM. Ates

The Centre for Contemplative Creative Science
 Site: www.contemplativecreativescience.com
 Email: contemplativecreativescience@gmail.com
 Office: 416-570-1270
 Toronto, Ontario

Professional Profile

- Registered Psychotherapist, Registered Canadian Art Therapist
- Contemplative Creative Psychotherapist, founder and director CCCS
- Contemplative creative instructor and CCS training program developer
- Certified in Applied Mindfulness Meditation and Contemplative Psychotherapy
- Private practice and contract work: facilitate therapeutic and psychoeducational groups
- Technical - MS Office (Word, Excel, PowerPoint), Outlook, Photoshop, Illustrator
- First Aid & CPR training – level C/HCP
- Bilingual French and English

Education

- 2018 Contemplative Psychotherapy Certificate - Nalanda Institute - Institute of Traditional Medicine, Canada
 2017 Art Therapy Diploma (D.T.A.T.I.) - Toronto Art Therapy Institute, Canada
 2012 Applied Mindfulness Meditation & Specialization Certificate - University of Toronto SCS, Canada
 2011 Expressive Arts Therapy, Foundations Certificate - Creative Institute, Toronto, Canada
 2001 Bachelor of Arts, Fine Arts (B.F.A) - Faculty of Arts, literature, languages and humanities, France

Professional Teaching Experience

- Nov. 2020 – present Centre for Contemplative Creative Science (faculty), program developer & instructor
 April 2020 – Present Toronto Art Therapy Institute (adjunct faculty), specialized instructor
 Courses: Etegame Applied in Art Therapy; Mandala Practice for Art Therapists
 2014 – Present University of Toronto SCS (adjunct faculty), AMM specialized instructor
 Courses: Mindfulness & Art Therapy
 Oct. 2020 – Mar. 2021 Glendon York University, course facilitator
 Workshop: Cultivate Your Well-Being with Mindfulness and Compassion

Professional Therapeutic Experiences

- 2021 – Present Centre for Contemplative Creative Science (CCCS): contemplative creative psychotherapist
 2021-2017 Centre Francophone du Grand Toronto (CHC): Mental health therapist adults, couples
 2019 – Present University of Toronto SCS - AMM Certificate: Member of the advisory committee
 2016 Stonegate Community Health Center, Etobicoke: Art psychotherapy intern
 2016 Hospital for Sick Kids – all divisions: Art psychotherapy intern
 2016 Distress Centres, Toronto: Art psychotherapy intern, group co-facilitator
 2015 Rouge Valley Health System - Child & Adolescent Mental Health: Art therapy intern
 2015 Gilda's Club, Toronto: Art psychotherapy intern, group co-facilitator
 2015 Rosalie Hall, Scarborough: Art psychotherapy intern, group co-facilitator
 2015 Providence Healthcare Hospital, Scarborough: Art psychotherapy intern
 2013 Covenant House, Toronto: Volunteer group facilitation
 2012 Stonegate Community Health Center, Etobicoke: Group facilitator
 2011 Stonegate Community Health Center, Etobicoke: Group co-facilitator
 2011 Creative Work Studio St Michael's hospital: Volunteer

Professional Presentations

- 2021** **Ontario Art Therapy Association Retreat:** Keynote speaker
Compassion in Art Therapy: Watercolor of Self
- 2018** **A Mindful Society Conference, Toronto:** Speaker
From Mindfulness to Contemplative Arts Psychotherapy: The Mandala Method
- 2017** **Meditation Month @ the Hospital for Sick Children:** Speaker
Contemplative Arts Psychotherapy (CAPT) & CPT model
- 2016** **Canadian Art Therapy Association Conference:** Speaker and co-facilitator
Contemplative Arts as Anti-Oppressive Creative Practices
- 2016** **Meditation Month @ the Hospital for Sick Children:** Speaker
Mindfulness Meditation & Art Therapy.
- 2016** **A Mindful Society Conference:** Speaker and o-facilitator
Integrating Mindfulness in the Arts: Changing the Brain & Opening the Heart through Creativity

Continuing Education

- 2020** **Psychotherapy and Online Counselling – CCPA**
- 2020** **Training in Dialectical Behaviour Therapy (DBT) – Adler School**
- 2019** **Brief Narrative Therapy Training – Windz Institute Toronto**
- 2019** **Acceptance & Commitment Therapy (ACT) - Praxiscet.com**
- 2019** **Big Brush Mind (Contemplative Arts) – Retreat and Training with Barbara Bash**
- 2019** **Acceptance and Commitment Therapy I, Treating Trauma with ACT - Praxiscet.com**
- 2019** **Sexual Exploitation Training - Action Ontarienne (AOcVF)**
- 2019** **Foundations of Cybercounselling - University of Toronto SCS**
- 2018** **Shambhala Arts & Nalanda Miksang**
- 2018** **Immigrant and Refugee Mental Health online course – CAMH**
- 2018** **Mood & Mental Disorders workshop with Dr. McIntyre UofT**
- 2018** **Ontario Council of Agencies Serving Immigrants (OCASI)**
- 2017** **Compassion-Focused Therapy (CFT) - Praxiscet.com**
- 2017** **ASIST – Applied Suicide Intervention Skills Training**
- 2017** **Interpersonal Neurobiology intensive training Daniel Siegel – Sick Kids Hospital**
- 2016** **Kids’ Health Links Foundation & the Canadian Child Life Institute**
- 2016** **Sick Kids Psychology Day Education: Impact on brain and psychological development**
- 2015** **Sick Kids - Infants Mental Health Certification: IMHP Community Training Institute**
- 2008** **Shambhala Arts & Nalanda Miksang Contemplative Photography: Shambhala Meditation Center**

Professional Societies

- 2017 – Present** **CRPO** (College of Registered Psychotherapists of Ontario)
- 2016 – Present** **CATA** (Canada Art Therapy Association)
- 2016 – Present** **CCPA** (Canadian Counselling and Psychotherapy Association)
- 2016 – Present** **ACMHE** (Association for Contemplative Mind in Higher Education)

Publications

- 2017** **Contemplative Photo Therapy:** Group Intervention for Youth with Anxiety Disorders, Self-Published Amazon.