

BARBARA COLLINS MA, RP, RCAT, CTS

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EDUCATION

- Master of Arts – Spiritual Care and Psychotherapy 2017
Wilfrid Laurier University
- DTATI, Graduate level diploma in Art Therapy 2007
Toronto Art Therapy Institute

PROFESSIONAL ACCREDITATION

- Registered Psychotherapist (RP) 2015
College of Psychotherapists of Ontario
- Registered Art Therapist (RCAT) 2010
Canadian Art Therapy Association
- Clinical Trauma Specialist (CTS) 2010
The National Institute for Trauma and Loss in Children
- Clinical Supervisor Certification with CRPO 2019

REGISTERED PSYCHOTHERAPY/REGISTERED ART THERAPY EXPERIENCE 2007 – Present

Private Practice

2010 – present

Drawing From Within

- Perform duties as an independent psychotherapist in part-time private practice utilizing in person, phone and virtual platforms
- Provide short-term, goal-orientated individual clinical services to children, adolescents and adults with personal issues and complex mental health challenges
- Maintain individual records for all clients, meeting appropriate ethical standards
- Engage and maintain partnerships and strong networking with other clinical providers

Guest Lecturer

- Facilitate professional development for various School Boards focused on understanding and managing mental health in the classroom
- Facilitate team building workshops with various Social Service Agencies
- Present assessment techniques and research findings based on ongoing analysis of art therapy as an evidence-based practice at Concordia University, McMaster University, Wilfrid Laurier University, Ryerson University, Toronto Art Therapy Institute, and at professional conferences
- Present self-care workshops at conferences focused on healing from grief and loss

Supervisor

- Provide clinical supervision to art therapy students who are completing their academic and CRPO qualifications as well as registered art therapists working in the field

Kinark Child and Family Services

2007 - Present

Syl Apps Youth Centre

- Employ an anti-oppressive framework to create a safe space for youth who have experienced oppression, racism and marginalization to speak, to be heard and to be honoured
- Provide short-term, evidence-based therapeutic modalities to youth with significant mental illness, trauma, and addictions
- Utilize evidence-based interventions such as Solution-Focused Therapy, CBT, DBT, TF-CBT, Motivational Interviewing, and harm reduction
- Extensive experience in working with at-risk youth from diverse ethnicities and communities who experience complex and severe mental health issues including sexual violence, eating disorders, personality disorders, aggression/violence, self-harm, suicidal/homicidal ideation/behaviours, trauma, abuse, dual diagnosis, attachment issues, depression, anxiety, psychosis, substance use, complex family dynamics, conflict with the law and breakdown in community placements
- Facilitate evidence-based therapy groups such as: DBT skills group, Substance Use Group, Mindfulness and Anger and Aggression Replacement therapy skills group
- Provide regular, group psycho-education using art therapy interventions to youth and staff on anti-bullying and mental health awareness including diversity, healthy relationships - boundaries, emotional self-care and SMART goal setting
- Complete individual treatment plans, clinical formulations, inter-professional and mental health assessments
- Supervise art therapy students who are completing their student internship at the facility
- Research, develop and implement assessment tools that are appropriate for a high risk adolescent population measuring outcomes that validate art therapy as an evidence-based practice
- Participate in regular DBT consultation meetings, clinical rounds, and client treatment planning meetings with inter-disciplinary team
- Collaborate with internal and external community service providers, caregivers, residential Section 23 Halton District School Board, court personnel and probation services
- Develop and modify behaviour management plans to ensure clients' safety and individualized needs
- Provide crisis-management and intervene in high-risk client situations
- Assist in intensive discharge planning services for clients transitioning into the community advocating for their success