

Erin Briggs RP, DTATI - RCAT (Pending Approval)

Experience

REGISTERED PSYCHOTHERAPIST & ART THERAPIST | PRIVATE PRACTICE | HAPPY BONES OSTEOPATHY & WELLNESS

2022 to Present

- Operates as an independent psychotherapist and art therapist in part-time private practice utilizing in person, phone and virtual platforms
- Provides trauma-informed individual clinical services catering to the clients treatment needs 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 partners within the community

ART THERAPIST | YOUTHDALE TREATMENT CENTRES

2013 to Present

- Facilitates group and individual arts-based psychotherapy for children and youth experiencing crisis and/or struggling with complex mental health issues within Youthdale's inpatient crisis units, residential treatment and on an outpatient basis
- Consults with the treatment teams in terms of progress and recommendations

TEACHER | TORONTO ART THERAPY INSTITUTE

2022 to Present

Teaches graduate level students as part of the faculty of Toronto Art Therapy Institute on child and adolescent development in relation to art therapy

ART THERAPY CO-ORDINATOR | YOUTHDALE TREATMENT CENTRES

2018 to Present

- Responsible for the oversight and development of art therapy services across the agency
- Performs administrative and intake tasks related to the art therapy service
- Supervises all art therapy consultants and students at the agency

PROJECT CO-ORDINATOR | YOUTHDALE TREATMENT CENTRES

2013 to 2015

- Provided analytical, research, administrative and project management support to improve the service delivery of various programs and to facilitate strategic decision-making
- Assisted in the development of new programs throughout the agency, taking into consideration data and service requirements as mandated by the relevant funding source

ART THERAPY INTERN | YOUTHDALÉ TREATMENT CENTRES
2010 to 2013

- Facilitated group and individual arts-based psychotherapy for children and youth experiencing crisis and/or struggling with complex mental health issues within Youthdale's inpatient crisis units

ART THERAPY INTERN | EATING DISORDERS OF YORK REGION
2010

- Developed and facilitated a 16-week community-based art therapy group for people of all ages struggling with eating disorders and disordered eating.

Education

POST-GRADUATE DIPLOMA IN ART THERAPY (MASTERS EQ) | TORONTO ART THERAPY INSTITUTE
2010 to 2013

- Graduate Thesis: *The Effectiveness of Art Therapy as an Integrated Approach in an Inpatient Children's Mental Health Centre*
- Awarded the Dr. Martin A. Fischer Award in 2013 for the best thesis in the graduating year

BACHELOR OF FINE ARTS | OCAD UNIVERSITY
2006 to 2010

- Major: Drawing and Painting
- Awarded the Mrs. W.O. Forsyth Award in 2010, which is presented to one to two female painters who have shown exemplary skill in their thesis work

UNIVERSITY OF TORONTO
2004 to 2006

- Major: Life Sciences

Other Certifications

TRAUMA-INFORMED EXPRESSIVE ARTS THERAPY | TRAUMA-INFORMED PRACTICES & EXPRESSIVE ARTS THERAPY INSTITUTE | 2015

CLINICAL TRAUMATOLOGIST CERTIFICATION (IN PROGRESS) | TRAUMATOLOGY INSTITUTE | 2017 TO PRESENT

Courses Completed towards Certification

- Early Intervention Field Traumatology
- Overview of Assessment & Interventions
- Clinical Standards of Trauma Care: Attachment, Systems & Context
- Tools of Trauma: A Cognitive Behavioural Therapy Approach
- Group Approaches with Trauma Survivors
- Compassion Fatigue Specialization

Professional Memberships

REGISTERED PSYCHOTHERAPIST | COLLEGE OF REGISTERED PSYCHOTHERAPISTS OF ONTARIO

2015 to Present

- RP# 003245

REGISTERED ART THERAPIST (RCAT APPLICATION SUBMITTED - PENDING APPROVAL) | CANADIAN ART THERAPY ASSOCIATION

2013 to Present

- Registration #: 314-R-22

Workshops & Teaching

ART THERAPY WITH DIVERSE POPULATIONS | TORONTO ART THERAPY INSTITUTE

2015 to 2018

- Course educates art therapy students how art therapy can be utilized within a variety of populations through four key lectures run by art therapist working in the field
- Focused on the complexities of working with clients in a secure treatment setting and how art therapy can be adapted to the environment to maximize positive impacts for clients

BETWEEN THE LINES: ENGAGING YOUTH IN TREATMENT THROUGH ART THERAPY | YOUTHDALE TREATMENT CENTRES – SPRING CONFERENCE AND PROFESSIONAL DEVELOPMENT

2015 to Present

- Workshop focusing on the fundamental concepts of art therapy, the difficulties youth may face engaging in verbal modalities, the ways in which art therapy provides an alternative way for engagement in treatment, and how this can benefit both the youth involved and the treatment team
- This workshop is done on an ongoing basis for professional development for treatment teams throughout the agency

TRAUMA AND TRAUMA INFORMED CARE | YOUTHDALE TREATMENT CENTRES – ONGOING PROFESSIONAL DEVELOPMENT

2020 to Present

- Workshop focusing on the basic understanding of trauma, including but not limited to an overview of the physiological response and impact, how early childhood trauma impacts development and attachment, and how to recognize trauma responses in clients; and the basics of working in a trauma-informed setting, including hands-on role plays in how to engage clients in a trauma-informed manner.
- This workshop is done on an ongoing basis for professional development for treatment teams throughout the agency