

Shelley Kavanagh, Registered Psychotherapist, R.C.A.T.

Professional Experience

Clinical DBT Therapist, Centre for Mind Body Health 2015 - present

Private Practice - Under the supervision of Registered Psychologists

Psychotherapist/ Art Therapist, Youth Connections 2014 (part-time) - Present

Provide therapy services to children and youth in residential/foster care.

Professor, Humber College 2014 -2021

Teach Creative Intervention courses in the CYC degree program.

DBT Skills Group Co-Facilitator, CAMH's Borderline Personality Clinic June 2012-June 2014

Provide Dialectical Behavioural Therapy skills groups that blends cognitive and behavioural interventions with acceptance-based strategies derived from mindfulness.

Site Supervisor/Teacher, Toronto Art Therapy Institute 2009 - present

Teach weekly Peer Supervision class as well as course on Using Expressive Arts with Adolescents Who Have Committed Sexual Offences to students studying to be art therapists. Supervise students in their practicum placement, including major projects/thesis work.

Psychotherapist/ Art Therapist, Radius Child and Youth Services, 2002-present (part-time)

Provide clinical case management and direct service to clients requiring individual, family and group therapies relating to sexual abuse and trauma. Planning, evaluating and conducting psychosocial assessments of family members and their adolescents where a sexual offence has occurred as well as with children who have sexual concerning behaviours. Collaborate with outside agencies, including advocacy and community outreach.

Director of Expressive Arts Program, Toronto District School Board 1994-2021 (full and part time)

Manage an Expressive Arts Therapeutic program that engages youth from diverse cultural and socio-economic backgrounds. Individual and group sessions are issue-specific addressing themes such as transitioning from country of origin to Canada, trauma, conflict in relationships, sexual abuse, and addictions. Provide consultation and training/internship programs for educators, administrators, families and community supports. Facilitate TDSB professional development workshops for educators.

Qualifications

Graduate Masters Diploma in Art Therapy, Toronto Art Therapy Institute

Thesis: A comparative study in art therapy using a directive and non- directive approach with adolescents who have a conduct disorder Youthdale Crisis Unit, Toronto

Bachelor of Arts, York University

Additional Training

DBT for PTSD Advanced , Martin Bohus (2022)

DBT for PTSD , Martin Bohus (2019)

Exposure Therapy Training online course, Behavioural Tech. Research (2012)

Dialectical Behaviour Therapy, Parts 1 and 2, Shelley McMain Oshawa and Toronto (2011)

Cultural Proficiency, Tools for Tolerance Museum, Los Angeles (2008)

Trauma Focused Cognitive Behavioural Therapy, Cohen, Mannarino and Ester Deblinger, Toronto (2007)

Sexual Behaviour Problems, Barbara Bonner, Toronto (2007)

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Facilitated Workshops and Presentations

- Contributing author, DBT-Informed Art Therapy in Practice; Skillful Means in Action. Edited by Susan Clark, Jessica Kingsley Publishers (June 2021)
- Webinar for Boost: Clay Based DBT and Sensorimotor Approaches for Transforming Interpersonal Trauma (2020)
- NYC Expressive Arts Conference: Clay -Based DBT and Sensorimotor Approaches for Transforming Gender-Based Trauma (2019)
- Trauma Informed Practices and Creative Interventions Training, New Brunswick Nov.2018

- NYC Expressive Arts Conference. DBT and Sensorimotor Approaches in The Use of Clay in Trauma Therapy Nov.2019
- Honoring Sheros, Gardiner Museum June 2018
- Finding Balance in a Topsey Turvey World Gardiner Museum June 2017
- Firing Silence; Moulding Change, Gardiner Museum June 2016
- CATA Conference: Art Therapy & Anti-Oppressive Practices October 2016
- Forging New Paths. Gardiner Museum 2015
- International Conference and Summit on Violence, Abuse and Trauma (IVAT): Children and Youth Inform the Public about the Impacts of Sexual Abuse through Art and Activism San Diego, CA 2014
- 160 Girls Exhibit/The Equality Effect, Gardiner Museum 2014
- The Continuum of Services for Adolescents Who Have Sexually Offended: Promoting Healthy Outcomes, Through Innovative Services 2013
- 160 Girls Exhibit, Gardiner Museum 2012
- Half the Sky Exhibit, Gardiner Museum 2011
- Stepping Into Connection: Mapping Our Way Home Through the Arts: Ministry of Community & Social Services, Training for Victim Assault Workers 2011
- Expressive Arts Series: A Mind-body Trauma Intervention / Expand Your Tool Kit - How To Integrate Expressive Arts Into Your Practice/ Using Expressive Arts to Engage Youth Labelled 'Hard to Serve': Safeguard Training, 2010/11
- Stepping into Connection: Mapping Our Way Home through the Arts. BOOST, 2010
- Tree of Life Exhibit, Gardiner Museum 2009
- Migrating From Compassion Fatigue to Compassion Vitality, Caledon Community Services 2009
- Addressing Youth Victimization through Expressive Arts, Caledon Community Services 2008
- Hope Street Poets Poetry project with The Canadian League of Poets, Richview Library 2007
- Building Bridges – Ceramic Project with Adolescent Females Who Have Experienced Sexual Abuse, Gardiner Museum 2006, 2005
- Using Expressive Arts with Childhood Victims of Sexual Abuse, Etobicoke Children's Centre 2004
- Engaging Hard-to-Serve Youth, Rapport Youth Services 2003
- Using Expressive Arts and Metaphors as Treatment and Assessment Tools in Working with Children, Adolescents and Mothers Who Have Been Exposed to Woman Abuse, Victim Services of Peel 2002
- Expressive Arts and Metaphors: Tools to Assess and Treat Children Who Witness Woman Abuse, Safeguards Training 2001
- Assessment and Treatment of Childhood Sexual Abuse with Children and Youth, Six Nations Child and Family Services 2001
- Secondary Traumatic Stress: Helping the Helpers, Six Nations Child and Family Services 2001
- Sharing Without Talking: An Expressive Arts Approach in the Assessment and Treatment of Childhood Sexual Abuse with Children and Youth, Safeguards Training 2000
- Expressive Arts Therapy: Creativity That Works with Anti-Social Behaviours, Safeguards Training 1999-2000
- Expressive Arts Strategies as a Primary Tool to Promote Resiliency and Protective Factors with Children and Youth, Six Nations Child and Family Services 2000
- Expressive Arts with Adolescents: How the Arts Can Be Used in Addressing Violence in a Non-Violent Way, Leave Out Violence Conference, Toronto 1999
- Reaching Out – The Healing Powers of Expressive Arts with Students at Risk, The Ontario Alternative Education Association fall conference, Alliston, ON 1997

- Integrating Students with Special Needs with Basic Level Learners - All Have Experienced Sexual Abuse, Old City Hall, Toronto 1996
- Art As a Therapeutic Tool in Healing, Toronto District School Board of Education 1995
- The Impact of Secondary Trauma on Volunteer Staff, The York Region Abuse Program 1995

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