

Dr. Karen Massey

Professional Resume, Registered Counselling Psychologist

Emergo Counselling Services

www.emergo.ca

Education

Ph.D. Educational Psychology, Counselling, University of Alberta. Dissertation titled "How Helping Professionals Learn about Hope."

Master of Education, Counselling Psychology, University of Alberta. Research in Hope.

Bachelor of Arts, Psychology, University of Calgary

I also have three incomplete degrees.

Bachelor of Commerce, University of Calgary, incomplete because I relocated to Ottawa.

Masters in Public Administration, Carleton University, Ottawa, incomplete because I relocated to Edmonton.

Masters in Adult Education in Adult Learning, incomplete because I was accepted into a Masters in Counselling Psychology, University of Alberta.

Publications

2007 to 2009 wrote a monthly newspaper article about a psychological issue

2000 Terminally ill need all options available. Edmonton Journal, Nov. 2, A15.

1998 Hope in the Helping Relationship. Hope Foundation of Alberta, Edmonton.

1998 Clients' Hope after Counselling. Hope News, 11, 3, Hope Foundation.

Presentations & Teaching Seminars

2006 "Finding your Hope" Banded Peak Middle School, Alberta.

2003 Hope in the Helping Relationship. Hope Foundation of Alberta, Edmonton.

2001 Hope as a transpersonal concept. Transpersonal Interest Group, Edmonton.

2001 Students' hope at the end of counselling. Student Counselling Services, Edmonton, Alberta.

1999 Students' hope in counselling. Canadian Guidance and Counselling Association Annual Conference, Calgary

Planned and delivered many presentations, training sessions and conferences in large organizations as a Human Resources Manager/Specialist.

Professional Experience

2005- to present Private practise, Registered Counselling Psychologist

2004 Calgary Orion Health Pain Clinic, Counselling and Educational Assessments

2003 The Family Centre, Edmonton. Parenting, teenage and children's assessments for Child Welfare.

2001 Millard Health Pain Clinic, Edmonton, Counselling and Educational Assessments.



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1999 Family Community Support Services, Leduc, Counselling individuals, couples and families
1997-2002 University of Alberta, Counselling individuals, couples and families
1997-2002 University of Alberta, practicum placements at The Cross Cancer Institute, Alberta Hospital, and the University of Alberta's Student Counselling Services.
1999-2001 University of Alberta, Teaching Assistant for the Family Counselling Course. Seminar leader for Introductory Educational Psychology Courses.
1972-1997 Human Resources Manager and Human Resources Consultant for large organizations serving locations throughout Alberta and across Canada.

Awards

Hope Research Scholarship, **2000**
Dr. Herbert Goba Scholarship, **2000**
Hope Research Scholarship, **1998**

Memberships

Psychologists' Association of Alberta
College of Alberta Psychologists'
Alberta Clinical Hypnosis Society
C. G. Jung Society of Calgary
Canadian EMDR Association
American EMDR Association

Volunteer Experience

2020- current Alberta Mental Health Advocacy Coalition (AMHAC)

2014-current Leadership roles in Redwood Meadows Concerned Owners Group, then into Don't Dam Springbank, then name changed to Elbow River Sustainability Alliance, then name changed to Springbank Concerned Landowners Group (SCLG)

2012-present Host & Assist in Systemic Family Constellation groups facilitated by Dr. Shannon Zaychuk

2006-2010 Host weekly yoga sessions

2006-2011 Host special community events such as David Hickey's Crystal Bowls/Tibetan Gongs, and Drumming

2006 Assist with the Springbank High School Challenge Days for students

2005-2007 Assistant Soccer Coach

2001-2004 As a Reiki Master, Assist in Level I and II Reiki Training for groups.

1998-2002 Coordinator, Edmonton Transpersonal Psychology Interest Group.

1994-1996 President, Board of Directors, Canada Place Child Care Society

1983-1990 Achieved highest designation of Distinguished Toastmaster. Founded the Confidence Builders Toastmaster Club.

Additional Training

2021 Trauma Focused, EMDR-Integrated Approaches to Complex Trauma, Schizophrenia, and Psychoses, Dr. Paul Miller, MD, Northern Ireland

2021 Treating Insomnia with EMDR Therapy, Dr. Steven Marcus



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- 2020 Treating Preverbal Trauma in Infants, Children and Adults with EMDR, Arianne Struik
- 2019 Attachment-Focused EMDR: Healing Developmental Deficits and Adults Abused as Children, Dr. Laurel Parnell
- 2019 Trauma & PTSD in First Responders, Dr. Meghan McElheran
- 2019 Spiritual Journey to Southern England/King Arthur's Castle with Elizabeth Heartstar
- 2019 Sex, Intimacy & Addition in the Digital Age, Robert Weiss
- 2018 Spiritual journey to Ireland and Southern England, Elizabeth Heartstar
- 2018 Infrared Inlight training for health
- 2018 EMDR R-TEP, Dr. Judy Moench
- 2018 Relationship building, Berthold Ulsamer
- 2017 Finding your Sacred Gifts
- 2016 Utilizing Ideomotor Techniques in Hypnotherapy to Promote rapid Healing, Dr. Dabney Ewin
- 2016 Emotionally Focused Couple Therapy (EFT) with Sue Johnson
- 2015 Anger & Rage training, Dr. Ronald Potter-Effron
- 2015 Dan Siegel training
- 2015 Clinical Hypnosis Annual Training
- 2015 EMDR Annual Conference, Vancouver
- 2014** 10 Best Ever Anxiety & Depression Management Techniques
- 2014** Thomas Moore "The Tradition of Natural Magic."
- 2014** Thomas Moore "A Religion of One's Own."
- 2014** Innovations in Trauma Therapy, on line training with 12 experts in trauma, eg. Dr. Bessel van der Kolk, Dr. Peter Levine.
- 2013** Advanced Clinical Applications with the DSM 5, Dr. Michael Zwiers.
- 2013** DSM 5: Changes and Implications for Practice, Dr. Michael Zwiers.
- 2013** 2013 EMDR Canada Conference "Integrating Brain and Body"
- 2013** Engaging Traumatized Clients who Avoid Attachment, Closeness, and Painful Feelings, Dr. Robert Muller.
- 2013** Dr. Michael Yapko "Treating Depression Strategically: The power of Experiential Learning in Teaching Mood Regulation Skills
- 2012** Theta Healing "Game of Life," Claudia Pitsch
- 2012** International Conference on Treating Complex Developmental Trauma Disorders: Integrating EMDR and the Theory of Structural Dissociation, Jim Knipe, Kathleen Martin, Roger Solomon, Kathy Steele, Niagara Falls, New York.
- 2012** Finding your Stillpoint: basic craniosacral therapy for stress management, Robert Harris
- 2012** Naturopathic Approaches for the Adrenal Glands and Stress, Dr. Christine Perkins
- 2012** Celebrating Men and Marriage, Alison Armstrong, PAX
- 2012** Celebrating Women: Regarding Ecstasy & Power—The Queen Workshop, Alison Armstrong's PAX
- 2012** Celebrating Men and Sex, Alison Armstrong's PAX
- 2012** Celebrating Men, Satisfying Women, Cindy Sawatzky representing Alison Armstrong's PAX
- 2011** Advanced EMDR: Reprocessing Early Trauma and Neglect, Katie O'Shea
- 2011** Celebrating Women, Understanding Men Introduction, Cindy Sawatzky representing Alison Armstrong's PAX
- 2011** Mark Wolynn & Shannon Zaychuk, Family Constellation levels 4 & 5



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2011 Body Focused Workshop, Dr. Shannon Zaychuk & Sally Devereux
2011 Theta Healing DNA 3, Vianna Stibal
2011 Theta Healing Weight Revolution, Sarah Faith Vainstein
2011 Theta Healing Manifesting & Abundance, Eric Brummet
2011 Theta Healing Diseases & Disorders (2 weeks), Eric Brummet
2010 Theta Healing Intuitive Anatomy (3 weeks), Eric Brummet
2010 Mark Wolynn & Shannon Zaychuk, Family Constellation training levels 1 to 3 (12 days)
2010 Advanced Workshop Brief Ego-State Hypnotherapy for Trauma (PTSD), Arreed Barabasz, Ciara Christensen, John Watkins
2010 New Advances in Trauma Treatment, Drs. Briere & Courtois
2010 Gottman Couples Counselling Level II
2010 Theta Healing: Accessing and healing dysfunctional core beliefs. 3 Courses- Basic, Advanced, & Empowerment & Enlightenment, Kathryn Hill
2009 Healing and Treating Addiction Problems. Drs. Gabor Mate, Claudia Black, Scott Miller
2009 Gottman Couples counselling training Level I
2009 German New Medicine, Dr. Carolyn Markowich, completed all 4 Levels
2008 Sneh Victoria Schnabel, Family Constellation training, Bellingham, Washington
2007 Bert Hellinger, Family Constellation training, Austria
2007 Mark Wolynn, Family Constellation training in Trauma
2006/07/08 Family and Human Relations Constellation, Francesca Boring
2006 Introduction to Imago, couples therapy-a new way to love, Harville Hendrix
2006 Family and Human Relations Constellation, Daan van Kampenhaus,
2006 Family and Human Relations Constellation, Francesca Boring
2006 Trauma and the Body: Integrating Cognitive and Somatic Approaches in the Treatment of Trauma, Dr. Pat Ogden, Lousage Institute, Edmonton, AB.
2005 Effective Approaches to Understanding and Treating Anxiety Disorders
2005 ADHD in Adults
2004 Dr. Doyle Gentry, Being Anger-free
2002 Emotion Focused therapy
2002 Eye Movement Desensitization Reprocessing Level 2
2001 Eye Movement Desensitization Reprocessing Level 1
2001 Voice Dialogue, Self Psychology
2001 Advanced Hypnosis, Banff AB
1999 Comprehensive Treatment of Panic Disorder
1998 Introduction to Hypnosis, Dr. Banff AB
1998 Betrayal, Trust & Forgiveness: Therapeutic Approaches, Dr. Beth Hedva, Calgary AB
1998 Transpersonal Psychology, Dr. Beth Hedva, Calgary, AB
1997 Solution focused counselling

Areas of Interest in Psychotherapy

- Helping teenagers, adults & couples create new possibilities for change in the directions they want to go.

Trauma: recognized/Tendered as an expert witness in the Alberta Provincial Court, Family and Youth Division, in Counselling Psychology in Trauma

- Couples and Relationship Therapy
- Trauma & Abuse



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- Depression,
- Anxiety, Panic Attacks, OCD,
- Anger/Emotional Pain
 - Self Esteem, Confidence Building
- Stress & relaxation

Sleep, Insomnia

- life transitions such as illness, divorce, job change, death and dying.

Interests : Hiking, snowshoeing, spirituality, Qigong, Making Hope Visible, yoga, golf,



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