

FABIOLA DE PINA-JENKINS

**M.Ed., R. Psych.
Edmonton-AB
780-718-7059
depina@gmail.com**

Professional Affiliation

College of Alberta Psychologists, reg. # 3694

Education

EMDR Basic Training AB 2015

Basic EMDR Training Therapist

Rocky Mountain Play Therapy Institute AB 2012-2014

Certificate in Sandplay (40 hours)

Certificate in Foundations of Play Therapy (75 hours)

Certificate in Advanced Theory and Techniques in Play Therapy (75 hours, in progress)

University of Saskatchewan, Saskatoon SK 2008

M.Ed. Educational Psychology, specializing in counselling psychology.

University of Saskatchewan, Saskatoon SK 2000

BA Honours in Psychology

Experience

Catholic Social Services, Edmonton AB

Clinical counselor (March 2009 – Present)

Population served: Individuals, couples, and families, addressing child, adolescent, or adult concerns.

Approach to counselling: My work with clients is strongly rooted on humanistic psychology, and therefore I bring to my work a deep respect and appreciation for the uniqueness of each individual, attuned to their many strengths, achievements, hopes and dreams. My strong background in trauma, attachment, and developmental needs enhances my work with children, adults, and families. I use an integrative approach, utilizing CBT, Narrative, Solution Focused, Mindfulness Practices, Family Systems, Gestalt, Sandplay, and Emotionally Focused Therapy. I often use creative means of expression, such as metaphors, clay, and art, to facilitate emotional and cognitive changes. My approach is suited to meet each client's individual needs and has been used to address depressive symptoms, anxiety disorders, history of trauma, relational concerns, adjustment difficulties, and loss.

In my work with children, it is imperative that guardians be involved in order to enhance treatment outcomes. Therapeutic play is used extensively in assessing and treating children and their families.

Agency involvement: Women's Shelter counselling services (2009 – present), Aboriginal Representatives Group member (2009 – 2011), St. Alphonsus School (K-9) counselling pilot program (2011 – 2013), and Solution Focused Intake Team (Sept 2011 – present). Supervision (2014 - present).

Child and Adolescent Services Association (CASA), Edmonton AB
Graduate Practicum (September 2003 – Spring 2004)

Saskatoon Sexual Assault and Information Centre, Saskatoon SK
Volunteer (October, 2000 – June, 2002)

University of Saskatchewan, Saskatoon SK
Research Assistant (1999 - 1999)

Professional Development

I am committed to my professional development and to the ethical standards of the College of Alberta Psychologist. I participate in regular case consultation with colleagues, case presentations at my agency, participation in annual training in diverse areas of counselling, and I strive to be informed of current ethical, legal, and professional issues in our Province by reading updates provided by the College of Alberta Psychologist and the Psychologist Association of Alberta. Recent professional development includes training in Critical Incident Stress Debriefing and attendance to various presentations on brain development, trauma, addictions, and attachment. At this present moment, I am working towards becoming a Registered Play Therapist.

References

Belinda Leighton: 780-819-0482
Aimee Reimer: 780-299-0898