

FABIOLA DE PINA-JENKINS

M.Ed., R. Psych.

Edmonton-AB

depinapsychology@gmail.com

Professional Affiliation

College of Alberta Psychologists, reg. # 3694

Education

EMDR Basic Training Certification, December 2015

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)

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

Creating Solutions, Edmonton AB

Private practice (September 2015 – Present)

Catholic Social Services, Edmonton AB

Clinical counselor (March 2009 – 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)

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 am a Basic EMDR Trained Therapist and use this approach with various individual clients, addressing their needs for stabilization, working through trauma, and enhancing their internal resources to achieve well-being. 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), EAP services (2009 – 2015), Aboriginal Representatives Group member (2009 – 2011), St. Alphonsus School (K-9) counselling pilot program (2011 – 2013), Solution Focused Intake Team (Sept 2011 – 2015), Collaborative Service Delivery counselling team member (2016 – present), and Group Care counselling team member (2016 – present).

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 Catholic Social Services, 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. Additional professional development includes training in Critical Incident Stress Debriefing and attendance to various presentations on brain development, trauma, addictions, and attachment.

References

References are available upon request.