

Kristina Ingram

#204, 9509 156 Street, Edmonton, Alberta T5P 4J5

W: (780) 414-0609 ext. 403 | F: 780-414-0610 | kristinaingram@shaw.ca

Professional Affiliations:

- Alberta College of Social Workers, Registered Social Worker #13800
 - Authorized to Perform the Restricted Activities of Psychosocial Interventions
 - Receiving regular supervision as part of the process to be designated as a Registered Clinical Social Worker
- Member of the Canadian Association of Social Workers
- Association of Collaborative Family Professionals (Edmonton), Registered Collaborative Professional (Divorce Coach and Family Specialist)
- Member of the International Academy of Collaborative Professionals
- Member of the Association of Family and Conciliation Courts

Education:

Masters in Social Work 2017
Specialization in Clinical Social Work
University of Calgary

Final Integrative Paper: *It's All Your Fault: Intervening in High-Conflict Separation Cases Utilizing Family Restructuring Therapy*

Bachelor of Arts 2010
Honors in Psychology
MacEwan University

Honors Thesis: *University Students' Motives for Drinking Alcohol are Related to Evening Preference, Poor Sleep, and Ways of Coping with Stress*
Supervisor: Nancy Digdon

Professional Experience:

Mental Health Clinician 2019 – Present
Edmonton Oliver Primary Care Network

- Provide general assessment of functioning and short-term therapy to clients referred by their primary care physician, presenting with a wide range of concerns, including chronic pain, depression, anxiety, addictions, and work and life stress
- Primarily use Cognitive-Behavioural Therapy, Mindfulness, and Solution-Focused Techniques

Mental Health Therapist

2018 – Present

Creating Solutions Inc.

- Provide general assessment and therapy to individuals, couples, families, and children over the age of 12
- Primary areas of work include depression, anxiety, Borderline Personality Disorder, divorce/separation, relationships issues, intimate partner violence, parenting issues, life transitions, and grief/loss
- Utilization of multiple modalities for treatment including the following:
 - Solution-Focused Techniques
 - Cognitive-Behavioural Therapy
 - Structural and Systemic Therapy
 - Strength-Based
 - Mindfulness
 - Dialectical Behaviour Therapy
 - Internal Family Systems
 - Attachment and Developmental Theories
- Divorce Coach and Family Specialist on Collaborative Family Law files
- Complete Motor Vehicle Psychological Assessments

Caseworker/Intervention Generalist

2012 – 2019

Alberta Children's Services

- Assessed whether children were in need of intervention under provincial legislation
- Partnered with families utilizing the Signs of Safety approach
- Maintained a caseload of children and youth under Permanent Guardianship Orders and other legal status files (Temporary Guardianship, Supervision Orders and Enhancement Agreements)

Correctional Service Worker

2011 – 2012

Edmonton Young Offender Center

- Assisted with implementation and delivery of the Voices program for young females
- Managed a caseload of young females, which required supporting the youths with school and recreational activities while incarcerated

Peer Reviewed Journal Publications:

Digdon, N. & Landry, K. (2013). University students' motives for drinking alcohol are related to evening preference, poor sleep, and ways of coping with stress. *Biological Rhythm Research*, 44, 1-11. doi: 10.1080/09291016.2011.632235

Peer Reviewed Conference Posters and Published Abstracts

Digdon, N. & Landry, K. (2012). University students' circadian preferences and their motives for drinking alcohol. International Society for the Study of Behavioral Development (ISSBD) Conference Proceedings. Abstract Number: P3.426.

Digdon, N., Koble, A., Pott, T., & Landry, K. (2010). Online self-help interventions for college

students' over-arousal at bedtime. *Sleep*, 33 (5, Supplement). Abstract 0220
<http://www.sleepmeeting.org/docs/default-source/attendee-documents/abstractbook2010.pdf?sfvrsn=2>

Digdon, N. & Landry, K. (2011). Sleep quality and circadian preference predict university students' drinking motives. *Sleep*, 34 (5, Supplement), Abstract 0189.
<http://www.sleepmeeting.org/docs/default-source/attendee-documents/2011abstractsupplement.pdf?sfvrsn=2>

Community Involvement:

Association of Family and Conciliation Courts	2019 – Present
• Member of the Conference Planning Committee	
Association of Collaborative Family Professionals (Edmonton)	2019 – Present
• Board of Directors member	
Momentum Walk-in Counselling	2018 – Present
• Provide single-session, solution-focused therapy to walk-in clients	
Women and Money Initiative	2016 – Present
• Member of the planning committee for Women and Money events	
Big Brother Big Sisters	2012 – Present
• Mentor a young female	
Edmonton Distress Line	2011 – 2013
• Completed an extensive 64-hour crisis intervention training course	
• Completed over 400 hours volunteering on the Edmonton Distress Line	
Chop for Cancer	2010
• Organized, planned, and executed a live auction, silent auction, raffle draws, and a live performance	
• Raised \$6000 for the Matt Cook Foundation through donations and the auction	
Christine Revell Children's Home	2006
• For a period of 8 weeks, I lived in South Africa while volunteering at a children's home	

Community Presentations:

Boundaries	June 2019
Becoming a Step-Family	April 2019
Compassion Fatigue, Vicarious Trauma, and Burnout	March 2019
Now We Are Three	January 2019
Health and Wellness	December 2018

Professional Training:

2019

- Ethics in Counselling (Informed Consent and Documentation), Dawn McBride
- Putting the Children First in High-Conflict Separation and Divorce, Association of Family and Conciliation Courts Alberta Chapter, Spring Conference, Calgary, AB
- Trauma-Informed Care, Alberta Health Services and Primary Care Network
- Not Just Alienation: Resistance, Rejection, Reintegration, and Realities of Troubled Parent-Child Relationships, Leslie Drozd, PhD and Marsha Kline Pruett, PhD, ABPP and the Association of Family and Conciliation Courts
- Nonviolent Crisis Intervention, CPI and Primary Care Network
- The Future of Family Justice: International Innovations, Association of Family and Conciliation 56th Annual Conference, Toronto, ON
- Cognitive-Behavioural Therapy for Anxiety, Becks Institute

2018

- Family Restructuring Therapy, Dr. Stephen Carter and the Association of Family and Conciliation Courts, Alberta Chapter
- An Evidence-Informed Approach to Parental Alienation, Dr. Michael Saini and the Association of Family and Conciliation Courts
- Children Who Resist Post-Separation Contact with a Parent, Association of Family and Conciliation Courts Alberta Chapter, Spring Conference, Edmonton, AB
- Considerations for Step-up Planning, When and How to Determine the Right Time, Leslie Drozd, PhD and Marsha Kline Pruett, PhD and Association of Family and Conciliation Courts
- Basic Collaborative Law, Legal Education Society of Alberta
- Essentials to Cognitive Behavioural Therapy, Becks Institute
- Working with Personality Disorders in High-Conflict, Bill Eddy and the Association of Family and Conciliation Courts
- Interest-Based Negotiations, Legal Education Society of Alberta

2017

- Suicide Intervention Training, Government of Alberta
- Signs of Safety, Children's Services (ongoing between 2013 – 2017)

2014

- Violence Threat Risk Assessment, J. Kevin Cameron with the Canadian Centre for Threat Assessment and Trauma Response

2013

- Mental Health First Aid, Mental Health Commission of Canada
- Fetal Alcohol Spectrum Disorder, Level 1 and 2, Donna Debolt
- Crucial Conversations, Vital Smarts