

# AMY CARDINAL

204, 9509-156 Street, Edmonton, AB T5P 4J5 | 780-414-0609, Ext 223 | amy1@telus.net

## EDUCATION

NorthCentral University, Prescott, AZ

**Master of Arts in Psychology** 2012  
Specializing in Gender Studies

Providence Theological Seminary, Otterburne, MB

**Master of Arts in Counseling** 2002

University of New Brunswick, Saint John, NB

**Bachelor of Arts in Psychology** 1999

## PROFESSIONAL EXPERIENCE

Creating Solutions Inc.

**Family Support Worker/Clinical Counsellor/Registered Psychologist** 2002 – present

Working with individuals, couples and families using different therapeutic models such as

- Emotion Focused Therapy
- Cognitive Behavioral Therapy
- Structural and Systemic Family Therapy
- Solution Focused and brief therapies

## PROFESSIONAL ASSOCIATIONS:

- College Of Alberta Psychologists #4839
- Alberta Society for the Promotion of Sexual Health
- Approved Aboriginal Specialist with First Nations and Inuit Branch (FNIHB)
- Canadian Psychological Association
- EFT Edmonton Community
- International Centre for Excellence in Emotion Focused Therapy
- National Referral Network of Christian Counselors for Focus on the Family (Canada)

## PROFESSIONAL TRAININGS:

BLOCK AND THE INBETWEEN STEPS- GEORGE FALLER

GREAT SEX FOR COUPLES: ATTACHMENT THEORY AND SEX THERAPY- GEORGE FALLER AND LAURIE WATSON

BRINGING ALIVE THE THERAPY IN THE ROOM-GEORGE FALLER

USING MINDFULLNESS TO CULTIVATE SECUAL DESIRE-DR. LORI BROTTTO

SHARPENING YOUR FOCUS AND GOING DEEPER IN EFT- GEORGE FALLER

EFT CORE SKILLS-GAIL PALMER, VERONICA KALLOS-LILLY, MURRAY ARMSTRONG

PORNOGRAPHY: WHAT WE NEED TO KNOW-DR. MARTY KLEIN

INDIGENOUS GENDER AND SEXUALITY-ASPSH

SEXUAL ADDICTION-ASPSH

TEACHING ABOUT HUMAN SEXUALITY-ALBERTA SOCIETY FOR THE PROMOTION OF SEXUAL HEALTH (ASPSH)

MEDIATION OF FAMILY AND DIVORCE TRAINING-LEGAL EDUCATION SOCIETY OF ALBERTA

INTEREST BASED NEGOTIATIONS--LEGAL EDUCATION SOCIETY OF ALBERTA

BASIC COLLABORTIVE- LEGAL EDUCATION SOCIETY OF ALBERTA

CHILDREN WHO RESIST POST SEPTARATION CONTACT WITH A PARENT-BARBARA FIDLER

FAMILY RESTRUCTURING THERAPY-STEPHEN CARTER AND JAMES BATEMAN

INDIGENOUS AWARENESS TRAINING-MATTHEW LARSON

ADDICTION: A MODERN PERSPICTIVE-DR. LANCE DODES

INTENSIVE SEX THERAPY TRAINING PROGRAM-CARM DESTANTIS AND PEGGY KLEINPLATZ

**PROFESSIONAL PRESENTATIONS:**

COPING WITH ANXIETY IN ANXIOUS TIMES **2021**

UNDERSTANDING THE TRANSGENDER CLIENT **2019**

KEEPING THE SPARK ALIVE **2018**

LIVING GREAT-GREAT LIVING (WORKSHOP SERIES) **2015**

**COMMUNITY INVOLVEMENT:**

EFT EDMONTON COLLEGIUM MEMBER 2021

EFT EDMONTON COMMUNITY (EDUCATION COMMITTEE) 2021

ASSOCIATION OF COLLABORATIVE DIVORCE PROFESSIONALS, (EDUCATION COMMITTEE) 2019-2020