

Kristina Ingram RCSW #20852

Creating Solutions, Inc

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Professional Regulation:

- Alberta College of Social Workers, In Good Standing
 - Registered Clinical Social Worker #20852 and Registered Social Worker #13800
 - Authorized to Perform the Restricted Activities of Psychosocial Interventions

Professional Affiliations:

- Member of the Canadian Association of Social Workers
- Member of the Association of Family and Conciliation Courts, International and Alberta Chapter
- Association of Collaborative Family Professionals (Edmonton), Registered Collaborative Professional (Divorce Coach and Family Specialist)
- Member of the International Academy of Collaborative Professionals and Collaborative Divorce Alberta Association

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:

Registered Clinical Social Worker

2018 - Present

Creating Solutions Inc.

- Provide general assessment and therapy to individuals, couples, families, and children over the age of 12 from diverse cultures
- Provide Voluntary Post-Divorce Co-Parenting Counselling to support families going through divorce and separation, including helping develop a healthy co-parenting relationship and mediate parenting agreements
- Primary areas of work include depression, anxiety, divorce/separation, relationships issues, parenting issues, life transitions, and grief/loss
- Utilize various modalities including Emotionally-Focused, Cognitive-Behavioural, Solution-Focused, Structural-Family, and Mindfulness Techniques

Registered Collaborative Professional**2018- Present**

- Divorce Coach and Family Specialist on Collaborative Family Law files

Mental Health Clinician**2019 – 2021**

Edmonton Oliver Primary Care Network

- Provide general assessment 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

Caseworker/Intervention Generalist**2012 – 2019**

Alberta Children's Services

- Assessed whether children were in need of intervention under the *Child, Youth, and Family Enhancement Act*
- Partnered with families utilizing the Signs of Safety approach
- Maintained a caseload of children and youth under Permanent Guardianship Orders
- Attended Court regularly for files under Temporary Guardianship Orders and Supervision Orders

Correctional Service Worker**2011 – 2012**

Edmonton Young Offender Center

- Managed a caseload of young females, which required supporting the youths with school, programming, and recreational activities while incarcerated

Professional Training Related to Divorce/Separation:**2018 - Present**

- Supervision with highly experienced mental health professionals in the area of divorce and separation

2021

- Alberta Court of Queen's Bench Family Law Practice Note 7 Overview and Update, Association of Family and Conciliation Courts Alberta Chapter, virtual event
- Does Diversity Matter in Family Law? Webinar, Dr. Gitu Bhatia, Hon. Gene Cheek, Hon. Kevin Duffan, and Carlton Stansbury and the Association of Family and Conciliation Courts
- Complexities of Culture in Divorce and Separation webinar, Dr. Gitu Bhatia and the Association of Family and Conciliation Courts
- The New Divorce Act is Redefining Your Practice, Association of Family and Conciliation Courts Alberta Chapter, virtual event
- Hearing without Harm: How do we Honour a Child's Voice, Association of Family and Conciliation Courts Alberta Chapter, Spring Conference, Virtual event
- When a Child Rejects a Parent: Are We Part of the Problem or the Solution? Association of Family and Conciliation Courts 58th Annual Conference, Virtual event

2020

- Protecting Children From Conflict: Family Justice in Alberta: Association of Family and Conciliation Courts Alberta Chapter, Annual Spring Conference, Edmonton, AB

2019

- Putting the Children First in High-Conflict Separation and Divorce, Association of Family and Conciliation Courts Alberta Chapter, Annual Spring Conference, Calgary, AB
- 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

- The Future of Family Justice: International Innovations, Association of Family and Conciliation Courts 56th Annual Conference, Toronto, ON
 - The Voice of the Child: International Applications – Pre-Conference Institute
 - Interdisciplinary Team Collaborative Practice, Association of Collaborative Family Professionals (Edmonton)
 - Ongoing Attendance at the AFCC AB Chapter Supper Clubs
- 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
 - 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
 - Ongoing Attendance at the AFCC AB Chapter Supper Clubs

Professional Training:

- Protecting Patients from Sexual Abuse and Misconduct, Government of Alberta
 - Intermediate level – Counselling Ethics: Writing Ethical, Useful and Efficient Session Notes, Dawn McBride
 - Emotionally Focused Therapy Core Skills, ICEEFT
 - Indigenous Awareness Certificate – Indigenous Awareness Canada
- 2021**
- Emotionally Focused Individual Therapy Level One online training, ICEEFT
 - Emotionally Focused Therapy Masterclass training series in Addictions, Grief and Loss, and Sexual Issues
 - Wisdom of the Body, Sensorimotor Psychotherapy online workshop
 - Using the DSM in Mental Health Care: From Diagnosis to Treatment Planning, online training, University of Calgary
- 2020**
- Trauma-Informed Care, Alberta Health Services and Primary Care Network
 - Intermediate Counselling Ethics: Perfecting Relational Consent and Writing Succinct Therapy Notes, Dawn McBride
 - Nonviolent Crisis Intervention, CPI and Primary Care Network
 - It's the Law: What Every Therapist Needs to Know, Robert Solomon LLB
 - Cognitive-Behavioural Therapy for Anxiety, Becks Institute
- 2019**
- Essentials to Cognitive Behavioural Therapy, Becks Institute
- 2018**
- Suicide Intervention Training, Government of Alberta
 - Signs of Safety, Children's Services (ongoing between 2013 – 2017)
- 2017**
- Five-day Culture Camp at Blue Quills First Nation University, St. Paul, Alberta
- 2015**

- Four-day Omaniwew training, University of Calgary, Edmonton **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

Community Involvement:

Association of Family and Conciliation Courts (AB)	2019 – Present
• Member of the Conference Planning Committee and Risk Management Committee	
Association of Collaborative Family Professionals (Edmonton)	2019 – Present
• Board of Directors member	
• Chair of the Interdisciplinary Committee	
Women and Money, City of Edmonton Initiative	2016 – Present
• Member of the planning committee for Women and Money events	
Big Brother Big Sisters	2012 – Present
• Mentor a young female	
Momentum Walk-in Counselling	2018 – 2019
• Provide single-session, solution-focused therapy to walk-in clients	
Edmonton Distress Line	2011 – 2013
• Completed an extensive 64-hour crisis intervention training course	
• Completed over 400 hours volunteering on the Edmonton Distress Line	

Community Presentations:

Understanding Family Dynamics and Relational Boundaries	November 2020
Maintaining a Strong Intimate Bond	September 2020
Remaining Connected in Your Relationship	June 2020
Shift Your Thinking: CBT Skills	March 2020
Responding to Upset and Challenging Clients	January 2020
Boundaries: Clarifying and Setting the Lines Between Yourself and Others	June 2019
Becoming a Step-Family	April 2019
Vicarious Trauma, Secondary Trauma Stress, Compassion Fatigue, and Burnout	March 2019
Now We Are Three: Flourishing Relationship Amidst Parenthood Challenges	January 2019
Health and Wellness for Law Professionals	December 2018 & March 2021