

Dr. Sharleen McDowall, Psy.D., C.Psych.

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Personal Profile

- Practice in Clinical and Rehabilitation Psychology with Adults and Adolescents
- Experienced and knowledgeable psychotherapist with ten years of experience providing individual and group counselling, assessment, case management, crisis intervention and advocacy skills
- Authentic, strong personal integrity, work ethic and leadership skills
- Open-minded and non-judgemental attitude; experience working with multicultural population; and committed to anti-racist and anti-oppression issues
- Strong problem solving, oral and written communication, and priority setting skills
- Excellent time management skills; ability to multi-task and work independently and as part of a team
- Enjoys learning, excellent listener, encouraging with a compassionate disposition

Education

2009	Doctorate in Clinical Psychology <i>Adler School of Professional Psychology (APA Accredited)</i>
2004	Masters in Counselling Psychology <i>Adler School of Professional Psychology</i>
1997	Bachelor of Arts Specialized Honours in Psychology <i>York University</i>

Employment Experience

Clinical Director	Oct. 03-Present
Registered Psychologist	2010 - Present
McDowall Integrative Psychology & Healthcare	
<ul style="list-style-type: none">• Provide individual, couples and family psychological treatment using an integrative therapy approach• Provide rehabilitation, treatment and assessment services to MVA (i.e. IME's), WSIB clients• Knowledge of helping individuals with a variety of emotional and psychological issues such as depression, anxiety, trauma, pain, anger management, low self-esteem and domestic violence, etc.• Provide weekly supervision and monthly group supervision to psychology practicum and intern students from university psychology programs	
Psychologist	Nov. 09- Dec. 12
Adolescent Services	
Ontario Shores, Centre for Mental Health Sciences	

- Provide individual and group counselling to adolescent with serious mental health issues
- Conduct psychological assessments to inpatient and outpatient adolescents with serious mental health difficulties
- Attends case conferences and collaborates with an multidisciplinary team of professionals consisting of case managers, employers and medical team (i.e. physicians, psychiatrists, etc.) to develop treatment plan that is optimal for the client
- Supervise and train psychology practicum students and interns

Psychologist (Supervised Practice)

Jan. 08-Dec.10

Psychotherapist

Jan. 06-Aug. 08

DF Psychological Services

- Provided psychological, treatment and assessment services to adolescent, adults and couples and families.

Psychotherapist/Rehabilitation Therapist

Dec. 04-Aug. 08

ATF Canada Corporation, Toronto, Ontario

- Provided individual counselling, physical activation and rehabilitation services to clients who are on long-term disability as a result of motor vehicle accidents (MVA) or physical or psychological conditions
- Conducts in-home bio-psycho-social assessments and produce comprehensive reports with objective findings and appropriate treatment recommendations
- Attends case conferences and collaborates with an multidisciplinary team of professionals consisting of case managers, employers and medical team (i.e. physicians, psychiatrists, etc.) to develop return to work treatment plan that is optimal for the client
- Development and assessment of a physical activation program to assist client to increase their daily activity and overall functioning
- Provides documentation and case notes detailing clients progress

Psychotherapist/Rehabilitation Therapist

Dec. 04-Aug. 08

Prisma Health, Toronto, Ontario

- Provides individual counselling, physical activation and rehabilitation services to clients who are on long-term disability as a result of motor vehicle accidents (MVA) or physical or psychological conditions

Group Facilitator, Healing End Abuse for Life (HEAL Network)

Oct. 05-Present

Catholic Family Services, Brampton, Ontario

- Provides problem solving and conflict management skills to children and adolescents who have been exposed to family violence
- Works with children and adolescents to identify healthy coping strategies that will help create their own safety and protection both at home and in community
- Validates experiences and help children express and identify their feelings associated with being exposed to family violence
- Aid in the understanding of healthy relationships and develop a positive sense of self

Counsellor

May 00-Sept. 06

Emily Stowe Shelter for Women, Scarborough, Ontario

- Provided informal counselling and support to women and children experiencing domestic violence
- Consulted and collaborated with other colleagues to assess, identify and prioritize client issues to develop and carry out appropriate action strategies
- Performed assessments, intake and departure requirements in a compassionate and timely manner
- Provided crisis intervention and counselling for women in the shelter as well as women calling from the community
- Facilitated group counselling and meetings with residents in the shelter
- Participate in staff meetings, train and development opportunities, fundraising events and present case histories at case conferences
- Trained, supervised and directed new counsellors on responsibilities and duties of the shelter

Therapist/Counsellor

Sept. 04-Sept. 04

Catholic Family Services, Brampton, Ontario

- Provided individual, couples and family counselling
- Provided current and past female victim of domestic violence with ongoing support regarding the Partner Assault Response Program (PAR)
- Provided emotional support and validation through telephone counselling and referral to agency services
- Encouraged women to take steps to protect themselves and their children through developing individual safety plans.
- Liase with the collaborating partners in the PAR Program such as Victim Witness Assistance Program, Crown Attorney's Office, Probation Office and Domestic Violence Coordinator of Peel Regional Police

Challenges Outreach Worker

Apr. 03-Apr. 05

Associated Youth Services of Peel

- Provided outreach services to parents with children with mental health and/or behavioural difficulties
- Counsel and assess mental health and/or child management problems from a strength-based systemic perspective
- Provided coaching to caregivers in order to develop positive parenting skills
- Maintained routine communication with referring workers and collateral services

Anger Management Therapist

May 03-Jan. '04

Anger Management Practice of Mississauga

- Provided anger management counselling to court mandated and non-mandated individuals who have difficulty controlling their anger
- Conducted assessments to determine eligibility for anger management program
- Maintained progress notes and communicated and provided documentation when required to courts or legal counsel if required

EAP Therapist/Counsellor

Sept. '03-Nov. '04

Wilson & Banwell Human Solutions

- Provided short-term individual, couples and family EAP counselling
- Provided crisis intervention and trauma counselling
- Provide telephone support and provide resources and referrals to other community services
- Maintained accurate, confidential progress notes on all clients including discharge summary
- Respected ethical and confidential rights of clients

Research Analyst 1

Feb. 02-June'02

Centre for Addiction and Mental Health

- Collected research data using observational techniques in a naturalistic field work setting
- Conducted behavioural assessment in an unobtrusive manner
- Contributed and participated in group dynamic assessment
- Prepared field notes and use standardized documentation for data entry and analysis
- Conscientious attitude and have the ability to maintain confidential nature of research

Case Manager/Counsellor

Aug. 02-Feb. 02

Family Residence, City of Toronto, Scarborough, Ontario

- Provided outreach support and informal counselling to clients returning to the community
- Performed preventative measures to assure clients maintain housing within the community
- Developed a case plan, prioritizing the most important issues in order too initiate a short and long term plan of action to deal with clients concerns and needs
- Provided advocacy and acted as a liaison to access support resources such as housing, employment, counselling, social services, legal services, health and treatment services and other outreach/community service agencies
- Assisted clients with life skills, financially management, and developing skills to help maintain housing

Training

2010	Emotionally Focused Couples 4-day Externship with Sue Johnson
2009	Competency-based Clinical Supervision Workshop- American Psychological Association
2007	Therapeutic Family Mediation - University of Toronto
2004	The Treatment of Children Exposed to Domestic Violence- Professional Development Services
2002	Community Worker Safety Strategies - Toronto Hostel Training Centre
2001	Case Management Certificate - Toronto Hostel Training Centre

2001 Hostel Standard and Guidelines -Toronto Hostel Training Centre
2000 Vicarious Trauma Workshop, City of Toronto
1999 Time Management, Daytimers Time Management Course

Internships

Sept. 2008-Aug. 2009 *Ontario Shores, Centre for Mental Health Sciences*
Psychology Intern

Aug. 2007-Dec. 2008 *DF Psychological Services*
Psychological Assessment and Counselling

Sept. 2006-May 2006 *Dr. Dan Dalton Psychological & Counselling Services*
Individual, Couples & Family Counselling

July 2004-Oct. 2004 *Catholic Family Services Peel Dufferin*
Individual Counselling
Women Supporting Women Program
Man to Man Program

April 2004-June 2004 *Sunnybrook and Women College Health Science Centre*
Trauma Therapy Program
Women Surviving from Abuse Program (WRAP)

Sept. 2003 – Dec. 2003 *Centre for Addiction and Mental Health*
General Addiction Assessment
Psychological Support Group

References Available Upon Request