

Serena Graf

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EDUCATION

Trinity Western University Langley, BC

Master of Arts in Counselling Psychology, November 2018

GPA: 3.84 / 4.3 (First Class Standing)

Master of Arts Non-thesis Comprehensive Exam (MANTCE) completed July 6, 2018

University of Pennsylvania, Philadelphia, USA

Bachelor of Arts in Psychology, May 2016

Thesis: Women navigating the sexual landscape: Sexuality and religion

Advisor: Gordon Bermant, Ph.D.

Collegiate Student-Athlete

Aug 2012-May 2016

National Collegiate Athletic Association (NCAA) Division 1 student-athlete in Track and Field, competing in the javelin, hammer, shot put and weight throw events. All-time Top 10 performances at the University of Pennsylvania (indoor shot put, hammer, and javelin).

PROFESSIONAL AFFILIATIONS

British Columbia Association for Clinical Counsellors

Registered Clinical Counsellor, #16517

Mar 2019-present

Canadian Counselling and Psychotherapy Association

Professional Member, # 10002891

Nov 2018-present

Student Member

Nov 2017-Nov 2018

CLINICAL EXPERIENCE

Headwinds Clinical Counselling

Feb 2023-present

Owner, Registered Clinical Counsellor

Launched and operating private counselling practice with virtual and telephone offerings. Specializing in concussion/ABI recovery, injury recovery, acute and chronic pain, chronic illness, first responder care, and elite athletes. Community partner of PacificSport Interior providing discounted services to carded athletes as available. Direct billing to ICBC available, services often approved for WorkSafe BC, and both short- and long-term disability care.

SMART Rehabilitation Consulting Ltd.

Oct 2021 - Feb 2023

Registered Clinical Counsellor, Manager of Operations

Provided part-time contract counselling support for ICBC clients Oct 2021 - May 2022; as of June 1, 2022, assumed manager role to supplement full clinical caseload of ICBC, long-term disability (LTD), and private-pay clients with operations work including networking and referral sourcing, LTD file tracking and communications, marketing / copywriting review, policy and procedure development, compliance, recruiting, and business development.

Panorama Wellness Group

Oct 2020 - May 2022

Registered Clinical Counsellor, Clinical Director

Provided counselling support and treatment as a contracted counsellor from Oct 2020 - Dec 2021; evolved into Clinical Director / RCC employee in order to maintain full clinical case load while creating contractor onboarding procedure and handbook, developing and revising consent forms, collaborating with executive director on networking and marketing initiatives, and providing ethics consultation and mentorship for new clinicians.

Back in Motion Rehabilitation Inc,

Feb 2021 – Aug 2021

Registered Clinical Counsellor, Psychometrist

Conduct intake assessments, create treatment plans, and provide counselling services to clients across multiple contracts and referral streams including the WorkSafe BC pilot project for Early Concussion Assessment and Treatment, ICBC, various long-term disability providers, and private pay clients. Administered the testing battery for vocational psychological assessment, including additional testing for ADHD and Learning Disability assessment as requested by WorkSafe BC, vocational rehabilitation specialists, and documenting and scoring raw data in preparation for report creation.

Lifemark Health Group, Registered clinical counsellor

Jul 2020 – Mar 2021

Conduct intake assessments, create treatment plans and work with clients from multiple referral streams for the treatment of occupational injuries, including occupational stress injury. Referral streams include ICBC, WorkSafe BC, and long-term disability insurance providers. Lead counsellor for Lifemark's Occupational Rehabilitation 2 program at its Nordel location, providing psychoeducation classes, individual counselling, and clinical input for injured workers during the rehabilitation and return to work process.

HeadWise Rehabilitation, Counsellor and Psychometrist

Aug 2018-Aug 2020

Administer neuropsychological assessments, teach psychoeducation classes, lead tension reduction training sessions, and provide individual counselling services to clients of Back in Motion's Head Injury Assessment and Treatment Services (HIATS). My work is predominantly with those who have suffered a concussion / mTBI, including many who experience depressive symptoms, anxiety, and PTSD post-injury. Supervisor: Hendré Viljoen, Ph.D., RPsych

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Back in Motion, Registered Clinical Counsellor Nov 2019 – Mar 2020
Provide individual counselling services to clients of the Occupational Rehabilitation 2 program, as well as facilitate group relaxation sessions and psychoeducation classes within the program.
Supervisor: Dr. Kevin Whitfield, Ph.D.

HeadWise Rehabilitation, MA Intern Apr 2018-Aug 2018
Provided in-program services including individual counselling, psychoeducation class instruction, tension reduction training, and psychometric assessment administration and scoring.
Supervisor: Hendré Viljoen, Ph.D., RPsych

Langley Community Services Society Community Counselling
MA Intern Oct 2017-May 2018
Provided short-term counselling services to residents of Langley, BC and co-facilitated a parenting group offered to families in the community (Systemic Training in Effective Parenting, or S.T.E.P. program)
Supervisors: Jesse Steinberg, MC, RCC and Janyse Hrynkow, MA, CCC

Child & Youth Mental Health, Cloverdale/Fleetwood May 2017-Sep 2017 MA Intern
Provided services to child and youth clients in Surrey, BC including intake, mental health screening, initial service / support plans, case management and referrals. Co-created assessment and treatment plans as appropriate and co-facilitating a CBT psycho-educational group for adolescents experiencing anxiety and depression (CHILLED manualized CBT program).
Supervisors: Rachel Nobel, Ph.D. and Colleen Spooner, MA, RCC

ADDITIONAL TRAINING AND EXPERIENCE

Motivational Interviewing (MI) Dec 2022
Online training by Drs. William Miller, Stephen Rollnick, & Theresa Moyers.

ECHO Online Continuing Professional Development Sept 2021-present
Participation in the ECHO Ontario Concussion cycle, as well as the BC ECHO Chronic Pain events around appointments and trainings.

Eye Movement Desensitization and Reprocessing (EMDR) Aug 2022
Training, supervision and online coursework completed

Indigenous Canada Nov 11, 2021-Jan 25, 2022
Presented by the University of Alberta, this online course explores histories and contemporary perspectives of Indigenous peoples living in Canada. From an Indigenous perspective, the course explores complex experiences Indigenous peoples

face today from a historical and critical perspective highlighting national and local Indigenous-settler relations.

Cyber Essentials: Working Remotely

May 04, 2020

Completed online training to review ethics and best practices for remote work.

Psychometric Assessment

April 2018-Aug 2021

Trained to administer and score the following psychometric assessments and questionnaires under the supervision of Drs. Hendré Viljoen and Kevin Whitfield:

- Wechsler Adult Intelligence Scale (WAIS-IV)
- Woodcock-Johnson (WJ IV – 11 subtests)
- Personal Health Questionnaire (PHQ-SADS, which includes GAD-7, PHQ-9, and PHQ-15)
- Barkley Adult ADHD Rating Scale (BAARS)
- Barkley Functional Impairment Scale (BFIS)
- Connors Continuous Performance Test (CPT 3)
- Test of Nonverbal Intelligence (TONI-4)
- Ashland Interest Assessment (AIA)
- Jackson Career Explorer (JCE)
- Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)
- Rey Fifteen Item Test with Recognition Trial
- The Weigl Color-Form Sorting Test
- Trail Making Test and Color Trails Test
- Test of Memory Malingering (TOMM)

TEACHING EXPERIENCE

Stenberg College, Guest speaker

April 2019

Created presentation and handout for the Counselling Therapist program, speaking to students in the Loss and Grief class about experiences of grief in the context of occupational injury, specifically concussion and mild traumatic brain injury.

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Trinity Western University, Teaching assistant Aug 2018-Jan 2019
Course: Couples and Older Adults Counselling (CPSY 616), Instructor: Martin Bartel

- Organized course materials (digital and paper) for class distribution
- Co-facilitated discussions regarding systemic theories of counselling, developmental stages of aging, intergenerational therapies
- Coordinated communication with students, guest speakers and program administrators as needed
- Provided guidance to graduate students regarding research papers, case conceptualizations and applied therapy exercises
- Counseled students experiencing difficulties in the course
- Graded research papers and final examinations, and provided feedback
- Prepared and updated course material for Fall 2019 offering of the course

RESEARCH INTERESTS

My research interests are the diagnosis and treatment of mTBI and post-concussion. I am currently interested in research to identify concussion protocol or longer-term treatment options for mTBI, as well as psychosocial factors that contribute to lengthy or complex recovery of concussion.

RESEARCH EXPERIENCE

Trinity Western University, Lab member Sep 2016-May 2017
Contributor to regular meetings of the Existential and Spirituality Lab, supervised by Derrick Klaassen, Ph.D.

University of Pennsylvania, Research assistant Sept 2014-May 2015
Transcribed psychotherapy sessions for research on cognitive behavioral therapy (CBT) and its effectiveness for changing symptoms via cognitive therapy core belief techniques for those with comorbid major depressive disorder (moderate to severe) and personality disorder (PD, Cluster C). Research findings evidence the efficacy of addressing maladaptive beliefs early in psychotherapy as predictive of significantly greater improvement of depression and PD symptoms.
PI: Robert J. DeRubeis, Ph.D.

HONORS AND AWARDS

Dean's List Fall 2015-Spring 2016
University of Pennsylvania, College of Arts and Sciences

Student Delegate

Feb 12-14, 2016

Unmasking the Ivy League: A Conference on Mental Health

Representative of the University of Pennsylvania at the inter-Ivy conference on the state of mental health. Presenting on the state of Penn's mental health resources, action plan, programming and awareness initiatives, and attending workshops in order to better educate and inform Penn policy in future mental health programming

PROFESSIONAL DEVELOPMENT

Project ECHO Ontario: Concussion

Sept 15, 2021 - Feb 23, 2022

Continued Professional Development Certification, 27 hours

Counselling at a Distance: Using video and text-based methods to connect with clients.

Lawrence Murphy, MA; Sponsored webinar provided by the Canadian Counselling and Psychotherapy Association, recorded April 24, viewed June 26, 2020

Remote Delivery of Psychoeducation Classes via Zoom Mar 30, 2020

Vicky Forsyth, Back in Motion (1h)

Occupational Awareness Training for Therapists Level 1 Feb 21, 2020

First Responder Mental Health, BCPFFA; Matt Johnston, RCC

Brief Psychotherapy Training, BCACC

Apr 27, 2019

Glen Grigg, PhD, RCC

Observed and Experiential Integration (OEI) Level I

April 21-22, 2018

Rick Bradshaw, Ph.D. and Audrey Cook, MPhil, RCC

Trauma-Informed Practice Workshop

Oct 17, 2017

Kim Barthel, Occupational therapist; Community Living BC

Sandtray Therapy Workshop

Jan 14, 2017

Bart Begalka, Ed.D., RCC

University of Pennsylvania

Graduate School of Education (GSE) course credits

Jan 2016-May 2016

Completed 3 credits as part of a Masters of Science in Education program through Penn GSE including:

- Adolescent Development (EDUC 561), Suzanne Fegley, Ph.D.
- Introductory Statistics for Educational Research (EDUC 667), Herbert M. Turner III, Ph.D.
- Counselling for School to Career Transitions (EDUC 617), Michael J. Nakkula, Ed.D.

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