

**Carolyn Claire, M.Sc., M.Ed.**  
**Registered Psychologist**

carolynclaire@protonmail.com

403.861.0164

## **PROFESSIONAL EXPERIENCE**

### **Psychologist**

Private Practice. Part time 2009-2014. Full time 2015-present.

- Provide individual counselling to adolescent and adult clients. Currently only providing counselling to adult clients. Presenting issues have included: gender dysphoria, trauma, childhood sexual abuse, sexual assault, anxiety, depression, suicidal ideation, self-injury, stress, problems in the family of origin, identity development, sexual orientation, transgender identity development, PTSD, sex/porn addiction, self-esteem, career decision making, and relationship communication. Specialize in providing affirming therapy to members of the LGBTQ2S+ community.
- Acted as a Human Resources Consultant for Homewood Health to provide support for employee gender transition (2016-2017). This role included meeting with Human Resources, supporting employee, coaching managers, and providing education seminars for staff.

### **Psychologist**

University of Calgary SU Wellness Centre

Full time position: March 2011 – February 2015. Part time contracts: 2009-2011

- Provide therapeutic counselling to students at the University of Calgary. Presenting issues include anxiety, depression, suicidal ideation, self-injury, trauma-related issues, stress and coping, problems in the family of origin, relationship loss, grief, intrusive and reoccurring thoughts, identity development, addiction, sexuality, sexual and gender identity, self-esteem, eating disorders, sexual abuse, perfectionism, career direction, and procrastination. Work with individuals and couples.
- Worked within a collaborative multi-disciplinary model addressing physical, spiritual, and emotional wellness.
- Developed and facilitated psycho-educational workshops to meet student needs including groups that addressed social anxiety, communicating assertively, emotional wellness, healthy relationships, peer counselling, social wellness, and managing change.
- Supervision of graduate level practicum students.

### **Psychologist**

Carya (then Calgary Family Services)

January 2007 – August 2010

- Provided counselling to children, adolescents, young adults, adults, and seniors. Presenting issues included anxiety, depression, stress and coping, addiction, relationship issues, adoption, issues related to career and employment, self-esteem, suicidal ideation, self-injury, parenting issues, grief and loss, attachment disruption related issues, and trauma.

### **Sexuality Educator**

Centre for Sexuality (formerly Calgary Sexual Health Centre) 2003-2005 (part time contract) and 1995–2001 (full time position).

- o Developed and facilitated psycho-educational programming for children, youth, and adults on topics including sexual wellness, sexual orientation and identity, healthy relationships, and body image.
- o Provided crisis and decision-making counselling to women and couples who were experiencing an unplanned pregnancy.

### **Alberta Regional Literacy Coordinator**

Frontier College (*Canada-wide literacy organization*) 2001–2005

- o Worked with student groups on campus (Students for Literacy) at the U of C, U of A, and U of L to recruit and train volunteers as well as to facilitate leadership skill development among the organizers. Working with the student leaders, developed and delivered quality literacy programming in Edmonton, Calgary, and Lethbridge to meet the needs of learners from diverse and marginalized populations

### **TEACHING EXPERIENCE (Post-Secondary Credit Courses)**

2011, 2010      **Instructor – University of Calgary**

Course title:    Becoming an Effective Learner (UNIV 205)

- o Organized and taught a curriculum that engaged students in theory of learning and application of practical skills to develop skills of learning self-regulation.
- o Graded term papers, final examinations, and assignments.
- o Developed and implement formal assessment tools including exams and writing assignment.

### **FORMAL EDUCATION**

#### **Master of Science Degree, Counselling Psychology**

2004-2007, University of Calgary, Faculty of Education

- o Completed coursework includes Psychological Assessment; Facilitating Group Process; Theory in Counselling; Creating a Working Alliance; Cultural Influences in Professional Practice; Ethics in Applied Psychology; Counselling Interventions; Gender Identity Development; and Development, Learning, and Cognition.
- o Completed over 600 hours during my practicum (204 hours direct client contact) at U of C Counselling Centre.
- o Thesis: *Constructing non-normative gender identities: A phenomenological exploration into the experiences of female masculinity.* Supervisor: Dr. Kevin Alderson

#### **Master of Education Degree, Graduate Division of Education Research**

2000-2004, University of Calgary, Faculty of Education

- o Completed coursework includes Adults as Learners, Issues in First Nations Education, Critical Pedagogy and Social Justice, and Issues of Sexuality in Education.
- o Exit paper: *Coming into focus: Examining the experiences of gay, lesbian and bisexual youth within the school system.* Supervisor: Dr. Cecile DePass

**Bachelor of Education Degree,**  
1982-1986, University of Alberta, Faculty of Education

## **PROFESSIONAL MEMBERSHIP**

- o College of Alberta Psychologists 2007-2023
- o Canadian Register of Health Service Providers in Psychology 2009-2023
- o Canadian Professional Association for Transgender Health (CPATH) 2011-2022
- o Canadian Association of College and University Student Services 2011-2013
- o Canadian Psychologist Association 2011-2012
- o International Institute for Trauma and Addiction Professionals. 2015-2020
- o Psychologist Association of Alberta 2008-2023
- o World Professional Association for Transgender Health (WPATH) 2015-2021

## **CONFERENCE PRESENTATIONS AND WORKSHOPS**

- Claire, C. (April 2016). Increasing Cultural Competency: Working with Transgender and Gender Nonconforming Clients. (Workshop) Adult Education Counsellors Association in Alberta, Webinar, Alberta.
- Claire, C. (May 2014). Internet pornography and post-secondary students: Use, abuse, and addiction. (Workshop) Alberta Services for Students Annual Conference, Edmonton, AB.
- Claire, C. (May, 2013). *Developing counselling competencies: Counselling Transgender clients.* (Half day pre-conference workshop) Canadian Counselling Association Annual Conference, Halifax, NS.
- Hampton, L., & Claire, C. (May, 2012). *Reflections on sex, gender, and sexuality.* (Workshop) Canadian Counselling and Psychotherapy Association Annual Conference, Calgary, AB.
- Claire, C., & Crook, J. (May, 2012). *Fear of being judged: Social Anxiety and the post-secondary student.* (Workshop) Alberta Services for Students Annual Conference, Calgary, AB.
- Claire, C., & Chew, J. (May, 2012). *Blueprints from outside the box: Gender diversity and counselling.* (Workshop) Alberta Services for Students Annual Conference, Calgary, AB.
- Claire, C. (June, 2011). *Secure base/safe haven: Using attachment-informed therapy with post-secondary students.* (Symposium presentation) Canadian Psychologist Association Annual Conference, Toronto, ON.
- Claire, C. (June, 2011). *Transensual femmes: Navigating the waters of identity and desire.* (Symposium presentation) Canadian Psychologist Association Annual Conference, Toronto, ON.
- Claire, C., & Chew J. (April, 2011). *Living outside the box: Gender diversity, truth and power.* (Half-Day Workshop) College of Social Workers Annual Conference, Calgary, AB.
- Claire, C., & Chew J. (May, 2011). *Crossing gender borders: Hope has a place.* (Workshop). Alberta Services for Students Annual Conference, Medicine Hat, AB.
- Claire, C., & Chew J. (June, 2011). *Transforming gender: Journeys of hope.* (Workshop) Canadian Association of College and University Student Services Annual Conference, Toronto, ON.
- Claire, C., & Chew J. (May, 2010). *Gender diversities: Bridging knowledge & practice* (Workshop) Canadian Counselling and Psychotherapy Association Annual Conference – Ottawa, ON.
- Claire, C., & Chew J. (June, 2010). *Living outside the box: Illuminations on gender diversity for counsellors.* (Workshop) Canadian Association of College and University Student Services Conference, Edmonton, AB.

Claire, C. (June, 2007). *Constructing non-normative gender identities: A phenomenological exploration into the experiences of female masculinity*. (Symposium and poster presentation) Canadian Psychology Association Annual Convention, Ottawa, ON.

## **PUBLICATIONS**

Claire, C. & Alderson, K. (2013). Living Outside the Gender Binary: A Phenomenological Exploration into the Lived Experience of Female Masculinity. *Canadian Journal of Counselling and Psychotherapy*, 47(1), 49–70. (Peer reviewed)

Claire, C. (2012). Practicing Gratitude: A Path to Finding Happiness. SU Wellness Centre website. [Http://www.ucalgary.ca/wellnesscentre/files/wellnesscentre/Practicing%20Gratitude.pdf](http://www.ucalgary.ca/wellnesscentre/files/wellnesscentre/Practicing%20Gratitude.pdf)

Claire, C. (2011). Self-Compassion: An Antidote to Negative Self Talk. SU Wellness Centre website <http://www.ucalgary.ca/wellnesscentre/files/wellnesscentre/Self%20Compassion.pdf>

Claire, C. (2010). *Integrating Attachment Theory to Support a Client Coming to Terms with Infidelity*. *Canadian Journal of Counselling*, 44(1), 78-81.

## **PROFESSIONAL TRAINING POST GRADUATE DEGREE**

- “Internal Family Systems (IFS) Online Circle: Foundations of the IFS Model” with Dr. Richard Schwartz, Toni Herbine-Blank and Pamela Krause. April-September 2023. (10 hours instruction and 30 hours Consultation over 6 months).
- “Deepening Your Core Internal Family Systems (IFS) Practice” with Derek Scott, MSW. Internal Family Systems Canada. May 2023. (12-hour training).
- “Stepping In: Internal Family Systems (IFS) Course for Women (Cis/Trans) and Non-binary folx who identify as Queer” with Mel Galbraith, MSW. Internal Family Systems Canada. January – April 2023. (48-hour training over 16 weeks).
- “Talking with white Clients about Race”, “Preliminary Recommendations for Assessing Adverse Childhood Experiences in Clinical Practice with Indigenous Clients”, “Addressing White Racism as part of the Psychotherapy Process”, “Evidence Based Psychotherapy with LGBTQ+ Populations”, “Using Social Class and Classism Theory to Strengthen Our Understanding of Clients”, “Well-being in People Living with Disabilities”, “Unmasking Microaggressions in a Clinical Setting”, “Talking Racial Stress: Assessment & Treatment Planning for Experiences of Racial Discrimination”. National Register of Health Service Psychologists. Webinar Series. (September – February 2023. (9-hour training).
- “Indigenous Canada” with Tracey Baer (Montreal Lake First Nation), Alannah Mandamin-Shawanda (Wiwemikong First Nation) and Isaac Twinn (Sawridge First Nation. Faculty of Native Studies, University of Alberta. October – December, 2021. (24-hour training over 12 weeks).
- “Core Indigenous Cultural Safety Mental Health Training”. San’yas Anti-racism Indigenous Cultural Safety Training Program. October – November 2021. (10-hour training over 8 weeks).
- “Cultural Safety and Humility: It Starts with Me”. With Shannon Beauchamp. Association of Canadian Psychology Regulatory Organizations (ACPRO). October, 2021. (3.5-hour training).
- “Indigenous Awareness Certificate”; “Indigenous Peoples and Cultures”; “Indigenous Communication and Consultation”. With Robert Laboucane, Connie Kulhany, and Sean Hannah. Indigenous Awareness Canada. July, 2021 (10-hour training over one month).
- “Sensorimotor Psychotherapy: Affect Dysregulation, Survival Defenses, and Traumatic Memory”, Level 1. With Dr. Rochelle Sharpe Lohrasbe, RCC, and Jennifer Gardner MSW, LCSW. Sensorimotor

Psychotherapy Institute. Feb 22-24, 2019, April 5-7, 2019, May 10-12, 2019, and June 14-16, 2019 (12-day training).

- o “Treating Complex Trauma: Clinical and Scientific Innovations” with Dr. Christine Courtois. Faculty of Social Work Professional Development Program, University of Calgary. October 2018 (2-day workshop).
- o “Interactive Journey through Sex Therapy” with Dr. Alexandra Katehakis. International Institute for Trauma and Addiction Professionals. September 2018 (2-day workshop).
- o “Somatic Interventions Treating Complex Trauma” with Dr. Janina Fisher. July 2018 (2-day workshop).
- o “Healing the Fragmented Selves of Trauma Survivors: with Dr. Janina Fisher. July 2018). (1-day workshop).
- o “Transgender Health Conference” Canadian Professional Association for Transgender Health. October 2017 (4-days of presentations).
- o “Transgender Health Conference” United States Professional Association for Transgender Health (USPATH). January 2017 (3-days of presentations).
- o “Transgender Health: Child and Adolescent” World Professional Association for Transgender Health (WPATH). January 2017 (4-hour workshop).
- o “Transgender Health: Best Practices in Medical and Mental Health Care” World Professional Association for Transgender Health (WPATH). January 2016 (4-day workshop).
- o “Certified Sex Addiction Therapist (CSAT) Candidate Module Four Training” with Robert Weiss, Dr. Kenneth Adams, Dr. Gregory Futral and Thomas Tullos. International Institute for Trauma and Addiction Professionals. June 2016 (5-day workshop).
- o “Transgender Health: Best Practices in Medical and Mental Health Care” World Professional Association for Transgender Health (WPATH). January 2016 (4-day workshop).
- o “Certified Sex Addiction Therapist (CSAT) Candidate Module Three Training” with Debra Kaplan and Alexandra Katehakis. International Institute for Trauma and Addiction Professionals. Jan 2016 (5-day workshop).
- o “Certified Sex Addiction Therapist (CSAT) Candidate Module Two Training” with Dr. Stephanie Carnes and Thomas Tullos. International Institute for Trauma and Addiction Professionals. June 2015 (5-day workshop).
- o “Bringing Healing! Adult Male Survivor of Childhood Sexual Abuse Training Seminar” with Rick Goodwin. Canadian Centre for Male Survivors of Sexual Abuse. May 2015.
- o “Understanding and Intervening with Substance Abuse and Addictions” with Dr. Choate, PhD. Faculty of Social Work, University of Calgary. April – May 2015.
- o “Certified Sex Addiction Therapist (CSAT) Candidate Module One Training” with Dr. Patrick Carnes and Dr. Ken Adams. International Institute for Trauma and Addiction Professionals. January 2015 (5-day workshop).
- o “7 Habits of Highly Ethical Psychologists” with Dr. Derek Truscott. Psychologist Association of Alberta. December 2014 (1-day workshop).
- o “Eye Movement Desensitization and Reprogramming (EMDR) Basic Training” with Dr. Marshall Wilensky. EMDR Canada. October 2014 (3-day workshop) and January 2015 (3.5-day workshop).
- o “Deactivating Buttons triggering a Trauma Response” with Dr. Laurie MacKinnon. Insite Therapy and Consulting. March 2014 (2-day workshop). Reviewed literature on effective treatment of trauma, and taught the strategy Radical Exposure Tapping.
- o “Working with Couples from a Hakomi Perspective”, with Dr. Dennis Brown and Beth Falch-Nielson. Hakomi Calgary. April 2014 (1 day-workshop).
- o “Triage for Violence Risk Assessment” with Dr. Kelly Watt. University of Calgary. January 2014 (1-day workshop).

- o “Violence Threat and Risk Assessment” with Kevin Cameron, University of Calgary. May, 2013 (2-day workshop).
- o “Anxiety Trap: CBT Antidotes” with Dr. Christine Padesky, Faculty of Social Work Professional Development Program, University of Calgary. September 2012 (2-day workshop).
- o “Feminist Supervision for Counsellors” with Dr. Judy Chew, November, 2011. (5-hour workshop).
- o “The Brain That Changes Itself: The Neuroplasticity Revolution for the Helping Professions” with Dr. Norman Dodge. University of Calgary. November 2011 (1-day workshop).
- o “Gottman's Couples Therapy: Assessment, Intervention and Comorbidities. Level 2” with Dr. John Gottman and Dr. Julie Gottman. University of Calgary. October 2011 (3-day workshop).
- o “Instructional Skills Workshop” Teaching and Learning Centre, University of Calgary. March 2011(4-day workshop).
- o “Emotion Focused Therapy: The Transforming Power of Emotion” with Dr. Leslie Greenberg. Psychologist Association of Alberta. November 2010 (1-day workshop).
- o “Cognitive Behavioral Therapy” with Dr. David Burns. July 2010 (4-day workshop).
- o “Counselling Men: Considerations for Enhancing Clinical Practice” with Dr. Judy Chew. University of Calgary, Continuing Education. April 2010 (1-day workshop).
- o “Mastering Brief Therapy: Solution Focused Therapy” with Lance Taylor. June 2010 (1-day workshop).
- o “Gottman Couples Therapy: A New Research Based Approach. Level 1” with Dr. Vagdevi Meunier. Psychologist Association of Alberta. October 2009 (2-day workshop).
- o “Reflective Functioning” with Dr. Howard Steele. Calgary Training Institute. May 2008 (2-day workshop).
- o “Mission Impossible: Understanding and Helping the Traumatized Child” with Dr. Dave Ziegler. University of Calgary, Continuing Education. Nov. 2008 (1-day workshop).
- o “Understanding Attachment: The Circle of Security Approach” with Glen Cooper. Calgary Training Institute. May 2008 (3-day workshop).
- o “Core Sensitivities: Evaluating States of Mind - the Circle of Security Approach” with Dr. Kent Hoffman. Calgary Training Institute. October 2008 (3-day workshop).
- o “Assessment and Treatment Using Circle of Security” with Glen Cooper. Calgary Training Institute. Dec. 2008 (4-day workshop).
- o “Theory and Practice of Family Therapy: Poststructural Approaches” with Dr. Mishka Lysak. Faculty of Social Work, University of Calgary. September – December, 2008 (13-week course).
- o “The Developing Mind” with Dr. Daniel Siegel. Calgary Training Institute. May 2007 (1-day workshop).

## **SELECTED VOLUNTEER/SERVICE EXPERIENCE**

- o Meow Foundation – Trap Neuter Return Program 2018 - current
- o Skipping Stone Foundation 2017 - 2019
- o Sexual and Gender Wellness Week Coordinating Committee, University of Calgary 2011-2014
- o Vice President and Treasurer of Adult Education Counselling Association of Alberta, 2012 – 2015
- o Member of Sexuality and Positive Self Program Committee of SU Wellness Centre, 2013 – 2015
- o Peer Counsellor, Calgary Women’s Centre, 2006–2007
- o Herland Feminist Film Festival, 2001-2005
- o Calgary Board of Education Diversity and Equity Advisory Committee, 1996-1997
- o Committee for Anti-Racism Education – Facilitator, 1996
- o International Women’s Day Celebration - Organizing Committee, 1992-1995