

Beatrice Breitling-Winkler, Ph.D.

Registered Psychologist #4183

Curriculum Vitae

EDUCATIONAL HISTORY

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| 2014 | Registered Psychologist #4183
College of Alberta Psychologists,
Edmonton, AB. |
| 2013 – 2014 | Clinical Internship
Kindred Connections Therapy Centre
Calgary, AB |
| 2008 | Ph.D., Counselling Psychology
University of Calgary, AB |
| 2005 | M.Sc., Counselling Psychology
University of Calgary, AB |
| 2004 | Practicum Student
Wellness Centre
University of Calgary, AB |
| 2003 | University Teaching Certificate
Teaching Assistant
University of Calgary, AB |
| 2001 | B.A., Psychology
University of Calgary, AB |
| 1985 | Yoga Teaching Certificate
Edmonton, AB |

- 1977 **Bachelor of Education (B.Ed.)**
Teacher Seminar Ludwigsburg,
Germany
- 1976 **M. A. Linguistics**
University of Stuttgart, Germany
- 1972 **Teaching Certificate**
University of Stuttgart, Germany

EMPLOYMENT HISTORY

Responsibilities include providing individual, couples, and family therapy using evidence-based approaches such as Mindfulness-Based Cognitive Behavioural Therapy (MBCBT), Cognitive Processing Therapy (PT), Emotion Focused Therapy (EFT), Solution-Focused Therapy (SFT), Internal Family Systems (IFS), Acceptance and Commitment Therapy (ACT), the Gottman Method, Interpersonal Therapy (IT), Psychodynamic Therapy (PT), and models for skills development such as the Non-Violent Communication model, conflict resolution, stress reduction, and anger management. Additional responsibilities: clinical supervision of practicum students and provisional psychologists, as well as design and delivery of psychoeducational and mindfulness-based stress reduction workshops.

- 2022 – present **Clinical Associate**
Crux Psychology, Halifax, NS
- 2022 **Registered Psychologist and Clinical Supervisor**
Calgary Reconnect Counselling Group
- 2016 – present **Registered Psychologist**
Family Centre, Edmonton, AB

- 2013 – 2022 **Registered Psychologist, Supervisor,
Workshop and Group Facilitator**
Kindred Connections Therapy Centre,
Calgary, AB
- 2008 – present **Registered Psychologist and Director**
Centrex Consulting – Psychological Services,
Calgary, AB
- 2004 **Teaching Assistant**
University of Calgary
APSY 419: Communication and Interviewing Skills
for Counselors, J. McMahan, M. Sc.
- 2001 – 2002 **Research Assistant**
Dr. J. Robinson
Calgary Health Region (CHR), Department of
Psychosocial Oncology, Calgary, AB
Dr. M. Atkinson,
Department of Psychiatry and Tom Baker Cancer
Center, Foothills Medical Center, Calgary, AB
Development of the S-PRT, Self-Perception and
Relationship Tool (CRHA Protocol # 15649)
- 1989 – 1966 **Elementary School Teacher**
G.W. Skene, Calgary Board of Education
- 1988 – 1989 **Substitute Teacher**
Calgary Board of Education
- 1986-1987 **Playschool Teacher Assistant**
Ranchwood Playschool, Calgary, AB

RESEARCH PRESENTATIONS

- 2004
Spirituality and Health. 3rd North American Multidisciplinary Conference, May 27-29, 2004, Medical Sciences Centre, University of Calgary.
Presentation: *Cancer and Spirituality: The Experience of Personal Transformation*
- 2003

Teaching Reflections 2003, University of Calgary
Presentation: *A Cancer Experience: From Victim to Victor*
- 2003
Summer 2003 Institute: Linking Research to Professional Practice, University of Calgary.
Presentation: *A Cancer Experience: From Victim to Victor*
- 2003
Applied Psychology 641: Development, Learning, and Cognition in Children and Adolescents
Instructor: Dr. J. Powell, University of Calgary
Presentation: *Transpersonal Development*
- 2003
Nursing 515: Mind-Body Integration: Ancient and Contemporary Healing Modalities
Instructor: Dr. D.N. Hughes, University of Calgary
Presentation: *Foundations of Complementary and Alternative Medicine*
- 2003
Learning Commons, University of Calgary.
Presentation: *Cancer as a Catalyst for Personal Change*

- 2001
Conference of the International Society of Theoretical Psychology (ISTP), University of Calgary.
Presentation: *Psychiatric Treatments of War Neuroses. A case study of Julius Wagner-Jauregg*

SCHOLARSHIPS and REWARDS

- 2005 Faculty of Graduate Studies Award
Faculty of Graduate Studies
University of Calgary
- 2004 Dean's Entrance Scholarship
Division of Applied Psychology
University of Calgary
- 2004 Graduate Research Scholarship
Division of Applied Psychology
University of Calgary
- 2003 Graduate Research Scholarship
Faculty of Graduate Studies
University of Calgary
- 2001 Academic Achievement Award
Department of Psychology
University of Calgary
- 2001 Owen Family Scholarship
University of Calgary

COMMUNITY SERVICE

- 2023 – 2025
Pro Bono psychological services for clients in need
- 2022 - 2026
Clinical supervisor for provisional psychologists seeking registration with the College of Alberta Psychologists (CAP)
- 2005
Research participant in departmental study and volunteer at the exhibition of the Faculty of Graduate Studies, University of Calgary
- 2004 - 2005
Community Building Representative for the Applied Psychology Graduate Student Union (APGSU), University of Calgary
- 2004 - 2005
Volunteer guide for Graduate Studies 601, University of Calgary
- 2003 - 2004
Community Building Representative for the Applied Psychology Graduate Student Union (APGSU), University of Calgary
- 2003 - 2004
Volunteer: Breast Cancer Survivor Group, Integrative Health Institute, University of Calgary
- 2002
Research Assistant
Dr. N. Culos-Reed, Department of Kinesiology, University of Calgary

- 1998 - 2000
Community volunteer: Assistance and support to individuals in a palliative care environment, Hospice Calgary, AB
- 1997 - 1999
Editor of newsletter/Secretary/Vice President of local church
- 1998
Volunteer at Calgary Hospice: Facilitation of grief support groups
- 1996
Training as a volunteer at the Calgary Women's Shelter to assist women in the community
- 1987, 1996
English as a Second Language (ESL) teacher at the YWCA: Teaching adult classes in the 'English for New Canadians' Program, Calgary, AB
- 1997 - 1998
Mentor for teachers new to the French as a Second Language (FSL) program of the Calgary Board of Education (CBE)

PRACTICUMS

2004 -2005 Doctoral Practicum, Brain Injury Rehabilitation Centre (BIRC), Calgary, AB

Responsibilities:

- Individual therapy for clients with brain injuries as well as education for caregivers
- Facilitation of psycho-educational groups: coping strategies, grief and loss, memory support, and community-based rehabilitation

2003 -2004 Masters Practicum, Wellness Centre, University of Calgary. Supervisors: Dr. Lee Handy, Dr. Judy Chew

Responsibilities:

- Individual and group psychotherapy and counselling for a wide range of age groups and presenting issues with a particular focus on depression and anxiety, conflict in relationships, and career counselling. Assessment for the latter was based on the Myers & Briggs Type Indicator and the Strong Interest Inventory
- Co-facilitation of psychosocial, learning skills, and career workshops

THESES

- 2008 Doctoral thesis: *Being True to Self: The Experience of Congruence*
Faculty of Applied Psychology, Division of Education
University of Calgary
Supervisor: Dr. Lee Handy
- 2004 Master's thesis: *Cancer – Death Sentence or Opportunity? The Experience of Transformation in Individuals with Diverse Religious or Spiritual Backgrounds*
Faculty of Applied Psychology, Division of Education
University of Calgary
Supervisor: Dr. Nancy Dudley
- 2001 Honours thesis: *Psychiatric Treatments of War Neuroses: A case study of Julius Wagner-Jauregg*
Division of Psychology
University of Calgary
Supervisor: Dr. Hank Stam
- 1977 Bachelor of Education (B.Ed.) thesis: *Presuppositions – A Contribution to the Field of Semantics*
Teacher Seminar Ludwigsburg, Germany

- 1976 Master's thesis (M.A.): *Functional Sentence Perspective in Relation to Syntax and Semantics*
Department of Philosophy and Linguistics
University of Stuttgart, Germany
Supervisor: Dr. Klaus Baumgärtner

WORKSHOPS, WEBINARS, CONFERENCES, LITERATURE

2007 - 2013

- Supporting Individuals and Families through Loss and Grief - Reaffirming and Enhancing Your Practice: Faculty of Social Work University of Calgary
- Lifting the Veil of Blue - Feminist Practice for Women's Experiences of Depression: University of Calgary
- Suffering, Illness and Spirituality: professional development circle, Calgary, AB
- Holodynamics I–IV: Dr. V.V. Woolf, Calgary, AB, professional development circle, Calgary, AB
- The Inner Family Archetypes: Professional Circle, Calgary, AB
- Hakomi Somatic Psychotherapy, Introduction and Level I:
- Workshop Calgary, AB
- Mindfulness and Meditation: Women's Health Centre, Calgary, AB
- The HyperPhysics Project: Dr. Richard (Dan) Nelson, Bozeman, Montana, USA
- The Power of Positive Emotion: Psychologists Association of Alberta (PAA)
- Positive Psychology: Psychologists' Association of Alberta (PAA)
- Making the Choice for Happiness: Canadian Counselling and Psychotherapy Association (CCPA)
- Helping Clients to Deepen their Relationship to the Divine: Canadian Counselling and Psychotherapy Association (CCPA)

- Conquering Pain: BIOMED
- Recharging your Batteries: Institute of HeartMath, Boulder, Colorado, USA
- Psychologists' Association of Alberta (PAA) Conference 2011
- College of Alberta (CAP) Conferences 2009 – 2013
- Introduction to the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition: DSM-V

2014

- Becoming Trauma Informed: Kindred Connections Therapy Centre, Calgary, AB
- Healing Trauma, Addiction and Related Disorders: Jack Hirose, Quality Workshops for Mental Health & Education Professionals.

2015

- Deconstructing Shame and Guilt: Dr. Karl Tomm, Calgary Family Therapy Centre (CFTC)
- Efficient Leadership: Webinar, Zenger and Folkman, ACHIEVE Centre for Leadership
- Strategies to Help Clients Deal with Anxiety: Crisis and Trauma Resource Institute (CTRI)
- Increasing Effectiveness and Limited Ineffectiveness as a Supervisor: Dr. Ladany, Calgary Family Therapy Centre (CFTC)
- Coaching Strategies for Leaders: ACHIEVE Centre for Leadership

2016

- Grief and Loss: Dr. Wolfelt
- Conflict Resolution: ACHIEVE Centre for Leadership
- Mediation, Conducting Difficult Conversations: ACHIEVE Centre for Leadership

2017

- The 10 Best-Ever Anxiety Management Techniques: Kindred Connections Therapy Centre, Calgary, AB
- First Responder Training: Alberta Health Services
- Natural Supports, A Project to Support Vulnerable Youth: Kindred Connections Therapy Centre, Calgary, AB
- Assertive Communication: ACHIEVE Centre for Leadership
- Increasing Natural Supports for Vulnerable Youth: Kindred Connections Therapy Centre, Calgary, AB

2018

- Single Session Training: Kindred Connections Therapy Centre, Calgary, AB
- Emotionally Focused Therapy: The Essentials of EFT in Action, Dr. Susan Johnson
- Attachment, Regulation and Competency (ARC) – an evidence-based, trauma-informed framework for children and adolescents with complex trauma: Kindred Connections Therapy Centre, Calgary, AB
- Healing the Body Through Play: Professional Education for Professionals (Pesi)
- Mindfulness Stress Reduction: Professional Education for Professionals (Pesi)

2019

- Core Brain Story: Alberta Family Wellness Initiative
- Trauma Treatment for Children and Adolescents: Professional Education for Professionals (Pesi)
- The Single Session Format of Therapy: Kindred Connections Therapy Centre, Calgary, AB
- Systemic Approaches to Nurturing Resilience Among Children, Youth and Families: Dr. Michael Ungar, CARYA, Calgary, AB

2020

- Borderline Personality Disorder - Understanding and Supporting: Crisis and Trauma Resource Institute (CITRI)
- Sexual Misconduct Training: College of Alberta Psychologists (CAP)

2021

- Difficult Conversations - Strategies for Challenging Discussions: ACHIEVE Centre for Leadership
- CPI Verbal Intervention Training: Kindred Connections, Calgary, AB
- First Aid Certification: St. John's Ambulance, Calgary, AB
- Self-Injury in Youth: Crisis and Trauma Resource Institute (CITRI)
- Play Therapy: Crisis and Trauma Resource Institute (CITRI)

2022

- Gottman Training Level I: The Gottman Institute
- Ethical Considerations for Virtual Psychological Service in Canada: Canadian Psychological Association (CPA) Guidelines on Telepsychology

2023

- Attention Deficit Hyperactivity Disorder: Strategies for Supporting
- Susan Johnson 'Hold Me Tight' Review and In-Depth Study
- Ethical Considerations: MAID for mental illness

2024

- Dr. Leanne Campbell: Emotionally Focused Therapy (EFT) and Trauma
- Estelle Rose: Empowered Women with ADHD: The Complete Guide to Living with Clarity and Confidence

- Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist
- Phil Boissiere: Thriving with Adult ADHD: Skills to Strengthen Executive Functioning
- Gabor Mate: The Myth of Normal
- Bruce Lipton: The Biology of Belief
- P.A. Resick, C.M. Monson, K.M. Chard: Cognitive Processing Therapy for PTSD. A Comprehensive Therapist Manual
- The Box and Circle - Basic Training: Dr. Jann Derrick, North Trauma and Resource Center

2025

- Mindfulness Approaches to ADHD: Yoga and Meditation
- Cognitive Processing Therapy combined with Cognitive Behavioural Therapy and Dialectical Behavioural Therapy for Trauma Clients
- Linda Hill: Recovery from Narcissistic Abuse, Gaslighting, Codependency and Complex PTSD.
- Damian Blair: The Complex PTSD Recovery Guide.
- Ethics and Indigenous Healing Culture

2026

- Decolonizing Health, Healing, and Care
- Ethics and Indigenous Healing Culture