

Beatrice Breitling-Winkler, B. Ed., M.A., M.Sc., Ph.D., R.Psych
Curriculum Vitae

Employment

- 2008 – present Private Practice ‘Centre of Excellence”
- 2013 – 2022 Counsellor, practicum student supervisor and facilitator of Mindfulness Stress Reduction classes at Catholic Family Service
- 2016 – 2023 Service Provider for the Family Centre, Edmonton, AB
- 2022 Therapist and Supervisor at Calgary Reconnect Counselling Group
- 2022 – present CRUX Psychology, Halifax, Clinical Associate

Education and Training

- 2014 Registration as a Psychologist with the College of Alberta Psychologists #4183
- 2014 Oral Exam, College of Alberta Psychologists
- 2013 - 2014 Internship at Catholic Family Service, Calgary, AB
- 2011 EPPP
- 2008 Ph.D. Counselling Psychology, University of Calgary, AB
- 2005 M.Sc. Counselling Psychology University of Calgary, AB
- 2003 University Teaching Certificate Teaching Assistant Citation
University of Calgary, AB
- 2001 Bachelor of Arts (B.A.) Psychology (First Class Honors), University of Calgary
- 1985 Yoga Teaching Certificate Edmonton, AB
- 1977 Bachelor of Education (B.Ed.)
Teacher Seminar Ludwigsburg, Germany
- 1976 MA University of Stuttgart, Germany

- 1972 First Secondary School Teacher's Examination University of Stuttgart

Employment History

- 2008 - Director, Holistic Counselor, Psychotherapist, Educator and Life Coach at my private practice Centrex - Centre of Excellence, in Calgary, Alberta

- Teaching Assistant Summer 2004

University of Calgary

APSY 419: Communication and Interviewing Skills for Counselors

J. McMahan, M. Sc. Responsibilities:

- Instruction of learning materials in the classroom
- Supervision of lab/skills practice and video taping
- Marking of all course assignments

- Research Assistant January to April 2002

Dr. J. Robinson

Calgary Health Region (CHR), Department of Psychosocial Oncology Responsibilities:

- Gathering information by telephone for research in oncology

- Research Assistant February - November 2001

Dr. M. Atkinson, Dr. J. Robinson

Department of Psychiatry and Tom Baker Cancer Center, Foothills Medical Center

Responsibilities:

- Development of the S-PRT, Self-Perception and Relationship Tool (CRHA Protocol # 15649)
- Administration of questionnaires to a wide range of patient groups
Evaluation of responses

- Substitute Teacher 1988 – 1989 Calgary Board of Education

Responsibilities:

- Teaching subjects across the curriculum grades 1-12

French Teacher 1989 - 1996

G.W. Skene Elementary School

Calgary Board of Education

Responsibilities:

- Teaching French as a Second Language to grades 4-6 with additional assignments in music, art and a wide range of extracurricular activities

- 1986-1987 Ranchwood Playschool, Calgary, AB

Responsibilities:

- Program development and instruction (age groups 2-4
 - 1976- 1977 Student Teacher at Middle School Stuttgart-Roth, Germany
- Responsibilities:
- Teaching German language arts and music to grades 4-8

Research Presentations

- May 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
- August 2003 Teaching Reflections 2003, University of Calgary Presentation: A Cancer Experience: From Victim to Victor
- July 2003 Summer 2003 Institute: Linking Research to Professional Practice, University of Calgary.
Presentation: A Cancer Experience: From Victim to Victor
- June 2003 Applied Psychology 641: Development, Learning, and Cognition in Children and Adolescents
Instructor: Dr. J. Powell, University of Calgary
Presentation: Transpersonal Development
- May 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
- April/May 2003 Learning Commons, University of Calgary.
Presentation: Cancer as a Catalyst for Personal Change
- June 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 Awards

- 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: For students who excel academically while having family responsibilities and financial needs University of Calgary

Community Service

- 2005 Research participant in departmental study and volunteer at the exhibition of the Faculty of Graduate Studies
- 2004/2005 Community Building Representative for the Applied Psychology Graduate Student Union (APGSU), University of Calgary
- 2004 and 2005 Volunteer guide for Grad 601, University of Calgary
- 2003/2004 Community Building Representative for the Applied Psychology Graduate Student Union (APGSU), University of Calgary
- 2003/2004 Volunteer in a Breast Cancer Survivor Group (Integrative Health Institute)
2002 Research volunteer

Dr. N. Culos-Reed, Department of Kinesiology, University of Calgary Responsibilities:

- Collecting data for a study regarding the applicability of yoga to increase a sense of control in post-treatment cancer patients
- 1998-2000 Assistance and support to individuals in a palliative care environment
- 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 Volunteer teacher at the YWCA: Teaching adult classes in the ‘English for New Canadians’ Program
- 1997/1998 Mentor for newcomers to the French as a Second Language (FSL) program of the Calgary Board of Education (CBE)

Practicums

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

Responsibilities:

- Individual counselling for clients with brain injuries as well as for their families
- Facilitation of psycho-educational groups
- Participation in multi-disciplinary teams for program planning

2003 – 2004 University of Calgary Counseling Center. Supervisor: 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. L. 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. N. Dudley
- 2001 Honours thesis: Psychiatric Treatments of War Neuroses: A case study of Julius WagnerJauregg
Division of Psychology
University of Calgary
Supervisor: Dr. H. 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. K. Baumgärtner

Workshops, Lectures, Webinars, Conferences

2007 - 2015

- Faculty of Social Work, University of Calgary

Supporting Individuals and Families through Loss and Grief: Reaffirming and Enhancing Your Practice
- Lifting the Veil of Blue: Feminist Practice for Women's Experiences of Depression
- Suffering, Illness and Spirituality

- Dr. V.V. Woolf, Holodynamics I-V
- The Inner Family Archetypes
- Hakomi, Introduction and Level I
- Mindfulness and Meditation (Women's Health Centre)
- Dr. Dan Nelson, Hyperphysics (Bozeman, Montana)
- Positive Psychology (Psychologists' Association of Alberta)
- The Power of Positive Emotion (PAA)
- Making the Choice for Happiness (Canadian Counselling and Psychotherapy Association)
- Helping Clients to Deepen their Relationship to the Divine (CCPA)
- Conquering Pain (Biomed)
- Recharging your Batteries (Institute of HeartMath, Boulder, Colorado)
- PAA Conference 2011
- CAP Conferences 2009 – 2013
- DSM-V

2014

- August 25-26: Workshop: Becoming Trauma Informed (Catholic Family Service)
- November 19: Healing Trauma, Addiction and Related Disorders (Jack Hirose)

2015

- April 24: Deconstructing Shame and Guilt. Dr. Karl Tomm, CPPEF
- May 21: Zenger/Folkman: Efficient Leadership. Webinar
- October 16: Strategies to Help Clients Deal with Anxiety (CTRI)
- November 5: Increasing Effectiveness and Limited Ineffectiveness as a Supervisor, Dr. Ladany, CPPEF
- November 6: Coaching Strategies for Leader, ACHIEVE

2016

- March 15: Grief and Loss, Dr. Wolfelt
- May 3: Conflict Resolution, ACHIEVE Centre
- July 5 & 6: Mediation, Conducting Difficult Conversations, ACHIEVE Centre

2017

- March 17: The 10 Best-Ever Anxiety Management Techniques
- May: First Responder Training, Alberta Health Services
- September: Natural Supports, Catholic Family Service
- November: Assertive Communication, ACHIEVE Centre
- November: Increasing Natural Supports for Vulnerable Youth, Catholic Family Service

2018

- January 16: Single Session Training, Catholic Family Service
- February 12: Emotionally Focused Therapy. The Essentials of EFT in Action with Susan Johnson
- June: Natural Supports (CFS)
- October: ARC Trauma Treatment for Children and Adolescents: Healing the Body through Play (Pesi)
- December: Mindfulness Stress Reduction (Pesi)

2019

- Core Brain Story (Alberta Family Wellness Initiative)
- Trauma Treatment for Children and Adolescents (Pesi)
- ARC Trauma Treatment for Children and Youth (Pesi)
- Single Session training at Woods Homes, Eastside Walk-In Clinic
- Play Therapy, Catholic Family Service, Louise Dean School

- Systemic Approaches to Nurturing Resilience Among Children, Youth and Families, CARYA, Dr. Michael Ungar

2020

- Borderline Personality Disorder: Understanding and Supporting (CITRI)
- Sexual Misconduct Training

2021

- February: Difficult Conversations: Strategies for Challenging Discussions (Achieve Centre)
- February: CPI Verbal Intervention Training
- April: First Aid Certification
- May: Self-Injury in Youth (Crisis and Trauma Resource Institute)
- December: Play Therapy (CITRI)

2022

- Gottman Training Level I
- Ethical Considerations Virtual Service
- Supervision for a Provisional Psychologist November 2022 – November 2023

2023

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

2024

- Dr. Leanne Campbell: Emotionally Focused Therapy and Trauma (EFT)
- 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
- Dr. Jann Derrick: The Box and Circle Basic Training, North Trauma and Resource Center
- Supervision of a Provisional Psychologist
- Pro Bono Work

2025

- Supervision of a Provisional Psychologist
- Pro Bono work
- 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
- Confidentiality Issues Related to Working with Government Agencies
- Supervision of a Provisional Psychologist
- Pro Bono work