



Isabelle Bonsaint

Clinical Psychologist

EDUCATION

1998 - 2000

Master of Psychology

Université de Montréal, Canada,
Montréal

- Master of Psychology, option
Counselling
- Completed essay: Women with major
depression and self-assertiveness
problem

1995 - 1998

Bachelor of Psychology

Université de Montréal, Canada,
Montréal

- Grade: Dean's Honor List

PROFESSIONAL SUMMARY

I am a Clinical Psychologist with over 25 years of experience in providing mental health services to individuals, couples, and families. My expertise lies in assessing, diagnosing, and treating mental health conditions using evidence-based practices. I have extensive experience working with clients with anxiety, depression, trauma, and personality disorders. My biggest achievement is helping clients overcome their issues through therapeutic interventions and psychoeducation. My best qualities are patience, understanding, and empathy when dealing with difficult or sensitive situations. I have excellent communication skills which allow me to build strong relationships with my clients. I also possess strong organizational and administrative skills which help me to efficiently manage client files as well as maintain accurate records.

EXPERIENCE

Clinical Psychologist

2012 - Now

Self-employee, Canada, Toronto

As a clinical psychologist at Self-employee in Canada, I have had the opportunity to work with a diverse range of clients and provide them with personalized therapy and support. I have also been able to utilize my skills in psychological assessment, diagnosis, and treatment planning to help individuals improve their mental health and overall well-being.

- Conducted therapy sessions with clients
- Utilized psychological assessment tools
- Developed individualized treatment plans
- Provided support and resources for mental health improvement

Consultant Consultant

2010 - 2011

CAMH, Canada, Toronto

- As a Consultant Consultant at CAMH in Canada from 2010-12 to 2011-01, I had the opportunity to work on the revision of a Manual For Enhancing the Effectiveness of CBT for French and/or Creole-Speaking People of Caribbean Origin in Canada.

Psychotherapist for the French speaking community

2002 - 2010

Centre francophone de Toronto, Canada, Toronto

As a Psychotherapist for the French speaking community at Centre francophone de Toronto, I had the privilege of providing therapeutic services to individuals from diverse backgrounds. During my 8 years at this position, I gained valuable experience in providing culturally sensitive and linguistically appropriate mental health care.

- Conducted individual and group therapy sessions
- Developed treatment plans for clients

♥ HOBBIES

- Reading
- Photography
- Traveling
- Bike riding
- Canoe-camping
- Scuba-diving
- Hiking
- Cinema

🗣️ LANGUAGES

- French
- English

- Collaborated with interdisciplinary team
- Provided crisis intervention and support
- Conducted outreach and education in the community

Counselor/Case Manager for people who experienced a loss of autonomy 2001 - 2002

CLSC Arthur-Buies, Canada, St-Jérômes

As a Counselor/Case Manager at CLSC Arthur-Buies in Canada from January 2001 to August 2002, I had the privilege of working with individuals who experienced a loss of autonomy. In this role, I provided compassionate support and guidance to clients as they navigated the challenges of adjusting to a new way of life. Through my work, I was able to make a positive impact on the lives of those facing difficult circumstances.

- Offered emotional support and counseling
- Developed personalized treatment plans
- Collaborated with interdisciplinary teams
- Provided resources and referrals for additional support

Mental Health Residential Counselor/Case Manager 1999 - 2000

Le Refuge La grande maison, Canada, Saint-Eustache

As a Mental Health Residential Counselor/Case Manager at Le Refuge La grande maison, I provided support and guidance to residents with mental health conditions. My experience at this facility allowed me to develop strong skills in crisis intervention, case management, and client advocacy.

- Conducted intake assessments
- Developed individualized treatment plans
- Provided counseling and support to residents
- Collaborated with multidisciplinary team on treatment strategies

Internship at the external clinic of psychiatry 1999 - 2000

CENTRE HOSPITALIER DOUGLAS, Canada, Verdun

During my internship at the external clinic of psychiatry at CENTRE HOSPITALIER DOUGLAS, Canada, I gained valuable experience in working with patients suffering from various mental health disorders. Under the guidance of experienced psychiatrists and psychologists, I was able to develop my skills in conducting assessments, providing therapy, and creating treatment plans tailored to each individual's needs.

Responsibilities and achievements:

- Conducted initial patient assessments

- Assisted in creating treatment plans
- Observed and participated in therapy sessions
- Collaborated with multidisciplinary team for patient care

Research Assistant

1995 - 2000

Université de Montréal, Canada, Montréal

I was part of a dynamic team working on various research projects in the field of social maladjustment in children. My main responsibilities included conducting experiments, collecting and analyzing data, and writing reports. This experience allowed me to develop strong research skills and gain valuable knowledge in the field.

- Assisted with experiments
- Collected and analyzed data
- Wrote reports
- Developed strong research skills

★ SKILLS

Interpersonal skills	★★★★★
Counseling	★★★★★
Psychotherapy	★★★★★
Analytical skills	★★★★★
Self-esteem	★★★★★
Assessment	★★★★★
Diagnosis	★★★★★
Stress management	★★★★★