

Opening Works
Counselling

Kira MacDuffee, M.Ed, RCC

Registered Clinical Counsellor

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Education

M.Ed. Counselling Psychology, University of Victoria, BC , 2006

BA Psychology, Carleton University, Ottawa, ON, 1997

BA Philosophy, Carleton University, Ottawa, ON, 1996

Personal Highlights

- Registered Clinical Counsellor with BC Clinical Counsellors Association
- Over 400 supervised client hours in individual and group counselling settings
- Over 20 yrs experience in individual and group work in personal development
- Successfully built private practice seeing 20 clients per week in less than 2 yrs
- Training and experience in a wide variety of therapeutic interventions
- 10 years of one-on-one study with enlightened spiritual teacher

Experience

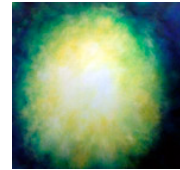
Opening Works Counselling Services, Victoria, BC - 2006-2008 Counsellor in Private Practice

- Providing in-depth psycho-therapy and counselling support for adults and adolescents
- Specializing in body-centred psychotherapy, trauma-healing and transpersonal development using the enneagram model
- Building practice and small business from ground up successfully and independently
- Facilitating meditation retreats, workshops and psycho-ed groups
- 90% of client base coming from client referrals
- 80% of client base between 20 and 35 years of age

BC Cancer Agency, Van. Is. Cancer Centre, Victoria, BC - 2005-2006 Patient and Family Counselling, Clinical Counsellor: Practicum

Cooperatively working with agency staff:

- Provided compassionate emotional, educational, and spiritual support for individuals, couples, and their families living with cancer.
- Helped clients deal with the often devastating diagnosis and treatment process.
- Liaised with community and government agencies providing physical and financial support.
- Facilitated and co-facilitated groups for individuals living with cancer, and for family members coping with cancer and cancer treatment.
- Maintained accurate confidential records and inter-departmental reports



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Citizens Counselling Centre, Victoria, BC - 2005 Counsellor - Practicum

- Completed 100 direct client hours providing one-on-one counselling for individuals and couples with a variety of mental health issues (including depression, anxiety, OCD, bereavement, trauma and past sexual, physical and emotional abuse)
- Conducted intake interviews, including suicide assessments, on weekly basis
- Using a variety of therapeutic interventions including: CBT (relaxation techniques, cognitive restructuring, emotive imagery), solution focused, narrative therapy, somatic experiencing, gestalt therapy, art therapy, dreamwork and mindfulness practice.

Peninsula Community Services, Sidney, BC - 2001- 2007 Counsellor - Volunteer

- Completed over 150 hours of mental health counselling working primarily with depression and anxiety (2001)
- Completed over 200 hours of training in a variety of counselling techniques highlights include: somatic experiencing/ trauma healing, art therapy, solution oriented, bereavement counselling, anger management, resource and grounding techniques, client-centered therapy, CBT and bibliotherapy (i.e. journaling etc.).

Peninsula Community Services, Sidney, BC - 2003-2004

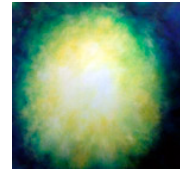
Co-facilitator / Intern for the Lay Counselling Training Program

- Co-facilitated group process work and training of lay counsellors in a variety of counselling techniques including (but not limited to) gestalt therapy, body awareness (somatic experiencing) sculpting, psychodrama, solution focused, and art therapy
- Gave feedback and direction to the group
- Constructed and facilitated group activities
- Worked to create and maintain safety in the group

Selected Training and Coursework

Enneagram Institute Professional Training, San Francisco CA, 2008 Part I with Don Riso and Rus Hudson

- 6 day in-depth study of the Enneagram as a psycho-spiritual system
- training involved cognitive and experiential learning of the nine personality types, levels of developmental, attachment patterns, ego defense strategies and tools for transformation
- Registered for Part II of training in NY NY, Nov. 2008



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Enneagram of Personality with Penny Willans, Phd. Victoria, BC, 2006

- Participated in two, three-day workshops, and 2 day –long workshops on working with the enneagram model
- Focused on an understanding of the 9 personality types, individual psychic structures of these types, and embodiment techniques.

Citizens Counselling Centre, Couples Counselling Training: Victoria, BC 2006

Training highlights include:

- Solution Oriented and Narrative approaches to working with couples
- Drug and alcohol abuse and relationship dynamics
- Violence and aggression with couples/families
- Conflict resolution
- Exploring gender, cross-cultural and gay/lesbian dynamics

Orca Institute: Hypnotherapy Training, Vancouver, BC - 2005

- Certificate Program focused on Ericksonian Hypnotherapy techniques and counselling skills (total course over 300 hours)
- 25 hr supervised practicum

Post Traumatic Stress Disorder Healing with Joe Selanto, PhD Vancouver, BC - 2005

Completed 25 hr course in PTSD training covering:

- Current theories of psychological and physiological responses to traumatic experience
- An overview of the treatment process of PTSD emphasizing the use of imagery

Lay Counselling Conference, Esquimalt, BC- 2002, 2003, 2004, 2005

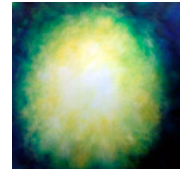
Attended the following workshops at the annual Lay Counsellor Conference

- Dissociative Disorders – Marlene Hunter, MD
- Trauma: Building Safety into our Work with our Clients - Tim Black, PhD
- Emotional Freedom Technique – Karen Ledger, RN, BSN
- An Authentic Encounter – Fiona Murphy, MSW, RSW, DipC
- Addiction Counselling Issues for Lay Counsellors – Darrel Pacini M.Ed
- Projection and Transference: Self Reorganization Opportunities - Nora Trace. PhD
- Meditation Focusing on Stress Reduction – Ashanti Fraser, M.Ed

Bioenergetics Institute, Ottawa, ON - 1998 - 2008

10 years of study with Spiritual Teacher Ana-Karyn Garcia:

- Studied 2 years (intensely) of traditional South American Shamanism,
- Learned, practiced and taught various Kundalini yoga breathing and meditation practices
- Studied variety of healing and therapeutic techniques including physical and energetic body work, art and gestalt therapies
- Participated in and organized art show for shamanic healing students



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- Currently attending monthly individual classes and annual mediation retreats

References

Michael Boyle, MSW, RSW – Practice Leader, Patient and Family Counselling Services, Vancouver Cancer Centre, Victoria, BC. (250) 519-5526

Shelley Gordon, MSW, RSW – Clinical Counsellor, Patient and Family Counselling Services, Vancouver Cancer Centre, Victoria, BC. (250) 519-5525

Berns Gallaway M.Ed – Community Therapist, Beacon Community Services, Counsellor in Private Practice, Sidney BC (250) 655-5301

Tim Black, PhD – Faculty of Education, University of Victoria, Victoria BC, (250) 721-7820

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