

JOANNA SZCZESKIEWICZ, MSW, RSW

Diplomate, Academy of Cognitive and Behavioural Therapies • CACBT Certified Cognitive Behaviour Therapist
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PROFESSIONAL HIGHLIGHTS:

- Expertise in cognitive behaviour therapy with solid grounding in use of disorder specific protocols and conceptualization-based interventions as demonstrated by credentialing with Academy of Cognitive Therapy and Canadian Association for Cognitive and Behavioural Therapies
- Solid skills in one-on-one dialectical behaviour therapy and group interventions
- Seven years of experience as MSW field instructor in affiliation with York University, Toronto.
- Experience in work with persons with chronic and persistent mental illness in context of assertive community treatment, psychiatric inpatient unit and Psychotic Disorders Clinic
- Solid skills in crisis intervention
- Skilled in data collection, statistical analysis and interpretation
- Proven focus on evidence-based interventions

EDUCATION / CREDENTIALS:

- 2012 Certified Cognitive Behaviour Therapist, Canadian Association of Cognitive Behavioural Therapies, (www.cacbt.com)
- 2010 Diplomate, Academy of Cognitive Therapy (www.academyofct.org)
- 2011 Certified trainer for Applied Suicide Interventions Skills Training (ASIST) in affiliation with Living Works (www.livingworks.net) and Trillium Health Partners
- 1996 MSW, University of Toronto
- Graduate Fellowship recipient
- Thesis: *Defining Best Interests in Provision of Mental Health Services*
- 1992 BA (Hons) Psychology, University of Western Ontario
- Thesis: *Contingency Judgments in Depressed and Non-Depressed Subjects.*

PROFESSIONAL AFFILIATIONS:

- Ontario College of Social Workers and Social Service Workers
Member as of 2000, registration number: 324178
- Ontario Social Workers Association
Member as of 2009, certificate number: 4498
- Academy of Cognitive Therapy
Diplomate as of 2010, certificate number 01001
- Canadian Association for Cognitive and Behavioural Therapies
Credentialed member as of 2013, registration number: 946

PAPERS AND PRESENTATIONS:

- 2018 *Building a CBT Group Program at a Community Hospital.*
8th Annual Meeting of Canadian Association for Cognitive and Behaviour Therapies: Vancouver, British Columbia.
- 2014 *Using Exposure to Facilitate Family Engagement in a Survivor of Childhood Abuse.*
44th Annual Congress of the European Association for Behavioural and Cognitive Therapies: Hague, Netherlands
- 2014 *CBT for Comorbid OCD and Bipolar Disorder: A Case Study.*
44th Annual Congress of the European Association for Behavioural and Cognitive Therapies: Hague, Netherlands.
- 2014 *"But I did Hurt Him": An Example of CBT for Intrusive Thoughts of Violence in Context of Bipolar Disorder.*
4th Annual Meeting of Canadian Association for Cognitive and Behaviour Therapies: Halifax, Nova Scotia.
- 2011 *"I am Afraid I am Going to Kill Myself": When Fear of Suicide and Suicidal Ideation Coexist.* Psychomed 2011 n.3 Special Issue: "Clinical Science", p. 19. Originally presented at the 7th International Conference of Cognitive Psychotherapy "Clinical Science"
- 2011 *Psychotic Disorders and Physical Health: Enabling Treatment Collaboration.* Psychomed 2011 n.3 Special Issue: "Clinical Science", p. 43. Originally presented at the 7th International Conference of Cognitive Psychotherapy "Clinical Science"
- 2010 *Violence and Mental Illness: Are we hurting those we aim to protect?*
21st Annual Canadian Bioethics Society Conference: Kelowna, British Columbia
- 2008 *End-of-Life Decisions in Context of Assertive Community Treatment.*

- 2008 Ontario ACTT Association Conference, Niagara Falls, Ontario
Cash Drops: Too Much or Barely Enough (with Tamara Pouliot and Baijumon Mathew)
- 2008 Ontario ACTT Association Conference, Niagara Falls, Ontario
Life Decisions in Context of Chronic and Persistent Mental Illness.
- 2005 19th Annual Canadian Bioethics Society Conference: St. John's, Newfoundland
Due Process in Assertive Community Treatment
- 2005 Ontario ACTT Association Conference, Toronto, Ontario
Going Places: Building Travel Independence in Persons with Chronic and Persistent Mental Illness (with Silvi Tridici).
- Ontario ACTT Association Conference, Toronto, Ontario

PROFESSIONAL EXPERIENCE:

2009 - present COGNITIVE BEHAVIOUR THERAPIST IN PRIVATE PRACTICE
4275 Village Centre Court, Lower Level 02, Mississauga, Ontario
www.VillageCentreCBT.net

1995 - 2018 SOCIAL WORKER
Trillium Health Partners, Mississauga, Ontario
Held various social work positions across the organization (outlined below)

SOCIAL WORKER (2015 – 2018)

Ambulatory Mental Health Services – Credit Valley Hospital

- Conducted intake assessments and facilitated CBT groups for depression and anxiety
- Maintained waitlist and relevant database to evaluate program's effectiveness
- Developed and implemented CBT group program for anxiety and depression that fit along the continuum of other programs offered within the Ambulatory Mental Health Services

SOCIAL WORKER (2006 – 2015)

Mood Disorders Clinic and Psychotic Disorders Clinic – Queensway Health Centre

- Provided protocol based cognitive behavior therapy
- Facilitates CBT groups for anxiety, depression and PTSD as well as DBT group for interpersonal effectiveness.
- Developed and delivered a CBT-informed psychoeducational program for families of persons with severe mental illness.
- Delivered two-day training workshops in applied suicide intervention skills (ASIST) to staff and community members
- Delivered suicide prevention workshops (SafeTALK) and SuicideAWARE) and facilitates group debriefs with subway operators and station managers as part of a collaborative effort between Trillium Health Partners, Toronto Transit Commission and Living Works

CLINICAL ETHICS FACILITATOR - MENTAL HEALTH (2004 – 2009)

- Participated in the work of the hospital's clinical ethics committee
- Completed project management training and completed research projects to evaluate client's and staff's reactions to a money disbursing program for persons who are financially incompetent and to evaluate client transportation strategies utilized by the hospital's assertive community treatment team.
- Facilitated value clarification and conflict resolution meetings with clients, families and staff that centered on issues of surrogate consent, clinical vs. personal responsibility, end-of-life decisions, treatment futility and resource allocation

SOCIAL WORKER (1998 – 2006)

Assertive Community Treatment Team (Mississauga Hospital and Queensway Health Centre)

- Delivered intensive case management services in accordance with PACT manual
- Provided on-call crisis coverage, conducted suicide and violence risk assessment, engaged clients in safety planning and when necessary collaborated with the police to facilitate apprehensions under the Mental Health Act
- Developed a collaborative money disbursement program between ACTT and the Office of Public Guardian and Trustee for persons assessed as incompetent with respect to management of their finances.

- Designed a *Transportation Needs Assessment* form to assist with teaching of independent travel skills and with decisions about transporting clients in staff vehicles.
- Acquired solid understanding of principles underlining mental health legislation and first-hand experience in presentations to Consent and Capacity Review Board
- Responsible for collection and analysis of program outcome data in accordance with guidelines from the Ministry of Health (2000)

SOCIAL WORKER (1995 – 1996; contract positions)

Crisis Intervention Team (Contracts; Mississauga Hospital and Queensway Health Centre)

- Provided crisis intervention in a fast-paced emergency department with focus on suicide/violence risk assessments, mental status assessments and brief one-session interventions
- Supported families of persons who died upon arrival to the hospital

SOCIAL WORKER (1996 – 1997; contract positions)

Inpatient Psychiatric Unit; Mississauga Hospital

- Conducted psychosocial assessments, facilitated groups and delivered family interventions that focused on adjustment to illness and conflict resolution

1997

SOCIAL WORKER

Scarborough Community Access Services

- Provided palliative care and crisis counselling
- Assisted with resource coordination

1991-1993

PERSONAL SUPPORT WORKER

Participation House, London, Ontario

- Provided assistance with activities of daily living and personal care to persons with developmental disabilities
- Organized and supervised recreational activities that promoted community integration
- Provided supportive counselling
- Responded to health emergencies and managed behavioural escalations

1991 – 1992

PERSONAL SUPPORT WORKER

Community Living, London, Ontario

- Provided assistance with activities of daily living and personal care to persons with severe developmental and physical disabilities
- Administered medications in accordance with prescription guidelines and organizational policies
- Received training in and implemented behavioural modification protocols

1991

RESEARCH ASSISTANT

University of Western Ontario, London, Ontario

- Conducted research meetings with students to verify validity of constructs used in Personality Rating Form
- Encoded and analyzed data using SPSSPC