

Diploma of College Studies

- **Animal Health Technology**, Vanier College, completion 1990, Diploma 00766913
- **Early Childhood Education**, Vanier College, completion 2006 (38.95 credits)
- **ADD Life Coaching**, ADD Coach Academy, completion 2008 (125 hrs)
(Attention Deficit Disorder)

Certifications

2006

- **Brain Gym®101**, Offered by Victoria Anders M.A. - 04/26/2006 (24 hrs)

2007

- **Coaching the Entrepreneur**, ADD Coach Academy, Offered by David Giwerc, MCC - Nov. 2007 (6 hrs)

2009

- **Transforming the Difficult Child** 5-day Advanced Training of the Nurtured heart Approach, Howard Glasser, Presenter/Creator - 01/19/2009-01/23/2009 (32.5 hrs)

2010

- **Reflection on prenatal and early childhood in a context of poverty**, Luce Bordeleau, Facilitator, *Agence de la santé des services sociaux de la Montérégie* - Sept. 21st & 23rd, 2010 (13.5 hrs)

2011

- **Hygiene & food safety**, Louis-Philippe Chouinard, Facilitator, Agriculture, Food & Fisheries Quebec, - 12/15/2011

2012

- **Stress Déstresse Déstresse**, Presented by Richard Chagnon Psycho-Educator - 04/23/2012 (7 hrs)
- **Discovering the Snoezelen Approach** - 10/18/2012 (1 day)
- **Musclez vos Meninges**, Presented by Manon Parisien, erg., M.Sc. - 10/24/2012 (1 day)

2013

- **Stress Management, Psycho-education**, Hosted by Université de Montreal - 04/24/13 (16hrs)
- **All you ever wanted to know about Sexuality...and Elders**, Presented by Cindy Starnino, offered in collaboration with Université de Montreal, McGill University & Université du Quebec à Montreal - 04/26/2013 (7hrs)
- **Training for Counselors to run support groups for bereaved people**, Facilitator, Nathalie Viens, M.Sc., T.S., Centre de formation Monbourquette - May 15th & 16th, 2013 (12 hrs)
- **CTI Syracuse 2013** Re-Certification as Advanced Trainer of the Nurtured Heart Approach®, Presented by Howard Glasser & Lisa Bravo - 07/21/2013-07/26/2013 (32.5hrs)
- **Psycho-educational Stress Management Training for Caregivers of Elder Relatives Residing at Home**, Presented by Johanne Goudreau, Ph.D inf. & Claire Chapados, inf. Ph.D. (Université du Montreal) - April 23th & 24th as well as Oct. 9th, 2013 (16 hrs)
- **Intimacy, sexuality and cognitive disorders, Alzheimer Society Advanced Training**, 11/29/2013 (3.5hrs)
- **Intervention for Men**, Presented by Maud Laliberté-Garon, from *Agence de la santé des services sociaux de la Montérégie* - Dec. 6th & 13th, 2013

2015

- ***The experience of mourning for Elders***, Presented by Cindy Starnino, in collaboration with University of Montreal, McGill University & University of Quebec in Montreal - 05/08/2015 (7 hrs)
- ***Elders Abuse Awareness***, Félix Leboeuf, Facilitator from *Centre intégré de santé et de services sociaux de la Montérégie-Quest Quebec* - 06/04/2015

2016

- ***AGIRE Pour Mieux Vivre Ensemble***, Doris Langlois, T.S., Psychotherapist Trainer - 03/23/2016 (3 hrs)
- ***Preventing Exhaustion in Caregiving Relationships- Level 2***, Offered by Michelle Arcand, psychologist & Lorraine Brissette, social worker, specialized in caregiving relationships - June 1st & 2nd, 2016 (12 hrs)
- ***Transfer and counter-transfer***, Offered by Serge Tracy, M. Psy - 10/12/2016 (6 hrs)

2017

- ***Good Intervention Practices to use with suicidal persons***, Le Tournant, Sylvie Mayer Facilitator - Jan. 25th & 26th, Feb. 2nd, 2017 (21 hrs/2 CEU) AQP Association québécoise de prévention du suicide
- ***Helping Elders & Family Members face the Transition from Home to a Residence***, Offered by Lorraine Brissette, SW - Feb. 1st & 8th, 2017 (12 hrs)
- ***Mourning... Beyond the Usual Steps***, Offered by Karène Larocque - 03/29/2017 (6 hrs)
- ***Self-Esteem is merited - Self-Confidence is developed***, Offered by Karène Larocque - 03/30/2017 (6 hrs)
- ***Impact Therapy & Techniques***, Offered by Mme Danie Beaulieu, PsyD & co-creator of approach - June 1st & 2nd, 2017 (12 hrs)
- ***Formation Pour Contrer La Maltraitance Envers Les AINÉS*** Brigitte Dandurand, ts et formatrice, cisssmo - 10/26/2017 (3hrs)
- ***Empowering the Powerless***, Facilitator Diane Chayer, tsmss - 09/27/2017 (6 hrs 45 mins)

2018

- ***Anger - Aggressivity- Violence*** Facilitator Diane Chayer, tsmss - 04/25/2018 (7 hrs)
- ***Using ones emotions intelligently*** Claude Sévigny - 05/09/2018 (6hrs)
- ***Normes identitaires de genre et expression des besoins chez les garçon et les hommes*** Éric Couto, M.S.S, T.S. - 15/11/2018 (6hrs)

2019

- ***Communication Relation Empathie*** Facilitator, Psychologist, Jacques E. Tremblay - 02/27/2019 (7 hrs)
- ***Pour mieux accompagner les proches aidants en situation de couple dans un contexte de maltraitance*** Formatrice: Caroline Pelletier - 05/01/2019 (6 hrs)
- ***Global Summit*** Re-Certification as Advanced Trainer of the Nurtured Heart Approach®, Keynote Speakers; Howard Glasser, Dr. Velia Nuno, Elizabeth Manley & Josh Shipp - 07/14/2019 - 07/17/2019 (20 hrs)
- ***Entredre au-dela des mots*** Facilitator, Psychologist, Karène Larocque - 11/09/2019 (6 hrs)
- ***Stress, Soyez le boss de vos hormones*** Facilitator, Psychologist, Karène Larocque - 11/10/2019 (6 hrs)

2020

- **Sensibilisation Contre la Maltraitance auprès des Personnes Aînées** G.R.A.V.E.S Facilitator, Marie-Christine Floch, D.G. - 11/02/2020 (7 hrs)

2021

- **The Nurtured Heart Approach®**, Certification Training Intense, Facilitator, Howard Glasser 17/01/2021-22/01/2021 (32.5hrs)

2022

- **Family Dynamics & Setting Boundaries, L'APPUI**, Facilitator, Stephanie Erickson, S.W., 26/01/2022 (2.5hrs)
- **Team Caregiving, L'APPUI**, Facilitator, Stephanie Erickson, S.W., 15/02/2022 (2.5hrs)

2023

- **Prévenir l'épuisement du proche aidant**, Facilitator, Mme. Katerine Ouimet, S.W., 01/03/2023 (18hrs)
- **Usure de compassion**, Facilitator, Madeleine Fortier, 16 & 18/05/2023 (6hrs)

2024

- **Solution-Focused Coaching for Caregiver Support**, Facilitator, Jeffrey McCrossin, S.W, 01/26/2024 (6hrs)
- **Caregiver Bereavement & the Care-ography Tool**, Facilitator, Pam Orzeck & Zelda Freitas, 21/03/2024 & 26/04/2024 (3.5hrs)
- **The Nurtured Heart Approach®**, Certification Training Intense, Facilitator, Howard Glasser 10/03/2024 - 15/03/2024 (32.5hrs)

Associations

- **The Quebec Naturotherapist Association, ANQ** a member in good standing since 2009 to present