

Edward Epp

# Counsellor

**Edward Epp**

eppedward@gmail.com

P.O. Box 21601, Vancouver B.C. V5L 5G2

(Cell) 250-709-5049

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## *Professional Counselling Experience*

### Approach

I am committed to collaborative, discursive approaches including narrative, solution-focused, self-relations and collaborative language systems and to working with sensitivity for clients while respecting their diversity. In addition, I am open to integrating rich metaphors and techniques from behavioural, cognitive and spiritual approaches. As a practicing artist (painter), I have in a natural way utilized reinforcing and overlapping experiences and congruencies between counselling and art.

### Experience

- **Clinical Counsellor - Vancouver**, (private practice 1998 - present). Individual, couple and family therapy. EAP and private clients. Provide grief, abuse, couple, family, depression as well as critical incident debriefing counselling.
- **Counsellor - Kitimat**, (ongoing) bi-weekly counselling contract with EAP provider, 'Homewood' for RioTintoAlcan, and District of Kitimat.
- **Facilitator - Aftercare**, (ongoing) weekly support group for drug and alcohol addiction, Kitimat, B.C.
- **Mental Health Counsellor - H'ulh-etun Health Society**, Chemanius, B.C. full-time served Malahat, Halalt, Pennelakut and Lyackson, Oct 09 - March 31, 2012.
- **Instructor - UNBC**, (one-year teaching contract 2007-08) Graduate Studies Instructor and supervision of M.Ed counselling candidates (Smithers, Terrace, Kitimat and Prince Rupert).
- **Lax K'walaams (Port Simpson), B.C.** Counsellor (band contract 2007-09), individual, couple and group counselling.
- **Kitkatla Band, B.C.** Counsellor: July 05 - Jan 07. (Interim contract), individual, couple and group counselling.
- **Haida Band**, Haida youth counsellor (Dec.06 - April 07) Massett. Contract counsellor in the elementary and secondary school for 'at-risk' youth.
- **Instructor**, (part-time), (1999 -2006). Northwest Community College, Prince Rupert, Terrace, B.C: Conflict Resolution, Introductory Psychology, Abnormal Psychology, Foster Parent Training (for Ministry of Children and Families contracted through Northwest Community College), Art History, Painting. (University transfer). Fifteen years post-secondary instructor in Liberia, Cuttington University/College (1981-1988), W.U.S.C. Selebi Phikwe, Botswana (1989-90), College of New Caledonia, Prince George (1978 - 1981), Red Deer College (1977 - 78), Yorkton Art Centre/University of Saskatchewan (1975 - 77).

- **British Columbia Probation and Family Court Services**, (1997 to 2003) Prince Rupert, B.C. Counsellor-court mandated clients. Family Violence Intervention Program, leader, men's group.
- **Project for Peace**, (1998-2000), Kitimat, Terrace. Counsellor, group leader, family violence prevention group for Probation and Family Court Services.
- **Supervisor**, Graduate students (Master's program UNBC), (1998, 9), Kitimat, Prince Rupert.
- **Nisga'a Valley Health Board**, 1996-1998, Kincolith, B.C. Family therapist. Family and individual counseling.
- **School District # 92 (Nisga'a)**, 1997. Psychometrician. WSDC III, BINET-4, Gordon Diagnostics, etc.
- **University of Northern British Columbia Counselling Centre**, Jan to April, 1996. Completed field practicum, counselling students: relationship, depression, student, career and anger management issues,
- **Central Interior Native Health Centre**, Prince George, BC. Pre-practicum.

## Workshops Presented

- **"Community, Arts, and Spiritual Values: Challenging Patterns of Addiciton"** "Building the Future Series", Cook Street Activity Centre, Victoria Baha'i Community sponsored talk series, Edward Epp, May 28 2016.
- **"Multimedia Mental Health Tools: Challenging Patterns of Addiction,"** Edward Epp and Leanne Boschman, *Transforming Habits of Thought*, Association for Baha'i Studies, San Francisco, 11-14 August 2011.
- **"Art, therapy, spirit - post-modernism,"** multi-media power point presentation, PMTH Conference, Oakland CA, Sept 3-5, 05.
- **"Retirement, a psycho-socio/spiritual perspective"** DFO (Federal Government) conference, Prince Rupert, B.C. Aug. 28, 2003
- **"Diary artist/therapist, First Nations Communities, Northwest B.C."** 2nd Bi-annual Conference on Personal Meaning, July 18-21, 2002 Vancouver, B.C. (Milton Erickson Foundation, Foundation for Meaning & Ethics), also presented collaborative painting/poetry piece on this theme.
- **"Diary artist/therapist,"** First Nations communities, northwest B.C." 26<sup>th</sup> annual Assoc. for Baha'i Studies Conference, Mississauga, Ontario, Aug. 30 - Sept 2, 2002.
- **"Restorative Justice: Perspective from Prince Rupert, B.C."**, Conflict resolution study group session 26<sup>th</sup> annual Assoc. for Baha'i Studies Conference, Mississauga, Ontario, Aug. 30 - Sept 2, 2002.

- **"Taming the Dragon,"** workshop on anger management/self-care for caregivers, Sept. 28, 2001, Prince Rupert, B.C. pregnancy outreach workers, NW. B.C.
- **"Taming the Dragon - Working with Men who Abuse,"** Feb. 21, 1999 presented to UNBC graduate course on family violence, Terrace, B.C. May 14, 1998 Parkdale Intercultural Assoc., Toronto, Ontario: workshop
- **"Art and Healing (Self-expression)."** Leighton Centre, Calgary, Alberta -May 11 -12, 1996: Offered workshop-using art as a modality in a narrative approach to help individuals gain personal insight and growth.

## Continuing Education – Workshops

- "Dr. Bessel van der Kolk's Intensive Trauma Treatment Course", ongoing 9 week, on-line, presently, 2016
- "An ethical stance for therapy", Dr Vicki Reynolds, Adler Centre, BCACC, June 25, 2016, Vancouver, B.C. 6 hrs.
- "'Therapeutic Conversations 13' Narrative Therapy: Lets start All over Again" April 27 - April 30, 2016, Vancouver, B.C.
- "Making sense of emotions: the science of emotions and their impact on behaviour" Gordon Neufeld, Ph.D. Vancouver, March 2, 2016
- "Gottman Method Couples Training Level 1- bridging the couples' chasm" Vancouver, B.C. September 26, 27 2015.
- "Loving an Addict, Loving Yourself: Counselling the Loved Ones of Addicts", Candance Plaster and Cait Saul, Vancouver, B.C., March 28, 2015. 7 hrs.
- "NW Residential Supervision with Dr. Stephen Gilligan, PhD., Leavenworth, Wash. April 23-27, 2014. 28 hrs.
- "Everyday narrative practices in public practice", Bill Madsen, Family-Centred Services Project, Boston, Kaynote, Therapeutic Conversations 11, Vancouver, B.C., May 31, 2014.
- "Suicide prevention webinar series", Mental Health Commission of Canada (MHCC), every 2<sup>nd</sup> Tues. 5 part series, started Feb 11, 2014. 5 hrs.
- "Integration of Clinical Hypnosis and EMDR", Marshall Willensky, Ph.D, R.Psyh. 3 hrs. Canadian Society of Clinical Hypnosis, Van. B.C. Sept. 18, 2013.
- "Understanding the Big Four: Anxiety, Anger, ADHD, Addictive Behaviour", Ted Leavitt, MSC RCC, Vancouver Adlerian Centre, Van. B.C. 3 hrs, Sept 10, 2013.
- "Generative Psychotherapy and Trance: An Integration of Mindfulness and the Creative Unconscious", Workshop intensive w Stephen Gilligan, PhD, New York City, March 14 - 17, 2013, 24 CEU hours.
- "Critical Incident Response for the Workplace" Online Training: CIR in the Workplace 3 hrs, On-Site Training: Best Practices in

CIR in the Workplace 7 hrs, Crisis Care Network, FSEAP Alexia Brown MA.(RCC) 27 Feb 2013.

- "Gregory Bateson and the Rhizome century - Building sustainable webs for life, Lynn Hoffman, Umberta Teffrier, Petro Barbetta, Imelda McCarthy, Harlene Anderson, Arden Henley, Nora Bateson, Ellen Landis, Robin Routledge, Rocia Chaveste GGutierrez, Papusa Molilina, Marilene Grandeson, Chris kinman Oct 23 - 25, 2012, Vancouver, B.C. 14 hours.
- "The art & science of love" Gottman, Lighthouse Therapeutic Services, Oct., 13,14, 2012 Vancouver, B.C.,16 hours.
- Therapeutic Conversations X, "Working with families in the contexts of economic recession and climate change", Just Therapy Team, New Zealand, Taimalieuu Kiwi Tamassese, Charles Waldegrave.
  - "The twin territories of story development", Karen Shatz, Jim Rudes Barry University, Miami, Florida.
  - "Theory", John Winslade, interviewed by Jonny Morris, Joel Shapiro and Tom Strong. Vancouver, B.C., May 10, 11, 2012. 12 hours
- Trauma Services counseling supervisions- monthly phone supervision - Shepell ongoing.
- The National Institute for the Clinical Application of Behavioural Medicine, 2011 - 2012, on-line trauma training. Seminars: Bill O'Hanlon (*Trauma as bad trance: How to use Ericksonian hypnosis in the treatment of trauma*), Babette Rothschild (*The body remembers: Harnessing somatic memory in the treatment of trauma*) Dr. Peter Levine, (*Healing trauma through somatic experiencing*), Dr. Diane Poole (*How attachment affects trauma*), Dr. Pat Odgen (*Trauma and the body: a sensorimotor approach to treatment of trauma*), Dr. Robert S Scar (*Trauma wounds, dissociation and sensory processing disorder*).
- Residential" Supervision in Self-Relations Psychotherapy with Stephen Gilligan, PhD, March 9 - 13 2011, Natapoc Lodging, Leavenworth, WAS
- "What is a good question? What is a good story?", David Epston 2 Day Narrative Therapy Workshop, Jan 27, 28, 2011. Vancouver School for Narrative Therapy. (14 hours).
- "Nutsa'a mout - Working as one", Vancouver Island Aborginal Child & Youth Wellness Forum, Quw'atsun' Cultural Centre, Duncan, B.C. Nov 2-3, 2011
- "Reclaiming the Exiled Self" with Dr. Steve Gilligan and Dr. Maggie Phillips. Tele-conference seminar. Nov. 6, 09, 1 hour.
- Addictions conference: Dr. Gabor Mate, Claudia Black, Calgary, Alberta, June 2009. 14 hours.
- "Environments", Association for Baha'i Studies, "Raising a child as the creator of light, not a subject to the dark side of the environment," Dr. Marjan Davoudi, "Creating healthy social environments: positive and sustainable communities", Dr. Patricia McGraw, Dr., Elena Mustakova-Possardt, Dr. Michael Penn. Aug. 13 -16 , 2009, Wash. D.C.
- "Trauma Response Workshop: Psychological First Aid", Health Canada, Vancouver B.C. March 3,4, 2008. 16 hours.

- "New Perspectives" Edgewood, Addictions conference, Dr. Carlton Erickson, Ph.D. "The Neuroscience of Addiction", and "Topics in Addictions", including Dr. A. J. Saxon "Medication Strategies for Relapse Prevention". Nanaimo, B.C. Sept 11 - 13, 2008 22 hours.
- "Hypnotic Trance Intensive", Dr. Stephen Gillian, San Marcos, Calif., July 21-25, 2007. 35 hours.
- Therapeutic Conversations 8 (*Hovering on the Borderlines of Speech - Johnella Bird, Sally Ann Roth*), May 10 -12, 2007, Vancouver, B.C.
- "Restorative Practice After Domestic Abuse: Ethics, Justice, and Accountability, Making It Fair: Respectful Intervention with Disadvantaged young People who have Enacted Violence and Abuse", Alan Jenkins, Vancouver, BC. Nov 21,22, 2006. 14 hours.
- "Authentic Morality, Mental Health, & Healing", Dr. M. Penn, Dr. S. Handwerker, Dr. P. Squires, Dr. E Mustakova-Possardt, Flint, Mich., Sept 21 -24, 06. 28 hours.
- "Working with Stuck Kids" (four-day intensive workshop), Gordon Neufeld, Ph.D., Feb. 2006, Prince Rupert, BC (28.0 hours)
- "Effective Responses to Violence in Relationships" The Ending Relationship Abuse Society of B.C. November 4-5, 2005 Vancouver Dr. Edward Gondolf, Dr. Janice Ristock
- "Postmodernism Therapy Conference" (PMTH) Oakland, California, Sept 3-5, 05. (Lynn Hofmann, Lois Shawver, etc)
- "PTM 004 CISD" Workshop ("Managing Critical Incidents") - Dr. Tobey, Snelgrove, Kelowna.BC May 26, 27, 2005
- "Of One Heart", *Bringing our Youth Together*, Aboriginal Youth Suicide Prevention and Community Healing project, Nisga'a hall, Prince Rupert, BC, May 5. 2005. (3.0 hrs)
- "A focus on depression", Dr. Jeff Pollack, Psychiatrist, U of Vic Prince Rupert, BC, sponsored by Mental Health (NHA) (1.0hr) May 04, 05.
- "Working with Stuck Kids", Gordon Neufeld, Ph.D., Ap 05, 05, Prince Rupert, BC (5.0 hours)
- "Mapping Narrative Conversations", Michael White, March 30,31, 2005, Vancouver, BC (12 hrs)
- "Self-Relations Therapy with Couples", Stephen Gilligan, Ph.D. Ap 16,17, 2004, Seattle, WA.
- \* "When the smoke clears...Supporting grief, loss, and healing": BCACC and B.C. School Counsellors Assoc., Vancouver B.C., Oct 23-25, 03: "Trauma and Narrative Therapy: Arden Henley (6 hours), "Using the sand tray from I to `2 to support grief, loss and healing", Madeleine De Little, (1.5 hours), "Early Psychosis intervention", Connie Easton, Jim Pawson, (1.5 hours) "Trauma and adolescents: Impact of self understanding", Jessica Easton (3 hrs), "Working with difficult teens", George Enns, (3.0 hrs), "Tasting the air; Staying connected through art", Jasmine Lothien (2.0 hrs).
- "Coming to terms with language and violence" (Summer institute in discourse analysis and response-based interviewing), Linda

Coates, Ph.D., Nick Todd, M.Ed, Allan Wade, Ph.D. Aug 5-9,  
Duncan, B.C. 35 hours.

- "Michael White: *Delight & the Unexpected: Narrative Therapy*", March 31, April 1/03, Vancouver, B.C. (14 hours).
- "Relationship Violence Treatment Program", B.C. Justice Institute, Burnaby, B.C. March 10-14, 2003 (35 hours)
- "Bridging Possibilities" (creating a respectful, collaborative environment for change) Bill O'Hanlon, Kamloops Youth Resources Society, Kamloops, B.C. Sept. 26, 27, 2002. (14 hours)
- "2nd Biannual Conference on Personal Meaning", July 18-21, 2002 Vancouver, B.C. (Milton Erickson Foundation, Foundation for Meaning & Ethics) Daniel Helminiak, Ernesto Spinelli, Bernie Weiner, Alfred Langle, Donald Meichenbaum, Mary Pipher, James Garbarino, Jeffrey Zeig, Arun Ganndhi, etc. (17 hours)
- "Structured relapse prevention program", FGI, June 2002, drug and alcohol treatment plan program for FGI clients. (1 hour).
- "Unfolding the potential within: Exploring the Nature of Psycho-spiritual Development", November 15-18, 2001, Louhelen Baha'i School, Flint Michigan. ("Emerging Self", Dr. Jane Family, "Hope and Development", Dr. Michael Penn, (Franklin & Marshall College) "Obsession with the Dark Side of Adolescence: A Baha'i inspired critique", Dr. Sarba Ayman-Nolly (Northeastern Illinois University)
- "Ericksonian psychotherapy and Self-relations psychotherapy" (A Trance Camp seminar with Dr. Stephen G. Gilligan, Ph.D. BBS PCE 1203, July 12 -17, 2001, San Marcos, Calif. (35 hours)
- "From trauma to transformation: working with negative experiences in Self-Relations therapy" Feb. 23,24, 2001,, Dr. Stephen Gilligan, PhD., Seattle, WA. (14 hours)
- "Critical Incident Debriefing-Mitchell Model" Dec. 4,5, 2000, Health Canada: Critical Incident Management Program, Winnipeg, Manitoba (14 hours)
- "Therapy with Impossible Cases" Sept. 15,16, 2000,, Scott Miller, Ph.D., Van. B.C. (7 hours)
- "Clinical Supervision with Dr. Stephen Gilligan-Self Relations" June 2000, Washington State. (28 hours).
- "Energy Diagnostic and Treatment Methods (traumatology)", April 1,2, 2000,, Dr. Fred P. Gallo, Van. B.C.(14 hours)
- "Clinical hypnosis training workshop-intermediate" Feb. 5,6, 2000, Cdn. Society of Clinical Hypnosis,
- Vancouver, B.C. (14 hrs)
- \*"Clinical hypnosis training workshop" Jan. 30, 31, 1999, Cdn Society of Clinical Hypnosis. (14 hrs).
- "Traumatic Stress and Art Therapy" Nov. 7, 1998, Vancouver, B.C., workshop by Margo Hanna, M.A., BCATR, A.T.R., R.C.C.
- "Therapeutic Conversations Four" May 14-16, 1998, Toronto, Ontario: workshops with Barry Duncan and Scott Miller, William O'Hanlon, David Nylund and Craig Smith, Stephen Gilligan, ("A Place for Soul")and Allen Jenkins ("Knocking on Shame's Door").

- "Children's Stories, Children's Solution: Narrative and Solution-oriented Therapy with Children and Families", Feb. 1997: Prince George, B.C. Jeff Chang MA, Calgary, Al.
- "Viewing" with "reflecting team" May 10, 1996:, Dr. Karl Tomm, Family Therapy Program, Department of Medicine, University of Calgary. Narrative-approach.
- "Healing and Creative Arts" Conference. May 3 -5, 1996, Simon Fraser University. Vancouver, B.C.
- "Becoming Solution-Focused in Brief Therapy" Feb. 1996, John Walter, Prince George, B.C.
- "Alternative Approaches to Healing" Jan. 1996: Dr. Jean Albin, Friendship Centre, Prince George, B.C.

### University training – degrees granted:

- M.Ed Counselling, UNBC - 1996
- MA Studio Art, University of Saskatchewan 1975
- BFA Distinction) Bachelor of Fine Arts, University of Saskatchewan, 1973

### Membership

- B.C. Association of Clinical Counsellors-Registered Clinical Counsellor, Chair, Ethics & Standards Committee, Board Member BCACC 2001 to 2006. Member Ethics & Standards Committee 1999-2006.
- Canadian Society of Clinical Hypnosis (B.C. Division).
- B.C Association of Counsellors of Abusive Men
- BAMHP Baha'i Association of Mental Health Professionals (*Authenticity Institute*)

### E.A.P. Service Provider

- Interlock, Family Services (Vancouver and Toronto), Homewood, Ceridian, Brown Cranshaw, WCB (Worksafe BC), Victim's Assistance, Shepell (including trauma services and depression care), Student counseling- NWCC, student counseling-UNBC, Health Canada, Bank of Montreal. MSB (Non-insured health benefits), Solareh, Sun Life, RHAP (Residential Historical Abuse Program).
- Provider of critical incident stress debriefing and mediation services: Shepell, Interlock, Health Canada, Northern Health Authority, Prince Rupert hospital, Queen Charlottes Hospital, Hazelton Credit Union, Parks Canada, BC Ambulance, Prince Rupert Fire Department, RCMP (models: Mitchell, Nova, Dr. Tobey Snelgrove).



## Publications

- "Responding to Ebola through Visual Poetry" Byron Breedlove, Emerging Infectious Diseases - CDC - peer reviewed journal, February 2016
- "Using Arts to Heal January 2012," H'ulh-etun Health Society -Illustrated book of artwork and poetry created in four First Nations, two years of clinical one-on-one and group therapy. Published for H'ulh-etun Health Society, Chemanius, B.C. Island Blue Printing, Victoria, B.C. March 2012.
- BCACC: Work accomplished by our committee: "Code of Ethical conduct" (edited, revised). Child Custody and Access Assessments and Reports, Payment Standards document, Consent to Clinical Counselling and Use of Personal Information, Conflict of Interest guidelines, Technology Standards for Ethical Practice, 2005.
- "A comparison of two handbooks of family therapy techniques: ten years later"(Davis, K (1996) and Sherman R., & Friedman (1986)). Canadian Journal of Counselling, 1999, Vol 33.1. pps. 66, 67.
- "An integration of constructive therapies and traditional art therapy." Journal of Collaborative Therapies, July '97.

## References

- I am pleased to provide contact information of references.