

# Shelley Kavanagh, BA DTATI

## Professional Experience

### **Professor, Humber College 2014**

Teach Creative Intervention courses in the CYC degree program.

### **Art Therapist, Youth Connections 2014 (part-time)**

Provide art therapy services to adolescent boys in residential care.

### **DBT Skills Group Co-Facilitator, CAMH's Borderline Personality Clinic June 2012-June 2014**

Provide Dialectical Behavioural Therapy skills groups that blends cognitive and behavioural interventions with acceptance-based strategies derived from mindfulness.

### **Art Therapist, Halton Trauma Centre 2011-2014 (part-time)**

Provide clinical direct service to clients requiring individual and family therapy relating to trauma. Planning, evaluating, implementing and conducting trauma assessments and treatment. Collaborate with outside agencies i.e. CAS, and probation, includes advocacy.

### **Site Supervisor/Teacher, Toronto Art Therapy Institute 2009 - present**

Teach weekly Peer Supervision class as well as course on Using Expressive Arts with Adolescents Who Have Committed Sexual Offences to students studying to be art therapists. Supervise students in their practicum placement, including major projects/thesis work.

### **Art Therapist, SAFE-T Program/Radius Child and Youth Services, 2002-present (part-time)**

Provide clinical case management and direct service to clients requiring individual, family and group therapies relating to sexual abuse and trauma. Planning, evaluating and conducting psychosocial assessments of family members and their adolescents where a sexual offence has occurred as well as with children who have sexual concerning behaviours. Collaborate with outside agencies, including advocacy and community outreach.

### **Director of Expressive Arts Program, Toronto District School Board 1994-present (full and part time)**

Manage an Expressive Arts Therapeutic program that engages youth from diverse cultural and socio-economic backgrounds. Individual and group sessions are issue-specific addressing themes such as transitioning from country of origin to Canada, trauma, conflict in relationships, sexual abuse, and addictions. Provide consultation and training/internship programs for educators, administrators, families and community supports. Facilitate TDSB professional development workshops for educators.

## Qualifications

### **Graduate Masters Diploma in Art Therapy, Toronto Art Therapy Institute**

*Thesis: A comparative study in art therapy using a directive and non-directive approach with adolescents who have a conduct disorder Youthdale Crisis Unit, Toronto*

### **Bachelor of Arts, York University**

## Additional Training

Exposure Therapy Training online course, Behavioural Tech. Research (2012)

Dialectical Behaviour Therapy, Parts 1 and 2, Shelley McMain Oshawa and Toronto (2011)

Cultural Proficiency, Tools for Tolerance Museum, Los Angeles (2008)

Trauma Focused Cognitive Behavioural Therapy, Cohen, Mannarino and Ester Deblinger, Toronto (2007)

Sexual Behaviour Problems, Barbara Bonner, Toronto (2007)

# Shelley Kavanagh, BA, DTATI, R.C.A.T.

## Facilitated Workshops and Presentations

International Conference and Summit on Violence, Abuse and Trauma (IVAT): Children and Youth Inform the Public about the Impacts of Sexual Abuse through Art and Activism San Diego, CA 2014

160 Girls Exhibit/The Equality Effect, Gardiner Museum 2014

The Continuum of Services for Adolescents Who Have Sexually Offended : Promoting Healthy Outcomes, Through Innovative Services 2013

160 Girls Exhibit, Gardiner Museum 2012

Half the Sky Exhibit, Gardiner Museum 2011

Stepping Into Connection: Mapping Our Way Home Through the Arts: Ministry of Community & Social Services, Training for Victim Assault Workers 2011

Expressive Arts Series: A Mind-body Trauma Intervention / Expand Your Tool Kit - How To Integrate Expressive Arts Into Your Practice/ Using Expressive Arts to Engage Youth Labelled 'Hard to Serve': Safeguard Training, 2010/11

Stepping into Connection: Mapping Our Way Home through the Arts. BOOST, 2010

Tree of Life Exhibit, Gardiner Museum 2009

Migrating From Compassion Fatigue to Compassion Vitality, Caledon Community Services 2009

Addressing Youth Victimization through Expressive Arts, Caledon Community Services 2008

Hope Street Poets Poetry project with The Canadian League of Poets, Richview Library 2007

Building Bridges – Ceramic Project with Adolescent Females Who Have Experienced Sexual Abuse, Gardiner Museum 2006, 2005

Using Expressive Arts with Childhood Victims of Sexual Abuse, Etobicoke Children's Centre 2004

Engaging Hard-to-Serve Youth, Rapport Youth Services 2003

Using Expressive Arts and Metaphors as Treatment and Assessment Tools in Working with Children, Adolescents and Mothers Who Have Been Exposed to Woman Abuse, Victim Services of Peel 2002

Expressive Arts and Metaphors: Tools to Assess and Treat Children Who Witness Woman Abuse, Safeguards Training 2001

Assessment and Treatment of Childhood Sexual Abuse with Children and Youth, Six Nations Child and Family Services 2001

Secondary Traumatic Stress: Helping the Helpers, Six Nations Child and Family Services 2001

Sharing Without Talking: An Expressive Arts Approach in the Assessment and Treatment of Childhood Sexual Abuse with Children and Youth, Safeguards Training 2000

Expressive Arts Therapy: Creativity That Works with Anti-Social Behaviours, Safeguards Training 1999-2000

Expressive Arts Strategies as a Primary Tool to Promote Resiliency and Protective Factors with Children and Youth, Six Nations Child and Family Services 2000

Expressive Arts with Adolescents: How the Arts Can Be Used in Addressing Violence in a Non-Violent Way, Leave Out Violence Conference, Toronto 1999

Reaching Out – The Healing Powers of Expressive Arts with Students at Risk, The Ontario Alternative Education Association fall conference, Alliston, ON 1997

Integrating Students with Special Needs with Basic Level Learners - All Have Experienced Sexual Abuse, Old City Hall, Toronto 1996

Art As a Therapeutic Tool in Healing, Toronto District School Board of Education 1995

The Impact of Secondary Trauma on Volunteer Staff, The York Region Abuse Program 1995

## References

Available upon request

