

Ninat Friedland

Contact: ninat.friedland@gmail.com

SELECTED PROFESSIONAL EXPERIENCE

Clinic Intake Coordinator *(September, 2013 – May, 2014)*

Cognitive Behaviour Therapy Service, Institute of Community and Family Psychiatry
Jewish General Hospital, Montreal, Quebec

- Assessed incoming patients with various mood and anxiety disorders by telephone, and conducted clinical triage for the suitability of services
- Maintained and organized patient database, and coordinated clinic scheduling
- Provided telephone counselling as needed, and suggested additional resources where applicable

Research Assistant *(September, 2011 – August, 2013)*

Department of Psychiatry, McGill University Health Centre
In collaboration with Montreal Youth Protection Services, Montreal, Quebec

- Conducted diagnostic interviews to assess the mothers of youth protection clientele for borderline personality disorder
- Analyzed data using both qualitative and quantitative methods, using NVIVO 9 and SPSS 21 software

Research Coordinator *(June, 2011 – June, 2012)*

Perinatal Mental Health Team, Institute of Community and Family Psychiatry
Jewish General Hospital, Montreal, Quebec

- Interviewed couples experiencing perinatal depression on their health care service preferences
- Managed a longitudinal study on very-low birth weight infants, maintaining medical records and communicating with parents
- Reviewed literature and collected data on reproductive technology and maternal anxiety

Art Therapy Intern *(September, 2009 – April, 2010)*

Portage Mère-Enfant, Drug Addictions Rehabilitation Centre, Montreal, Quebec

- Created and implemented the first art therapy program at this residential drug rehabilitation centre
- Facilitated mother-and-child art therapy groups and individual sessions for substance-abusing women

Art Therapy Intern *(September, 2009 – April, 2010)*

Mile End Community Mission, Montreal, Quebec

- Facilitated individual and group art therapy sessions for those living with homelessness, poverty, and mental and physical health concerns
- Organized community art exhibitions and other social events to promote wellness and empowerment
- Created a special art therapy project for Haitian refugee families after the 2010 earthquake

Art Therapy Intern *(September, 2008 – August, 2009)*

Maimonides Geriatric Centre, Montreal, Quebec

- Facilitated individual and group art therapy sessions for residents with dementia
- Organized community-building art projects to involve staff as well as families of residents
- Supported patients with their exercise regimens within the physiotherapy rehabilitation centre

Teaching Assistant (*September, 2008 – June, 2009*)

Faculty of Fine Arts, Concordia University, Montréal, Québec

- Assisted in academic duties including preparation for classes, administrative work, grading and literature review for syllabus selection
- Instructed undergraduate students in studio art, including drawing, painting and sculpture

Research Assistant (*September, 2006 – June, 2007*)

Department of Psychology, York University, Toronto, Ontario

- Tested grade-two children on measures of cognitive development
- Coordinated a team of undergraduate students to score and input data

EDUCATION

2014	Technical Training in Ceramics One-year intensive	Bonsecours Ceramics Centre Cégep du Vieux Montréal, Quebec
2011	Master of Arts, Creative Arts Therapies Art Therapy option	Concordia University Montreal, Quebec
2007	Bachelor of Fine Arts (Honours) Visual Arts & Psychology (double major)	York University Toronto, Ontario

PRESENTATIONS & PUBLICATIONS

Friedland, N. & Laporte, L. (2015, April). Être mieux pour être la meilleure maman de mes enfants : des mères parlent de leurs besoins. *Défi jeunesse*, 21(2), 31-33.

Friedland, N., Lester, C., & Laporte, L. (2015, April). Mon pet't coco : Quand l'amour maternel est plus compliqué. *Défi jeunesse*, 21(2), 17-20.

Friedland, N. & Laporte, L. (2014, September). Seeing eye-to-eye: Creating an effective alliance with mothers with borderline personality disorder. *In the Know*, Centre for Research on Children and Families, 4(1), 1-4.

Friedland, N. (2011, September). *Stories of substance: Story-making to support attachment between chemically-dependent mothers and their children*. Paper presentation at the ECARTE European Arts Therapies Conference, Lucca, Italy.

Friedland, N. (2010, May). *Painting a picture of the arts in community mental health*. Paper presentation at the Education Student Graduate Symposium, Concordia University, Montreal, Quebec.

Friedland, N. & Goldman, S. (2009, September). *The use of community portraiture to empower residents of a geriatric institution*. Poster session at ECARTE European Arts Therapies Conference, London, UK.

SELECTED AWARDS & CERTIFICATIONS

2011	Certified Canadian Counsellor (CCC), Canadian Counselling and Psychotherapy Association
2010	CBT for Direct Service Workers, Hincks-Dellcrest Training Institute
2009	Canada Graduate Scholarship, Social Sciences and Humanities Research Council of Canada
2007	Goranson Memorial Award for Research in Psychology, York University
2007	Department of Visual Arts Award, York University
2006	Jacobivici Family Award for Arts & Culture, Hillel of Greater Toronto
2005	Louis Odette Sculpture Award, York University
2000	NLS, LSS & RC Lifeguard & Swimming Instructor, Lifesaving Society
2000	Standard First Aid/ Basic CPR Rescuer (level C), Canadian Red Cross

LANGUAGES

- Fluent English
- Proficient in French