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UBCP/ACTRA/CAEA/PGC

Certified Counselor CAC II #1442-07

BFA in Theatre, Acting Specialization University of Victoria

Prof. Liability Holman Insurance, Mental Health Practitioner & Addiction & Substance Use Counseling 2025.

✨ **Intimacy Director/ Mental Wellness & Safety**

- Hurry Hard- Intimacy Director/ Director: Melissa Stern, Langley Little Theatre. Oct 2025.
- Half Moon Epiphany- Mental Wellness Coach/ Director: Paula DeMontigny, Short Film. Sept 2025.
- The First to Stand- Intimacy Director/ Director: Leila Sadeghi, Nanaimo Fringe Festival. August 2025.
- The Discovery Series- Mental Wellness & Artist Safety Coach/ The Port Theatre. June 2025.
- As You Like It/ Robin Hood- Mental Health Coordinator/Director: Amanda Cutting, Island Summer Theatre Festival July- August 2025.
- The Knitting Diaries (drama)- Asst. Mental Health Coordinator/ Director: Janalee Budget, TELUS Optik TV. May 2025.
- Much Ado about Nothing/ Alice in Wonderland- Intimacy Director & Mental Health Coordinator/Director: Amanda Cutting, Island Summer Theatre Festival July- August 2024.
- O My God (film)- Mental Health & Artist Safety Coordinator/ Director: James Gardiner. Creative Coach: Dean Paul Gibson 2021.

Prof. Certifications & Current Training

- **2023-2025 Principal Intimacy Professionals, Launchpad Training Program – P1, P2 & P3**
- 2025 ActSafe, Hazard Identification Training
- 2025 N'agala Consulting, Suicide Prevention from an Indigenous lens
- 2025, SIVA Certificate, Don Castaldi, Supporting Individuals through Valued Attachments
- 2024 Mental Health Commission of Canada, Mental Health First Aid
- 2024 AMHC, Building Safety & Care, Culture & Policy, Collaboration & Conflict
- 2024, Constable Sherri Wade, Navigating Disclosures of IPV for IC
- 2024 Denise Findlay PHD, Gathering our Medicine 101 for Mental Wellness Practitioners
- 2024 Elaine Alec CSS, Cultivating Safe Spaces Certified Facilitator
- 2022 Life Hub Learning, Intro to Gender Diversity, Indigenous Gender Diversity
- 2022 Kathi Camilleri, The Village Series -Building Bridges through the Understanding of the Village
- 2021 CAEA, Recipe for a Room Agreement Webinar
- 2019 Nicole M. Brewer, Anti Racism Theatre Foundation Course

Wellbeing Workshops Available

- From First Read to Opening, Mental Wellness for Theatres
- Mental Wellbeing & Psychological Safety on Set
- Take 5! For Actor Wellbeing
- Take 15! For Mental Wellness & Resilience.
- Cultivating Safer Spaces in Theatre
- Employee Mental Wellness & Resilience Monthly Series
- Self-Advocacy for Actors
- CJ for Self-Care & CJ: Self Care for Helping Professionals
- CJ: The Promises of Recovery 6 Module Program

Guest Speaker/Presenter

- Guest Panelist, ActSafe 2024 Conference, “Mental Health” with Principal Intimacy Professionals
- Guest Panelist, Cinevic 2024 Safety & Survival Panel at the Pacific Rim Short Circuit Film Festival
- Guest Presenter, PACT (Professional Association of Canadian Theatres) 2022 Theatre for Young Audiences on “Trauma informed care in Theatre”
- Guest Presenter, VIU Theatre Class, 2023 “Journaling for Self care” at Vancouver Island University



Publications

Author, Just the Two of Us, A Soft Place for Tender Hearts to land, The Zebra Ink, 2021.

Featured Author in the following books:

You are Not Alone, An Anthology of Perinatal Mental Health Stories, Winter tickle Press, 2020.

Transformational Journaling for Coaches, Therapists and Clients, Routledge Press, 2021.

The Great Book of Journaling, How Journal Writing can support a life of wellness, Conari Press, 2022.

The Coaches Guide to Completing Creative Work, Routledge Press, 2022.

Consultation & Coaching

My professional expertise is the culmination of both careers, counselor and in the entertainment industry to offer tools for increased self-care and mental wellbeing to support industry crew & talent/ cast and navigate care and prevention for stress reduction, psychological safety, trauma, anxiety and substance misuse.

I specialize in strengths-based, respectful empowerment and trauma-informed approach to uplift your mental wellbeing while supporting your personal, professional and artistic transformation.

Available on Call, On Set/Stage and via Zoom.

References Available on Request