

CAMILLA GRAZIANI

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EDUCATION

- 2021 – present **Master of Psychology, Clinical and Counselling Psychology,**
Adler Graduate Professional School, degree candidate; expected
completion 2024
Relevant Courses:
- Interviewing and Alliance: Exploration and experiential practice in developing therapeutic rapport and fundamental interviewing skills including asking questions, informing, and advising, reflecting feeling and experience, paraphrasing, bridging, and summarizing
 - Safe and Effective Use of Self: Learning and demonstrating awareness of the impact of the therapist's subjective context on the therapeutic process, establishing and maintaining core conditions for therapy including conditions for safety, therapeutic boundaries, verbal and non-verbal skills, and repairing ruptures
 - Psychodiagnostic Interviewing, Case Formulation & Report Writing: Exploring history taking, a structured psychodiagnostics interview, case formulation, diagnostic communication, and report writing.
 - Foundations of Trauma Psychotherapy I & II: Exploring a Trauma Informed Framework for practice, identifying the role of self-regulation as a coping strategy, understanding the impact of power, oppression, and social justice on trauma clients
 - Ethics and Law: Learning, exploring, and utilizing ethical decision-making including areas pertaining to informed consent, privacy, confidentiality, and ethical standards.
- 2018 – 2021 **Bachelor of Arts, Psychology,**
Queen's University, Graduated with Distinction
- 2001 – 2004 **International Diploma in Montessori Pedagogy,**
Montessori Centre International
- 1994 – 1996 **Stratford Chefs School,** Graduated with distinction
- 1991 – 1993 **University of Toronto,** Life Sciences Program

HONOURS

- 2019 - 2020 **Dean's Honour List,** Faculty of Arts and Science, Queen's University
2020 - 2021 **Dean's Honour List,** Faculty of Arts and Science, Queen's University

RESEARCH EXPERIENCE

- 2012– present **Research Assistant**, Dr. Shari Geller
- Collected current research, edited, and revised a chapter: Therapeutic Presence: An Essential Way of Being for *The Handbook of Person-Centred Psychotherapy and Counselling* (3rd ed.), Basingstoke: Palgrave
 - Researched and compiled articles in preparation for a book manuscript: A Practical Guide to Cultivating Therapeutic Presence (Geller, 2017)
 - Developed and collected feedback questionnaires for Mindful Self-Compassion Groups and Therapeutic Rhythm and Mindfulness Workshops
- 2021 – present **Volunteer**, Sexuality and Gender Lab, Dr. Meredith Chivers, Queen’s University
- Currently researching and co-writing a literature review paper with Dr. Chivers on Shame and Women’s Sexual Functioning
 - Assisting with a review paper on trans/non-binary sexual health, functioning and well-being
 - Assisting with a comprehensive literature review on trans/non-binary sexual health, functioning and well-being
- 2022 – present **Graduate MPsy Student**, Adler Graduate Professional School
- Currently researching and writing a Major Research Project: Self-Compassion Interventions for Sexual Functioning: Mitigating the Role of Shame
 - Proposed two-part project identifying shame as a factor in developing and maintaining sexual concerns, exploring the mechanisms and efficacy of self-compassion interventions to support sexual functioning, and developing an adaptation of an 8-week Mindful Self-Compassion (MSC) program for sexual concerns
- 2019 – 2021 **Undergraduate Student**, Department of Psychology, Queen’s University
- Researched and wrote a case analysis on obsessive compulsive disorder
 - Researched and wrote a term paper on mitigating the effects of chronic stress on the brain analyzing the positive impacts of aerobic exercise, mindfulness meditation and social support
 - Researched and wrote a term blog assignment on the health benefits of masturbation for wellbeing and resilience during COVID-19
 - Researched and wrote a science communication assignment on the role of context learning in sexual partner preferences
 - Researched a term paper on Bisexual Discrimination: Impacts on Mental and Sexual Health
 - Developed a Research Proposal for an Observational Quantitative Study to assess whether COVID-19 related isolation, social distancing protocols, and province-wide stay-at-home orders are associated with self-reported changes in both frequency and quality of sexual behaviours and sexual desire for Queen’s University students that live in Ontario

RESEARCH INTERESTS

- Mindfulness and self-compassion-based interventions for sexual concerns and sexual wellness
- Shame as an essential factor underlying sexual concerns and mitigating shame through self-compassion practices
- Emotional and neurocognitive modulators of sexual motivation and sexual response
- Sexual psychophysiology (genital and subjective sexual arousal) in women with and without sexual interest and arousal disorder

TEACHING

Mindful Self-Compassion (MSC) Teacher Training:

- (2019) Prerequisite 8-week MSC skills program
- (Dec 2022) MSC Teacher Training Course- 12 weeks
- (Apr 2023) MSC Teacher Training Practicum- 10 weeks
- (Fall 2023) Group Consultation while co-teaching first MSC 8 week program

PUBLICATIONS

Book Chapters

1. **Geller, S. M., & Graziani, C.** (in press). Therapeutic presence. In M. Cooper, M. O'Hara, S. Stephen, Y. Gololob & G. Di Malta (Eds.), *Handbook of Person-Centred Psychotherapy and Counselling* (3rd ed). Palgrave Macmillan.

PROFESSIONAL EXPERIENCE

- 2012 – present
- Executive Assistant, Intake Coordinator and Workshop Manager,**
Dr. Shari Geller, Ph.D., C. Psych
- Executive Assistant/Intake Coordinator: Administrative and managerial support for busy psychologist practice. Clinical intake, invoicing, bookkeeping, accounts receivable, accounts payable, HCAI billings, banking, email and telephone communication, calendar management, organization and systems management of files, website management, report and documentation writing and editing, academic support for York University teaching: grades submission, course material preparation, email communication with students
 - Workshop/Clinical Group Management: Marketing, promotion, registration, receipts, website management and maintenance: development, content writing, content management systems, administration for local and international conferences/presentations: travel arrangements, document preparation, CD and book sales

- 2015 – 2020 **Office Manager and Intake Coordinator,**
Dr. Barbara Fidler, Ph.D., C. Psych., Acc.FM., FDRP PC
- Executive Assistant: Administrative support for psychology private practice: clinical intake, intake calls and patient appointment scheduling, organization and systems management of patient files and information, referrals and development of forms and documentation for intake and overall practice management, email and telephone communication, calendar management
 - Workshop Management: Marketing, promotion, registration, receipts, administration for local workshops and trainings in Parenting Coordination and Children Resisting Post-Separation Contact
- 2014 – 2016 **Executive Assistant,** Dr. M. Lee Freedman, MD, CM, FRCP(C)
- Executive Assistant: Administrative support for psychologist's private practice: clinical intake, email and telephone communication, calendar management, intake calls and patient appointment scheduling, organization and systems management of patient files and information, referrals and development of forms and documentation for intake and overall practice management.
- 2015 **Executive Assistant,** Gayle Saifert, D.C.S, RSW
- Administrative support and project-based work for social worker: client email and telephone communication, scheduling preliminary intake calls, workshop document preparation, filing
- 2012 – 2014 **Office Administration, Bookkeeping,** Hillcrest Progressive School
- School and Camp Administration: admissions, registration processing, database management, website management, communication in person, telephone and email, administrative support for Camp staff recruitment and hiring
 - Bookkeeping: recording, processing and posting accounts payable/tuition payments, accounts receivable, Payroll, and Banking
- 2002 – June 2011 **Vice Principal, Office Manager,** The Montessori Learning Centre of Ajax
- Administrative Management : maintaining student and personnel information, preparing and submitting annual reports to The Ministry of Education, preparing newsletters, website management, Payroll, T4 and ROE preparation, Accounts Payable/Receivable, Account reconciliation, Tuition Payment Tracking and Processing, preparing and submitting monthly bank deposits, Admissions: preparing all promotional materials and registration applications, database management, conducting school tours, interviews and processing student registrations

PROFESSIONAL TRAININGS ATTENDED

- TBC 2024 Collaborative Assessment & Management of Suicidality (CAMS)
- Foundational Video Course, 3 hours (Feb 2023)
 - Role Play Training, 7 hours (Mar 2023)
 - Consultation Calls TBC 2024 in practicum
- TBC 2023 Emotion-Focused Therapy Level 1 Training Institute
- TBC 2023 Trauma Sensitive Mindfulness, David Treleaven, Two Part Online Program
- Apr 2023 Mindful Self-Compassion (MSC) Teacher Training Practicum
- Feb 2023 Suicide Prevention, Risk Assessment & Management (SPRAM), 5.75 hour elearning series, Alberta Health Services
- Jan 2023 Transforming Trauma with Emotionally Focused Individual Therapy (EFIT), One day online course, Conducted by Drs. Sue Johnson and Leanne Campbell, PESI.
- 2023 Living Works START Program, 1.5 hour Online Program, introduces TASC, a four step model to recognize suicidal ideation and connect to safety and support
- 2022 Mindful Self-Compassion (MSC) Teacher Training, Live Online 12 Week Program, Conducted by David Spound and Mila De Kooning, Center for Mindful Self-Compassion
- 2022 DBT with Reactive or High Conflict Couples, Two day online training, Conducted by Dr. Alan E. Fruzzetti, The Centre for MindBody Health.
- 2022 Therapeutic Presence and Polyvagal Theory: Practices for Cultivating Effective Therapeutic Relationships, Live Online 6 hour webinar, Conducted by Dr. Shari Geller, Professional Counselling & Psychotherapy Seminars Ireland (PCPSI).
- 2022 Sarana Institute Mindfulness and Compassion Retreat, Two-and-a-half-day retreat. Sarana Springs, Chatsworth, Ontario, Canada.
- 2022 The Original Body Scan: 32 Parts of the Body Meditation Discovering Freedom within the Body, Six-day silent retreat. Online. Facilitated by Dr. Christiane Wolf, Dr. Bob Stahl, Mary Grace Orr, and Marcy Reynolds. Insight LA Meditation. California.
- 2021 Awakening Joy. Conducted by James Baraz. Half-day online retreat. True North Insight.
- 2021 Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Clinicians and Clients. Conducted by Drs. Chris Germer and Shari Geller. Two half-day online training presented by The Centre for MindBody Health.

- 2021 Mindful Self-Compassion (MSC), 8 Week Online Group, Facilitated by Dr. Shari Geller and Megan Prager, The Centre for Mindbody Health, Toronto, Ontario, Canada.
- 2020 Ten Ways to Enhance Emotions in Therapy: The Transforming Power of Affect. Conducted by Leslie Greenberg. Two half-day online training presented by The Centre for MindBody Health.
- 2020 A Neuropsychology of Awakening: Healing and Practicing with the Brain in Mind. Conducted by Rick Hanson. One-day training. Toronto, Ontario, Canada.
- 2020 Cultivating Presence: The Heart and Soul of Teaching Mindful Self-Compassion. Conducted by Dr. Shari Geller. Three Hour Online Webinar. Center for Mindful Self-Compassion.
- 2020 Compassion for Couples, Conducted by Michelle Becker. 6 Week Online program.
- 2019 Oct. Mindful Self-Compassion (MSC), 8 Week Group, The Centre for Mindbody Health, Toronto, Ontario, Canada.
- 2019 Apr. Mindful Self-Compassion (MSC), 8 Week Group, The Centre for Mindbody Health, Toronto, Ontario, Canada.
- 2018 DBT Skills for Multi-Problem Adolescents, Two-day training, Conducted by Dr. Alex L. Miller, The Centre for MindBody Health.
- 2018 Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Therapists and Clients. Two-day workshop with Drs. Christopher Germer and Dr. Shari Geller, Centre for MindBody Health, YWCA, Toronto, Ontario.
- 2018 Sarana Institute Mindfulness and Compassion Retreat, Two-and-a-half-day retreat. Sarana Springs, Chatsworth, Ontario, Canada.
- 2017 DBT Skills with Multi-Problem Adolescents, Two-day workshop. Presented by Dr. Alec L. Miller. YMCA, Toronto, Ontario, Canada.
- 2017 Acceptance and Change in Psychotherapy: Working with Emotion, Two-day workshop. Presented by Leslie Greenberg and Kelley Koerner. YMCA, Toronto, Ontario, Canada.
- 2017 Sarana Institute Mindfulness and Compassion Retreat, Two-and-a-half-day retreat. Sarana Springs, Chatsworth, Ontario, Canada
- 2017 The Challenges of Defining “Mind”. Presented by Dr. Daniel Siegel. Robert Salter Auditorium, Peter Gilgan Centre for Research and Learning, The Hospital for Sick Children, Toronto, Ontario, Canada.

CONFERENCES ATTENDED

- 2017 American Music Therapy Association Annual Conference, A Mindful Approach to Music Therapy, Four-day conference. Union Station Hotel, St. Louis, Missouri, United States.
- 2017 A Mindful Society: Third Annual Conference: Finding Common Ground, Two and a half-day conference. Convocation Hall, Medical Sciences Building, University of Toronto, Toronto, Ontario, Canada.
- 2017 Mind, Consciousness and the Cultivation of Well-Being: Transformation Through the Lifespan: The Annual Interpersonal Neurobiology Conference, The Luskin Centre, University of California, Los Angeles, California.
- 2016 A Mindful Society Conference, Change from Within: The How of Integrating Mindfulness & Compassion into Society. Two-and-a-half-day conference. MacLeod Auditorium, Medical Sciences Building, University of Toronto, Toronto, Ontario, Canada
- 2015 A Mindful Society Conference, Koffler Centre, University of Toronto. Two and a Half Day Conference. Toronto, Ontario, Canada

WORKSHOP ASSISTANCE PROVIDED FOR:

- 2022 Mindful Self-Compassion (MSC), 8 Week Group, Live Online, Conducted by Dr. Shari Geller and Megan Prager
- 2020 Presence and Self-Compassion Urban Retreat for Therapists, Educators & Caregivers: Mindful Drumming, Photography and Meditation. One-day workshop, The Centre for MindBody Health, Toronto, Ontario.
- 2020 Mindful Self-Compassion (MSC), 8 Week Group, Live Online, Conducted by Dr. Shari Geller and Megan Prager
- 2019 Presence and Self-Compassion Retreat for Therapists, Educators & Caregivers: Mindful Drumming, Photography and Meditation. Two-day workshop, Scenic Sounds, Flesherton, Ontario.
- 2019 Oct. Mindful Self-Compassion (MSC), 8 Week Group, The Centre for Mindbody Health, Toronto, Ontario, Canada.
- 2019 Apr. Mindful Self-Compassion (MSC), 8 Week Group, The Centre for Mindbody Health, Toronto, Ontario, Canada.
- 2018 Thriving Through Transition with Presence: A Weekend Retreat of Mindful Drumming, Photography and Meditation. Two-day workshop, Scenic Sounds, Flesherton, Ontario.

- 2018 Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Therapists and Clients. Two-day workshop with Drs. Christopher Germer and Dr. Shari Geller, Centre for MindBody Health, YWCA, Toronto, Ontario.
- 2018 Cultivating Presence and Self-Compassion. Two-hour presentation for Mindfulness Toronto, Mount Sinai Hospital, Toronto, Ontario
- 2017 Cultivating Presence and Self-Care with Music and Mindfulness. Two and a half-day workshop for the Medical Psychotherapy Association Canada, Geneva Park Conference Centre, Orillia, Ontario
- 2017 Thriving Through Transition with Presence: A Weekend Retreat of Mindful Drumming, Photography and Meditation. Two-day workshop, Scenic Sounds, Flesherton, Ontario.
- 2016 Thriving Through Transition with Presence: A Weekend Retreat of Mindful Drumming, Photography and Meditation. Two-day workshop, Scenic Sounds, Flesherton, Ontario.
- 2016 Drumming and Cancer Care. One and a Half Hour workshop at Drumming and Percussion for Health and Rehabilitation, Occupational Therapy Building, University of Toronto, Toronto, Ontario, Canada.
- 2015 Cultivating Presence and Self-Care with Rhythm and Mindfulness: Promoting Resiliency and Team Building. One-day retreat for Owen Sound Lawyers. Scenic Sounds, Flesherton, Ontario.
- 2014 Thriving Through Transition with Presence: A Weekend Retreat of Mindful Drumming, Photography and Meditation. Two-day workshop co-facilitated with Dr. M. Lee Freedman, Scenic Sounds, Flesherton, Ontario.
- 2014 Cultivating Therapeutic Presence, Resiliency and Self Care: Rhythm and Mindfulness (TRM™) Workshop. One Evening workshop for Dr. Aoife Earls at Etobicoke Community Centre, Etobicoke, Ontario.

CERTIFICATES

- Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS 2: CORE) 2020

PROFESSIONAL ASSOCIATIONS

- Ontario Psychological Association, Student Membership

OTHER INTERESTS

Self-Compassion and Mindfulness Meditation, Hiking, Yoga, Drumming, Spending time with my children and family

REFERENCES AVAILABLE UPON REQUEST

