

HEATHER SANSOM, PHD

heather@heathersansom.ca / 613-879-8373 / www.heathersansom.ca

OBJECTIVE : PROMOTE AND SUPPORT MENTAL HEALTH AND HUMAN WELLBEING.

SOME RELEVANT QUALIFICATIONS

- PhD in resilience and positive psychology topic related to recreation therapy.
- Currently completing Master's in Counselling Psychology
- Professional training in Cognitive Behavioural Therapy, Motivational Interviewing and animal /recreation interventions.
- Clinical Internship experience at Royal Ottawa Mental Health and Ottawa Civic hospitals (counselling through Clinical Pastoral Education and Recreation Therapy)
- 10+ years' experience in coaching and therapeutic recreation
- Bilingual (English/French) with some knowledge of German and Spanish
- Secret Clearance, ASIST & Mental Health First Aid Certification

EDUCATION

| | |
|---|-----------|
| PHD: RESILIENCE & RURAL RECREATION , UNIVERSITY OF GUELPH | JULY 2018 |
| MA IN COUNSELLING PSYCHOLOGY , YORKVILLE UNIVERSITY <i>EXPECTED COMPLETION</i> | DEC 2019 |
| MA, RELIGIOUS STUDIES, FIRST CLASS , MCGILL UNIVERSITY | SEPT 1998 |
| BA, FIRST CLASS, DEANS HONOUR , 4 YEAR HONOURS, MCGILL UNIVERSITY | AUG 1996 |
| DIPLOMA, RECREATION THERAPY , CANADORE COLLEGE | DEC 2018 |
| OTHER COURSES: MBA COURSES, HEC, U DE MONTREAL (2000-2002); FRENCH, U OF TORONTO (1992-1993) | |

WELLBEING ROLES

| | |
|--|------------------|
| COUNSELLOR (SPIRITUAL CARE/PSYCHOTHERAPY INTERN) , THE OTTAWA HOSPITAL | SINCE SEPT 2018 |
| COURSE FACILITATOR , ALGONQUIN COLLEGE FITNESS & HEALTH PROMOTION | SINCE SEPT 2018 |
| RECREATION THERAPIST (INTERN & VOLUNTEER) , ROYAL OTTAWA MENTAL HEALTH CENTRE | 2017/2018 |
| WELLBEING CONSULTANT , HEATHERSANSOM.CA (SEE NEXT PAGE) | SINCE MARCH 2013 |
| COACH & RECREATION THERAPIST , MOVE YOUR MIND.CA & EQUIFIT.COM | SINCE SEPT 2007 |

OTHER WELLBEING & MENTAL HEALTH TRAINING

Recent Mental Health Training

| | |
|---|------------|
| Mindfulness Based Stress Reduction , ROH, Ottawa, ON | April 2019 |
| Narrative Therapy Tools for Exploring Stories , CTRI, Ottawa, ON | March 2019 |
| Understanding and Treating Complex Trauma , CCPA, Ottawa, ON | Feb. 2019 |
| Motivational Interviewing , CCPA, Ottawa, ON | Nov. 2018 |
| Cognitive Processing Therapy , Medical University of south Carolina | Oct. 2018 |
| Essentials of CBT Level 2, Implementing CBT , OICBT, Ottawa, ON | June 2018 |
| Essentials of CBT Level 1, Foundations Ottawa Institute of CBT, (OICBT), Ottawa, ON | April 2018 |
| Integrated and Experiential Cognitive Behavioural Therapy (CBT) , ROH, Ottawa, ON | Feb. 2018 |
| Attachment, Psychotherapy and Change , Canadian Counselling & Psychotherapy Assoc. (CCPA), Ottawa, ON | April 2018 |
| Strategies for Resolving Impact of Post-Traumatic Stress , Crisis & Trauma Research Institute (CTRI), Ottawa, ON | Feb. 2018 |
| Applied Suicide Intervention Skills Training (ASIST) , Royal Ottawa Mental Health, Ottawa, ON | Nov. 2017 |

Other Mental Health Training & Workshops

| | |
|--|------------|
| Role of Attunement in Fostering Intimate Relationships, CCPA, Ottawa, ON | April 2018 |
| Evidence Based Treatment for Mood Disorders, The Royal Mental Health Research, Ottawa, ON | April 2018 |
| Introduction to Neuroimaging Seminar Series, ROH, Ottawa, ON | April 2018 |
| De-escalating Potentially Violent Situations, Crisis & Trauma Institute, Ottawa, ON | March 2018 |
| Beyond Dementia: Exploring Senior Mental Health in Long Term Care, ROH, Ottawa, ON | Sept. 2017 |
| Equine Assisted Interactions Professional Development, University of Denver, Colorado | July 2017 |
| Nature, Spirituality and Mental Health, Royal Ottawa Mental Health Centre(ROH), Ottawa, ON | May 2017 |
| Music Therapy for Survivors of Trauma, Royal Ottawa Mental Health Centre (ROH), Ottawa, ON | March 2017 |
| Mental Health First Aid, Mental Health Commission of Canada course, Ottawa, ON | Dec. 2016 |
| Pastoral Care, Ecumenical training, Ottawa Pastoral Care, Ottawa, ON | Nov. 2016 |
| Healthy Minds for Healthy Children, High Five, Ottawa, ON | Sept. 2016 |
| Certified Coach Practitioner, Life Coach, Certified Coaches Federation, Ottawa, ON | Aug. 2015 |
| Mind Games Sport Psychology Intensive, Psy-Santé, Montreal, QC | Feb. 2008 |

Other Recreation & Wellbeing Training

| | |
|---|------------|
| High Five, (applied positive youth development) Parks and Recreation Ontario, Beckwith, ON | July 2016 |
| Certified Hike Leader, Hike Ontario, Ottawa, ON | Oct. 2015 |
| Riding Out of Your Mind Sport Psychology, (course) Body Mind Motion, Calgary, AB | Nov. 2014 |
| National Coaching Certification (NCCP) Equestrian Coach, Equestrian Canada, Ottawa, ON | June. 2013 |
| Wilderness First Aid, SOLO, Stowe, Vermont | May. 2013 |
| Riding Instructor, Centered Riding International, Ottawa, ON | Sept. 2010 |
| Certificate in Adaptive Training for athletes with disabilities, Peter Morel/TopShape, Ottawa, ON | Nov. 2009 |
| Personal Trainer Specialist, Canfit Pro, Ottawa, ON | Sept. 2007 |

OTHER PROFESSIONAL EXPERIENCE

CONSULTANT, HEATHERSANSOM.CA

SINCE MARCH 2013

- **INTERIM EXECUTIVE DIRECTOR**, SERENA CANADA, 2017/2018
- **PROGRAM EVALUATION CONSULTANT**, 4-H ONTARIO, 2016/2017
- **RESEARCH PROJECT LEAD**, 4-H ONTARIO Resilience Research Project, 2014-2018
- **RESEARCH DESIGN CONSULTANT**, EASTERN ONTARIO PHYSICAL ACTIVITY NETWORK 2016
- **STRATEGIC PLANNING FACILITATOR**, HABITAT FOR HUMANITY, 1ST PLACE OPTIONS 2013/2014

COACH, REC THERAPIST, OWNER, MOVE YOUR MIND.CA AND EQUIFIT.COM

SINCE SEPT 2007

Promoting mental and physical wellbeing through education, program development, individual client service and community partnerships

OTHER ROLES

1998 - 2013

- **NATIONAL PROGRAM DIRECTION**, EQUESTRIAN CANADA COACHING MANAGER JUNE 2010 – APRIL 2013
- **MARKETING MANAGER**, COGNOS INC (IBM) NOV 2006 – JULY 2007
- **DIRECTOR SALES & MARKETING**, THE IT DEPARTMENT INC. AUG 2004 - AUG 2006
- **MANAGEMENT CONSULTANT**, VARIOUS PROCESS IMPROVEMENT OCT 2002 - AUG 2004
- **NATIONAL TRAINING MANAGEMENT**, SALES TRAINER, VAN HOUTTE COFFEE AUG 2000 - OCT 2002
- **REGIONAL SALES**, EASTERN CANADA, PEARSON EDUCATION AUG 1998 - AUG 2000
- **ENGLISH INSTRUCTOR**, ÉCOLE DE LANGUES DE L'ESTRIE JUNE 1997 - JULY 1998

BOARD LEADERSHIP

SINCE 2004

- **HABITAT FOR HUMANITY**, MEMBER AND DIRECTOR OF FUNDRAISING SPRING 2013 – FEB 2015
- **AFFORDABLE HOUSING SUB-COMMITTEE**, NORTH GRENVILLE SPRING 2015
- **ACCESSIBLE RECREATION COMMITTEE**, LEEDS GRENVILLE PUBLIC HEALTH FALL 2014 – SPRING 2016
- **RURAL RECREATION ASSOCIATION**, LANARK LEEDS GRENVILLE PUBLIC HEALTH FALL 2014 – SPRING 2016

SEE SUBSEQUENT PAGES FOR OTHER TRAINING, CERTIFICATIONS, CONFERENCES, PRESENTATIONS & PUBLICATIONS

Other Professional Certifications & Training

Other Professional Certifications

| | |
|--|------------|
| Youth Program Evaluation, YouthREX Certification, York University, Toronto, ON | Jan. 2017 |
| Secret Security Clearance Level II, RCMP, Ottawa, ON (also obtained in 2006) | Aug. 2016 |
| Certificate, Gestion de Projets(Altitude Project Management certificate), University of Ottawa | Feb. 2015 |
| German Language Certificate Level A2, Goethe Institute, Ottawa, ON | Dec. 2014 |
| Six-Sigma Basic training, The Home Depot, Atlanta, Georgia | Jul 2002 |
| Certified Trainer New Brunswick Community College, course design and delivery for adult learning | Spring2001 |

Other Professional Training

| | |
|--|-------------|
| Program Evaluation (Graduate course, applied case project: 4-H leadership camp) Guelph, ON | Summer 2016 |
| Knowledge Translation and Transfer, University of Guelph, Guelph, ON | April 2016 |
| Project Management Training (Mitacs, met requirement for PMI CAPM) Kingston & Guelph, ON | March 2016 |
| Rédaction Stratégique (Strategic Writing), University of Ottawa, Ottawa, ON | March 2015 |
| Project Management Skills and Tools, University of Ottawa, Ottawa, ON | Feb. 2015 |
| Skills for University Teaching Assistants, University of Ottawa workshop, Ottawa, ON | Jan. 2015 |
| NCCP Learning Facilitator Training for Master Learning Facilitators, CAC, Kemptville, ON | June 2012 |

Other Professional Development: *(workshops taken)*

| | |
|---|----------------|
| Young Researcher's Conference: Technology & Mental Health, Royal IMHR, Ottawa, ON | May 2018 |
| Animals on the Mind: neurodiversity and human-animal interaction, Denver, CO | May 2018 |
| High Performance Coaching, Analyzing Performance (NCCP), Equestrian Canada, Ottawa, ON | April 2018 |
| Charity and Not-for-profit Law Seminar, Carters Law, Ottawa, ON | Feb. 2018 |
| Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON | Nov. 2015 |
| Association for Non Profit and Social Economy Research (ANSER) at Social Sciences and Humanities Congress, Ottawa, ON | June 2015 |
| Community Economic Development 101, OMAFRA, Kemptville, ON (Ontario Ministry of Agriculture, Food and Rural Affairs) | March 2015 |
| Researching Resilience in Challenging Contexts & Using Visual Methods in Challenging Contexts, Halifax, NS, workshops run by Resilience Research Centre at Dalhousie University | April/May 2014 |
| Leeds Grenville Rural Recreation Regional Summit, Kemptville, ON | Nov. 2014 |
| Leeds Grenville Economic Development Summit, Kemptville, ON | Nov. 2014 |
| Sport Canada Research Initiative Conference (SCRIC), Ottawa, ON | Oct. 2014 |

Presentations & Facilitation *(workshops and presentations given)*

| | |
|---|------------|
| IMHR Young Researchers' Conference: Making a (bio) mark: Interactions between Physiology and Mental Health, Ottawa, ON. Royal Ottawa Mental Health Centre. Poster presentation. | May 2017 |
| 4-H Ontario Volunteer AGM, Alliston, ON. The 4-H Resilience Research Project: Learn to do by Doing | March 2017 |
| Equine Futures, Stockholm, Sweden. Presentation: Building Resilience with Equine-Based Youth Programs | Oct. 2016 |
| Building Vibrant Rural Futures: Mobilizing Knowledge and Informing Policy, Guelph, ON. Canadian Rural Revitalization Federation. Presentation: Building Resilient Rural Communities | Oct. 2016 |
| Mental Health for All, Toronto, ON. Sport for Resilience, Exploring Physical Activity as a Vehicle for Fostering Resilience- poster presentation (Canadian Mental Health Association national conference) | Sept. 2016 |
| International Human Science Research Conference, Ottawa, ON. Nature Based Physical Activity as a Source for Resilience, Exploring Participant Experience | July 2016 |
| 4-H Ontario Annual General Meeting, Alliston, ON. The Unique Contribution of 4-H in the Current Rural Climate, and Researching Resilience | March 2016 |

| | |
|--|------------------------|
| Canadian Sport for Life Conference, Gatineau, Quebec. Sport for Resilience: The Canadian Wellbeing Crisis and Sport Based Support. | Jan. 2016 |
| Sport Canada Research Initiative Conference, Gatineau, QC. Poster: rural sport for resilience | Oct. 2015 |
| Pathways to Resilience, Halifax, NS. Poster and session presentations: Sport for Resilience- rurality and youth resilience through equine-based activity | June 2015 |
| Exploring Our Potential, University of Guelph, School of Environmental Design & Rural Development Guelph, ON. ‘Rural sport-for-development: fostering rural youth resilience through participation in equine based physical activity’ | April 2015 |
| European Association of Animal Production, Copenhagen, Denmark. Invited speaker: ‘State of the Equine Industry in Canada’, presentation also published as a book chapter | Aug. 2014 |
| Researching Resilience in Challenging Contexts, Halifax, NS. Poster presentation ‘rural youth adversity and building resilience through animal-assisted physical activity’ | April 2014 |
| Certified Horsemanship Association International Conference, Buffalo, NY Long Term Athlete Development and Rider Fitness Basics for Equestrian Coaches | Oct. 2013 |
| Equine Canada Annual National Conventions, Ottawa (2), ON & St-John’s, NFLD strategic plan/vision sharing, athlete development gaps, coaching and athlete development programs and structure | 2011- 2013 |
| International Group for Equestrian Qualifications, Stromsholm, Sweden. The Canadian equestrian coaching system and long term athlete development | Oct. 2012 |
| Coaching Association of Canada annual National Sport Organization leadership Conference, Ottawa, ON Best practices in coaching program development | June 2012 |
| Canadian Pony Club Annual National AGM, Toronto, ON The rider as an athlete: fitness for teenage athletes | Nov. 2009 |
| University of Guelph Balance in Motion Symposium, Kemptville, ON Developing equestrian athletic abilities | Oct. 2008 |
| Interviews with CBC Radio, Riding as exercise option for older adults & Importance of fitness | 2008 & 2009 |
| Can-Am Equine Conference, London, ON Equestrian biomechanics and fitness | March 2008 |
| Various Convention & Corporate Presentations, Montreal, Toronto, Ottawa Sales & marketing product and strategy | 1998-2006 |

Publications

Peer Reviewed- Academic:

| | |
|---|----------------|
| Sansom, H. (2017). Community Recreation as Therapeutic: The 4-H Resilience Research Project. <i>Therapeutic Recreation Practice and Research: Journal of Therapeutic Recreation Ontario</i> , 12, 30-45. | 2017 06 |
| Sansom, H. (2016). State of the Equine Industry in Canada. In Evans R, Vial C. (Eds.). <i>The New Equine Economy in the 21st Century.</i> (pp.237-254). Wageningen, The Netherlands: Wageningen Academic Publishers. | 2016 01 |
| Sansom, H. (2015) Heather Sansom- abstract on Sport-for-resilience: Understanding rural youth resilience through participation in 4-H horse programs. <i>CRRF E-Newsletter.</i> Emerging Research Edition. Canadian Rural Revitalization Foundation (CRRF) Halifax, NS. | 2015 12 |
| Sansom, H., Cummings, H., Levac, L. poster: ‘Sport-for-resilience: Addressing Rural Youth Wellbeing, resilience and equine based physical activity. Pathways to Resilience. Halifax, NS | 2015 06 |
| Sansom, H. (2015) Heather Sansom- abstract on rural youth recreation and resilience. <i>CRRF E-Newsletter Student Research Edition 2015.</i> Canadian Rural Revitalization Foundation (CRRF) Halifax, NS. | 2015 03 |
| Sansom, H, Wilton BL. (2014) The Equine industry in Canada: developing resiliency in a diverse and complex landscape. In EAAP Scientific Committee (Eds.). <i>Book of Abstracts of the 65th Annual Meeting of the European Federation of Animal Science.</i> (p.75). Wageningen, The Netherlands: Wageningen Academic Publishers. | 2014 08 |

Peer Reviewed- Professional:

| | |
|---|----------------|
| The Case for Core Training. <i>Running Room Magazine.</i> Volume 22, issue 4, July/August 2016, p.42 | 2016 07 |
| Fit to Ride in Nine Weeks. (book)Trafalgar Square Publishing, North Pomfret, VT | 2016 05 |

Columnist: National and international journals, on fitness, conditioning, & equestrian coaching. **2007-2016**

Some Regular Columns:

The Rider (Ont., provincial, monthly) 105 articles 2007-present

Equine Canada Magazine (national) 12 articles 2010-2013

Chaff Chat (Australia, international) 20 articles 2009-present

Dressage Today (USA, international, monthly) 60 articles 2009-2012

Ecogold Newsletter (Cda, international, monthly) 20 articles 2009-2011

Canadian Horse Journal (Cda, national, bi-monthly) 17 articles 2008-2011

Horse Sport (Cda, national, monthly column) 11 articles 2009-2010

Occasional Columns: (20) *Horse-Canada* (Cda), *Hunter & Sport Horse* (USA), *Hoofbeats* (Aus)

Coaching Courses and athlete reference materials: Editor for *Equine Canada* manuals (approx. 15 manuals) **2010-2013**

Knowledge Mobilization and Transfer- Books:

Killer Core Workout for Riders, ebook ISBN 978-0-9813391-7-7 **2015**

Killer Core Workout for Runners, ebook ISBN 978-0-9813391-5-3 **2013**

Gentle Workout for Mature Riders, ebook ISBN 978-0-9813391-2-2 **2013**

Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume II, ebook ISBN 978-0-9813391-4-6 **2013**

Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume I, ebook ISBN 978-0-9813391-3-9 **2010**

Handy Stretching Guide for Riders, ebook ISBN 978-0-9813391-1-5 **2009**

Knowledge Mobilization and Transfer- Articles & Columns:

Resilience Research, Leadership in Action, 4-H Ontario, 16(2), p. 12 **2016 06**

Think About What Food Security Really Means, North Grenville Times 4(2), p.16 **2016 01 13**

Accessible Recreation, recreation for all income brackets in our community, North Grenville Times 3(50), p.27 **2015 12 16**

Growing but Not Green, local development and sustainability. North Grenville Times 3(42), p.8 **2015 10 21**

Animal Sports and the Reduction of Violence. Sport and Development ENewsletter. v. 143, June. Available at: <http://sportanddev.org/en/newsviews/newsletter/> **2015 06**

Be Safe on Area Snowmobile Trails, Use Them Responsibly, Kemptville Advance Feb. 26, 2015, p.7 **2015 02 26**

Citizens, not Consumer or Taxpayer, Letter to the Editor, North Grenville Times 3(2), pp.5-6 **2015 02 11**

Our Municipal Budget, Recreation and Public Health, North Grenville Times 3(2), p.7 **2015 01 14**

Time to be Grateful, rural poverty and insecure housing, North Grenville Times 3(1), p.10 **2015 01 08**

Impressive Seminar With BR+E Alliance, green assets, active transport & sustainable dev. NG Times 2(39) **2014 10 01**

Reflections on my visit to equine-assisted activity farms in Finland. Finnish website www.hevostoiminta.net/36 **2014 09 21**

A Positive Approach to Young People, inclusion vs. marginalizing public discourse, North Grenville Times 2(17) **2014 04 30**

How Important is Our Future II, planning our future- preserving rural assets, North Grenville Times 2(12) **2014 03 26**

Popular Audience- Reviewed Articles:

Share the Love Art Exhibit and Auction, article with photo, Kemptville Advance Feb. 12, 2015, p.K4 **2015 02 12**

Exhibit and Auction, article, Kemptville Advance Feb. 12, 2015, p.K13 **2015 02 12**

Popular Audience- Books and Book Chapters:

Sansom, H. **Ten Years that Changed my Life**. (pp.188-189) and **A Campus is a Community** (pp.190-191) In Stark, J. (Ed.) *Those Were the Days*. Janet Stark. Kemptville, ON.2016. (ISBN 978-0-995—2005) **2016**

Sansom, H. **My Horse My Teacher**. (pp.127-134) In Marlewski-Probert B, Stafford S. (Eds.) *Horse Tales for the Soul* v7. K&B Products, Yellville, AR: K&B Products. 2007 **2007**

Sansom, H. **My Anna**. (pp.51-56) In Marlewski-Probert B, Stafford S. (Eds.) *Horse Tales for the Soul* v6. K&B Products, Yellville, AR: K&B Products. 2007 **2007**