

# HEATHER SANSOM, PHD

[heather@heathersansom.ca](mailto:heather@heathersansom.ca) / 613-879-8373 / [www.heathersansom.ca](http://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

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

## WELLBEING ROLES

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

## OTHER WELLBEING & MENTAL HEALTH TRAINING

### Recent Mental Health Training

|   |            |
|---|------------|
| <b>Spiritual Care Basic Education</b> , Canadian Association of Spiritual Care (CASC)/Ottawa Hospital, Ottawa, ON       | April 2019 |
| <b>Meaning Therapy, Positive Psychology 2.0</b> , Dr. Paul Wong/ROH, Ottawa, ON   | April 2019 |
| <b>Mindfulness Based Stress Reduction</b> , ROH, Ottawa, ON   | April 2019 |
| <b>Narrative Therapy Tools for Exploring Stories</b> , CTRI, Ottawa, ON   | March 2019 |
| <b>Understanding and Treating Complex Trauma</b> , CCPA, Ottawa, ON   | Feb. 2019  |
| <b>Motivational Interviewing</b> , CCPA, Ottawa, ON   | Nov. 2018  |
| <b>Cognitive Processing Therapy</b> , Medical University of South Carolina  | Oct. 2018  |
| <b>Essentials of CBT Levels 1 &amp; 2, Foundations &amp; Implementing CBT</b> , OICBT, Ottawa, ON                       | June 2018  |
| <b>Integrated and Experiential Cognitive Behavioural Therapy (CBT)</b> , ROH, Ottawa, ON                                | Feb. 2018  |
| <b>Attachment, Psychotherapy and Change</b> , Canadian Counselling & Psychotherapy Assoc. (CCPA), Ottawa, ON            | April 2018 |
| <b>Strategies for Resolving Impact of Post-Traumatic Stress</b> , Crisis & Trauma Research Institute (CTRI), Ottawa, ON | Feb. 2018  |
| <b>Applied Suicide Intervention Skills Training (ASIST)</b> , 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

|  |                  |
|--|------------------|
| <b>CONSULTANT</b> , HEATHERSANSOM.CA   | SINCE MARCH 2013 |
| • <b>INTERIM EXECUTIVE DIRECTOR</b> , SERENA CANADA,   | 2017/2018        |
| • <b>PROGRAM EVALUATION CONSULTANT</b> , 4-H ONTARIO,  | 2016/2017        |
| • <b>RESEARCH PROJECT LEAD</b> , 4-H ONTARIO Resilience Research Project,  | 2014-2018        |
| • <b>RESEARCH DESIGN CONSULTANT</b> , EASTERN ONTARIO PHYSICAL ACTIVITY NETWORK  | 2016             |
| • <b>STRATEGIC PLANNING FACILITATOR</b> , HABITAT FOR HUMANITY, 1 <sup>ST</sup> PLACE OPTIONS  | 2013/2014        |
| <b>COACH, REC THERAPIST, OWNER</b> , 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

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

### BOARD LEADERSHIP

|  |                         |
|--|-------------------------|
| • <b>HABITAT FOR HUMANITY</b> , MEMBER AND DIRECTOR OF FUNDRAISING           | SINCE 2004              |
| • <b>AFFORDABLE HOUSING SUB-COMMITTEE</b> , NORTH GRENVILLE                  | SPRING 2013 – FEB 2015  |
| • <b>ACCESSIBLE RECREATION COMMITTEE</b> , LEEDS GRENVILLE PUBLIC HEALTH     | SPRING 2015             |
| • <b>RURAL RECREATION ASSOCIATION</b> , LANARK LEEDS GRENVILLE PUBLIC HEALTH | FALL 2014 – SPRING 2016 |
| • <b>RURAL RECREATION ASSOCIATION</b> , 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

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

### Other Professional Training

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

### Other Professional Development: *(workshops taken)*

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

### Presentations & Facilitation *(workshops and presentations given)*

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

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

## Publications

### Peer Reviewed- Academic:

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

### Peer Reviewed- Professional:

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

**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](http://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