

# HEATHER SANSOM, PHD

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

**OBJECTIVE :** *PROMOTE AND SUPPORT HUMAN WELLBEING.*

## RELEVANT QUALIFICATIONS

- 20+ years' career with experience in training, facilitation, teaching and coaching
- 12 years private practice in therapeutic recreation and sport coaching
- Facilitated 10 fitness & health promotion courses with Algonquin College CCOL in past year
- PhD in positive psychology and outdoor recreation
- Recreation Therapy Diploma
- Certified personal trainer, NCCP competition coach, hike leader, High Five
- Bilingual (English/French)

## 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, 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) |           |

## EDUCATION & HEALTH ROLES

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| <b>COURSE FACILITATOR</b> , ALGONQUIN COLLEGE FITNESS & HEALTH PROMOTION             | SINCE SEPT 2018  |
| <b>WELLBEING CONSULTANT</b> , HEATHERSANSOM.CA (SEE NEXT PAGE)                       | SINCE MARCH 2013 |
| <b>WORKSHOP LEADER, EDUCATOR, COACH, REC THERAPIST</b> EQUIFITT & MOVE YOUR MIND     | SINCE SEPT 2007  |
| <b>EDUCATION MANAGER/FACILITATOR, COURSE DEVELOPER</b> EQUESTRIAN CANADA             | 2010 - 2013      |
| <b>CORPORATE TRAINER, TRAINING DEVELOPER</b> VAN HOUTTE COFFEE                       | 2000 - 2002      |
| <b>PUBLISHING SALES REPRESENTATIVE, ESL</b> PEARSON EDUCATION                        | 1998 - 2000      |
| <b>INSTRUCTOR- ENGLISH AS A SECOND LANGUAGE</b> , ÉCOLE DE LANGUES DE L'ESTRIE & CLG | 1997 - 1998      |

## OTHER WELLBEING & MENTAL HEALTH TRAINING

### Key Recreation & Sport Training

|  |            |
|--|------------|
| <b>Beyond Dementia:</b> Exploring Senior Mental Health in Long Term Care, ROH, Ottawa, ON          | Sept. 2017 |
| <b>Nature, Spirituality and Mental Health</b> , Royal Ottawa Mental Health Centre(ROH), Ottawa, ON | May 2017   |
| <b>Music Therapy for Survivors of Trauma</b> , Royal Ottawa Mental Health Centre (ROH), Ottawa, ON | March 2017 |
| <b>High Five</b> , (applied positive youth development)Parks and Recreation Ontario, Beckwith, ON  | July 2016  |
| <b>Certified Hike Leader</b> , Hike Ontario, Ottawa, ON  | Oct. 2015  |
| <b>Certified Coach Practitioner</b> , Life Coach, Certified Coaches Federation, Ottawa, ON         | Aug. 2015  |
| <b>National Coaching Certification (NCCP) Equestrian Coach</b> , Equestrian Canada, Ottawa, ON     | June. 2013 |
| <b>Wilderness First Aid</b> , SOLO, Stowe, Vermont   | May. 2013  |
| <b>Personal Trainer Specialist</b> , Canfit Pro, Ottawa, ON  | Sept. 2007 |

## OTHER PROFESSIONAL EXPERIENCE

### WELLBEING 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
- *ACCESSIBLE RECREATION COMMITTEE*, LEEDS GRENVILLE PUBLIC HEALTH 2014 – 2016
- *RURAL RECREATION ASSOCIATION*, LANARK LEEDS GRENVILLE PUBLIC HEALTH 2014 – 2016
- *AFFORDABLE HOUSING SUB-COMMITTEE*, NORTH GRENVILLE 2015
- *STRATEGIC PLANNING FACILITATOR*, HABITAT FOR HUMANITY, 1<sup>ST</sup> PLACE OPTIONS 2013/2014

### OTHER ROLES

- *DIRECTOR OF FUNDRAISING*, HABITAT FOR HUMANITY OCT 2014 – FEB 2015
- *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

### Other Therapy & Wellbeing Training

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| Spiritual Care Basic Education, Canadian Association of Spiritual Care (CASC)/Ottawa Hospital, Ottawa, ON | April 2019 |
| Meaning Therapy, Positive Psychology 2.0, Dr. Paul Wong/ROH, Ottawa, ON                                   | April 2019 |
| Mindfulness Based Stress Reduction, Royal Ottawa Mental Health, Ottawa, ON                                | April 2019 |
| Clinical Pastoral Education, Canadian Association of Spiritual Care, Ottawa Hospital, Ottawa, ON          | April 2019 |
| Narrative Therapy Tools for Exploring Stories, CTRI, Ottawa, ON   | March 2019 |
| Motivational Interviewing, Canadian Counselling and Psychotherapy Association, Ottawa, ON                 | Nov. 2018  |
| Cognitive Processing Therapy, Medical University of South Carolina  | Oct. 2018  |
| Essentials of CBT Levels 1 & 2, Foundations & Implementing CBT, OICBT, Ottawa, ON                         | June 2018  |
| Integrated and Experiential Cognitive Behavioural Therapy (CBT), ROH, Ottawa, ON                          | Feb. 2018  |
| Applied Suicide Intervention Skills Training (ASIST), Royal Ottawa Mental Health (ROH), Ottawa, ON        | Nov. 2017  |
| Mental Health First Aid, Mental Health Commission of Canada, Ottawa, ON                                   | Dec. 2016  |
| Pastoral Care, multi-faith training, Ottawa Pastoral Care, Ottawa, ON                                     | Nov. 2016  |
| Healthy Minds for Healthy Children, High Five, Ottawa, ON   | Sept. 2016 |
| Certificate in Adaptive Training for athletes with disabilities, Peter Morel/TopShape, Ottawa, ON         | Nov 2009   |

### Other Therapy & Wellbeing Workshops

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|---|------------|
| Understanding and Treating Complex Trauma, CCPA, Ottawa, ON   | Feb. 2019  |
| Attachment, Psychotherapy and Change, Canadian Counselling & Psychotherapy Assoc., (CCPA), Ottawa, ON | April 2018 |
| 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, The Royal Mental Health Research, Ottawa, ON (6 months)                 | April 2018 |
| De-escalating Potentially Violent Situations, Crisis & Trauma Institute, Ottawa, ON                   | March 2018 |
| Strategies for Resolving Impact of Post-Traumatic Stress, Crisis & Trauma Institute, Ottawa, ON       | Feb. 2018  |
| Equine Assisted Interactions Professional Development, University of Denver, Colorado                 | July 2017  |
| Riding Out of Your Mind Sport Psychology, (course) Body Mind Motion, Calgary, AB                      | Nov. 2014  |
| Mind Games Sport Psychology Intensive, Psy-Santé, Montreal, QC  | Feb. 2008  |

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)*

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|--|----------------|
| <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)*

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|---|------------|
| <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 |

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|--|------------------------|
| <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:

**The Case for Core Training.** *Running Room Magazine*. 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**, ebookISBN 978-0-9813391-5-3 2013  
**Gentle Workout for Mature Riders**, ebookISBN 978-0-9813391-2-2 2013  
**Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume II**, ebookISBN 978-0-9813391-4-6 2013  
**Fit to Ride: Collected Equestrian Fitness Tips and Articles Volume I**, ebookISBN 978-0-9813391-3-9 2010  
**Handy Stretching Guide for Riders**, ebookISBN 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