

HEATHER SANSOM, PHD

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

OBJECTIVE : *PROMOTE AND SUPPORT HUMAN WELLBEING.*

SOME RELEVANT QUALIFICATIONS

- 10+ years private practice in therapeutic recreation and sport coaching
- TRO membership, certification in adaptive fitness, Montessori dementia training
- PhD in resilience, psycho-social development, rural wellbeing and recreation/sport.
- Recreation Therapy Diploma
- Recreation Therapy internship at Royal Ottawa Mental Health and Ottawa Civic hospitals (counselling through Clinical Pastoral Education and Recreation Therapy)
- Completing Master's in Counselling Psychology
- Bilingual (English/French) with some knowledge of German and Spanish
- Secret Clearance, ASIST, First Aid, & 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, 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

Key Recreation & Sport Training

Beyond Dementia: Exploring Senior Mental Health in Long Term Care, ROH, Ottawa, ON	Sept. 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
High Five , (applied positive youth development)Parks and Recreation Ontario, Beckwith, ON	July 2016
Certified Hike Leader , Hike Ontario, Ottawa, ON	Oct. 2015
Certified Coach Practitioner , Life Coach,Certified Coaches Federation, Ottawa, ON	Aug. 2015
National Coaching Certification (NCCP) Equestrian Coach , Equestrian Canada, Ottawa, ON	June. 2013
Wilderness First Aid , SOLO, Stowe, Vermont	May. 2013
Personal Trainer Specialist , 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, 1ST PLACE OPTIONS 2013/2014

OTHER ROLES

- *DIRECTOR OF FUNDRAISING*, HABITAT FOR HUMANITY OCT 2014 – FEB 2015
- *NATIONAL PROGRAM DIRECTION*, EQUESTRIAN CANADA COACHING MANAGER JUNE 2010 – APRIL 2013
- *OWNER, COACH, REC THERAPIST*, EQUIFITT.COM and MOVE YOUR MIND.CA SINCE SEPT 2007
- *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

Other Therapy & Wellbeing Training

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 Level 2, Implementing CBT, Ottawa Institute of CBT, Ottawa, ON	June 2018
Essentials of CBT Level 1, Foundations Ottawa Institute of CBT, Ottawa, ON	April 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

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

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. *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 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