

# 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.*

## 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

<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)	

## 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

### 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

- *INTERIM EXECUTIVE DIRECTOR*, SERENA CANADA, SINCE MARCH 2013
- *PROGRAM EVALUATION CONSULTANT*, 4-H ONTARIO, 2017/2018
- *RESEARCH PROJECT LEAD*, 4-H ONTARIO Resilience Research Project, 2016/2017
- *RESEARCH DESIGN CONSULTANT*, EASTERN ONTARIO PHYSICAL ACTIVITY NETWORK, 2014-2018
- *ACCESSIBLE RECREATION COMMITTEE*, LEEDS GRENVILLE PUBLIC HEALTH, 2016
- *RURAL RECREATION ASSOCIATION*, LANARK LEEDS GRENVILLE PUBLIC HEALTH, 2014 – 2016
- *AFFORDABLE HOUSING SUB-COMMITTEE*, NORTH GRENVILLE, 2014 – 2016
- *STRATEGIC PLANNING FACILITATOR*, HABITAT FOR HUMANITY, 1<sup>ST</sup> PLACE OPTIONS, 2015

### OTHER ROLES

- *DIRECTOR OF FUNDRAISING*, HABITAT FOR HUMANITY, 1998 - 2013
- *NATIONAL PROGRAM DIRECTION*, EQUESTRIAN CANADA COACHING MANAGER, OCT 2014 – FEB 2015
- *OWNER, COACH, REC THERAPIST*, EQUIFITT.COM and MOVE YOUR MIND.CA, JUNE 2010 – APRIL 2013
- *MARKETING MANAGER*, COGNOS INC (IBM), SINCE SEPT 2007
- *DIRECTOR SALES & MARKETING*, THE IT DEPARTMENT INC., NOV 2006 – JULY 2007
- *MANAGEMENT CONSULTANT*, VARIOUS PROCESS IMPROVEMENT, AUG 2004 - AUG 2006
- *NATIONAL TRAINING MANAGEMENT*, SALES TRAINER, VAN HOUTTE COFFEE, OCT 2002 - AUG 2004
- *REGIONAL SALES*, EASTERN CANADA, PEARSON EDUCATION, AUG 2000 - OCT 2002
- *ENGLISH INSTRUCTOR*, ÉCOLE DE LANGUES DE L'ESTRIE, AUG 1998 - AUG 2000
- *ENGLISH INSTRUCTOR*, ÉCOLE DE LANGUES DE L'ESTRIE, JUNE 1997 - JULY 1998

### Other Therapy & Wellbeing Training

- 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

- 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

HEATHER SANSOM – 613-879-8373 – heather@heathersansom.ca

## 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 (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, 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> 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