

S. Michele James, RP, RMFT, MTS, BA, AccFM

Registered Psychotherapist

Registered Individual, Couple and Family Therapist (CACFT)

Accredited Family Mediator (OAFM)

Dundas, Ontario

905-520-2705

michele@connectedco.ca

www.connectedco.ca

CURRICULUM VITAE

EDUCATION

- | | |
|------|---|
| 1998 | Master of Theological Studies in Pastoral Counselling

Waterloo Lutheran Seminary
Wilfrid Laurier University
Waterloo, Ontario

Thesis: Unresolved Grief |
| 1996 | Addiction Studies Diploma

McMaster University

Hamilton, Ontario |
| 1992 | Honours Bachelor of Arts-Sociology

McMaster University

Hamilton, Ontario

Major Research Project: Date Rape and Sexual Assault on
Campus |

PROFESSIONAL EXPERIENCE

1998-Present **Individual, Couple and Family Therapist**

Private Practice

- provide brief and long-term therapy to adults, teens, couples, and families
- use an integrative therapy approach that emphasizes client strengths in an environment of respect and safety

2013-Present **Accredited Family Mediator (OAFM)**

Private Practice

- provide therapeutic mediation support to people transitioning to separation and divorce
- assist couples in creating a parenting plan to assist their family in moving from one home to two.

2026-Present **Telus Health-Critical Incident Service Provider**

- offer in-person and online support to people in the workplace who have witnessed a critical event.

2016-2024 **Family Professional (Collaborative Law)**

- part of the collaborative team, supporting clients and lawyers in the negotiation process
- neutral facilitator
- assist clients in creating a parenting plan

2000-2002 **Child and Family Therapist**

Guthrie and Associates, Brantford, Ontario

- provided therapy to children, adolescents, and

families

-also worked with individual adults and couples

-EAP service provider to over 40 companies

1996-1997

Therapist Intern

Pastoral Counselling Centre, Hamilton, Ontario

-400 hours of supervised therapy training

-counselled adolescents and adults from diverse cultural backgrounds

-in-class component included case conferences, theory, and practice counselling

1995-1999

Residential Counsellor

Dawn Patrol Group Homes, Hamilton, Ontario

-on-call worker at a residential facility for male young offenders

-monitored daily routine of residents, encouraged responsible behaviour, life and social skills

-crisis intervention

1992-1996

Social Service Worker (Income Maintenance)

Regional Municipality of Hamilton-Wentworth

-worked in a multicultural environment maintaining a caseload of 240 individuals and families in receipt of General Welfare Assistance

-worked as both a team player and independently

1992-1995

Volunteer-Young Offender Unit

Hamilton-Wentworth Detention Centre, Hamilton, Ontario

- provided one-on-one counsel to inmates requesting someone to talk to
- facilitated chapel services

1991-1992

Work Orientation Workshop Trainer

Waterloo County Board of Education, Cambridge, Ontario

- created and implemented two summer programs for high school students identified as having the potential to leave school prematurely
- conducted workshops on employment skills, career direction, life skills, and personal growth
- matched students to a suitable job in the community and supervised their progress.

1988-1990

Weekend Residential Counsellor

Family Crisis Shelter, Cambridge, Ontario

- worked with victims of family violence and their children
- conducted crisis and supportive counselling, including crisis phone calls
- managed the Shelter, and supervised a team of

CONTINUING EDUCATION

- Healing Interventions for Protective Systems (IFS) (5 hours), Cece Sykes, September 23, 2026, and Oct 7, 2026.
- The Wellthy Practice: Integrating Health and Wellness (8 hours), Sharmila Kulkarni and Genevieve Zizzo, April 25-26, 2026.
- Healing Interventions for the Trauma-Addictions Cycle (IFS) (10 hours), Cece Sykes, October 10-November 21, 2025.
- Internal Family Systems (IFS) Therapy Training Level One.(90 hours). Dan Reed, Fatimah Finney, Anna Gartshore. October 6/24-February 6/25.
- Nutrition for Better Mental Health (3.5 hours), Dr.Leslie Korn, September 29, 2023.
- Treating Complex Trauma with Internal Family Systems: Evidence-Based Tools (6 hours), Dr. Frank Anderson, January 27, 2023.
- EDI Training (OACP-Collaborative Trainers) (4 hours), Karen B.K.Chan, March 30th and April 19th, 2022.
- Integrating Brain-Changing Therapeutic Tools and Techniques (3.5 hours), Dr. Jennifer Sweeton, October 29, 2021.
- DV/IPV Training: Family Peacemakers Conference (7 hours), Annette Katchaluba, Trish Bidgood and Debbie Hoffman, May 8, 2021.
- IPV Training: Risk Identification and Assessment Framework (3 hours), Deepa Mattoo and Patricia Coelho, (OAFM training), April 28, 2021.
- Complex Parenting Plan Solutions: Transitioning Families with Complex Health and Safety Issues (6 hours), Karen Bonnell, March 19, 2021.
- Cognitive-Behavioural Therapy for Anxiety, Depression, and Anger (7 hours), Dr. Martin Antony, October 19, 2017.
- Parenting Plans Unpacked (7 hours), Sheila Brown, Laurie Stein, March 4, 2017.
- Family Professional as Neutral Facilitator (7 hours), Sheila Brown, Stella Kavoukian, March 3, 2017.
- Level 2 Interdisciplinary Collaborative Practice Skills Training (21 hours), Victoria Smith, JD, C. Med, Laurie Stein, LLB, MSW, Alison Anderson, CFP, FDS, RRC, 2016.
- Level 1 Introduction to Collaborative Practice Training (14 hours), Deborah Graham, LL. B, Acc.FM, Sheila Brown, M.S.W, Acc.FM, Alison Anderson, CFP., 2016.
- CBT Certification in the Treatment of Anxiety and Depression (Part 1): Evidence-Based Treatment of Anxiety and Related Disorders (14 hours), Dr. Martin Antony, 2016.

- Narrative Mediation (14 hours), John Winslade, 2015.
- Basic Family Law (30 hours), Hilary Linton, LL.B., LL.M (ADR), Acc.FM, 2012.
- Family Mediation Skills (20 hours), presented by Richard Shields, LL.B., M.A, LL.M., Ph.D., Antoinette Clarke, M.S.W, Ph.D. candidate, Barbara Anderson, M.S.W., Acc.FM, Margot Hallman, LL.B., C.Med., Acc.FM, 2011.
- Assessing for Domestic Violence and Power Imbalances for Family Mediators (14 hours), presented by Antoinette Clarke, Darlene Murphy, Acc.FM, C.P. Med., 2010.
- Family Mediation Workshop Training (40 hours), Richard Shields, 2010.
- Fundamentals of Couple and Family Therapy Supervision Course, Brenda Bolliger, M.S.W., R.S.W., Sharon Mayne Devine, M.Sc., RSW, Sharon Ramsay, M.Div., 2008.
- Eye Movement Desensitization and Reprocessing (EMDR) Level 1 and 2 Training, presented by Ms. Barbara Horne, M.Sc., RMFT, 2007.
- Clinical Fellow requirements completed for AAMFT/OAMFT (2003): 11 graduate level courses in 5 distinct areas, more than 1300 client contact hours in the therapy setting, and a master's degree in a related field. Registration #82173.

WORKSHOPS/CONFERENCES

- IACP (International Academy of Collaborative Professionals) 2023 Forum. Workshop one: "Enriching Collaborative Practice Using Internal Family Systems Model". David Hoffman.(3 hours). Workshop two: "Using PNDC Skills to Defuse Conflict with Difficult Clients". Sharon Ellison and Ami Atkinson.(3 hours).
- OACP/OAFM Family Peacemakers Conference (7 hours). Keynote Speaker: Sarain Fox: "Invitation to Re-Connect: Inviting People In." Deanne Sowter: "Challenging Negotiation Styles"; Deborah Graham and Christine Kim: "Nunchi". May 5th and 6th, 2023.
- OACP/OAFM Family Peacemakers Conference (7 hours). Keynote Speaker: Michael Lang: "Deepening in Reflection". May 6, 2022.
- OACP/OAFM Family Peacemakers Conference (14 hours). Keynote Speaker: Ken Cloke: "Mediating Dangerously". May 7 and 8, 2021.
- AFCC-Ontario Annual Conference (7 hours). October 16, 2020.
- Love in Lockdown (mini webinar). (2 hours). Terry Real. April 21, 2020.
- Creating Connection from a Distance: Making Virtual Psychotherapy a Relational Experience (mini webinar). (2 hours). Janina Fisher. April 21, 2020.
- Private Practice Opportunities...NOW (mini webinar). (2 hours). Lynn Grodzki. April 14, 2020.

- AFCC Annual Conference (Toronto): "The Future of Family Justice: International Innovations". (13 hours), May 30-June 1, 2019).
- When Collaborative Practice Collides with the Hardball Negotiator. (7 hours), J. Mark Weiss, JD, CDFA, April 3, 2019.
- Collaborative Practice Hamilton Halton Peel Niagara Training Retreat: "Meditation in Collaborative Practice" (8 hours), Jordan Topp, February 1, 2019. -Facilitated follow up discussion on day two of retreat (1 hour).
- AFCC (Ontario) Conference: "The Future of Youth: Moving Beyond Risk to Resilience". Dr. Michael Ungar. (6 hours), October 19, 2018.
- AFCC Preconference Institute: "Supporting Adopted Youth to Maintain Openness Connections with Birth Family and Communities" (3 hours), October 18, 2018.
- Sending Out an S.O.S.: Navigating Liability and Complaints in High Conflict Cases. (7 hours). Hamilton High Conflict Forum, September 21, 2018.
- Collaborative Practice Hamilton Halton Training Retreat: "Opening More Doors and Sustaining Better Teams" (8 hours), Sue Cook and Brian Galbraith, February 2, 2018.
- Cognitive-Behavioural Therapy for Anxiety, Depression, and Anger (7 hours), Dr. Martin Antony, October 19, 2017
- OAFM-OCLEF Conference, (10 hours), September 14-16, 2017.
- Challenging Conversations: High Conflict Families, Domestic Violence, Differentiation, Dr. Peter Jaffe, September 2016.
- Rekindling Desire: Assessment, Treatment, and Relapse Prevention of Sexual Dysfunction, Dr. Barry McCarthy, 2014.
- High Conflict Personalities in Family Law: An Intersection of the Legal and the Clinical, Hamilton Law Association, 2014.
- Interviewing the Internalized Other, Dr. Karl Tomm, 2012.
- The New Rules of Marriage: A Relational Life Therapy Approach to Couples and Couples Therapy, Terry Real, M.S.W, 2011.
- Walking the Walk: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma, Francoise Mathieu, M.Ed., CCC, 2011.
- Creating a Secure Base for All (Attachment Theory), Dr. Daniel Hughes, 2010.
- Elder Mediation: Presentation to the OAMFT, Resa Eisen, M.S.W., 2009.
- Addicted to Love: Exploring Sex, Internet and Relationship Dependency, Dr. Marta Durski, 2009.
- Challenging Children and Adolescents: Harnessing Family Strengths to Co-Create Compelling Future Possibilities, Matthew D. Selekman, M.S.W., 2009.
- The Therapist as Life Coach: A Natural Transition, Dr. Patrick Williams, Ed. D, and Juliet Austin, M.A, 2002.
- Facing the Dragon Together: Emotionally Focused Therapy for Traumatized Couples, Dr. Susan Johnson, Ed. D, 2001.

- Short-Term Techniques for Counselling Children, Dr. Lawrence Shapiro, 2001.
- Kids are Worth It! Parenting with Wit and Wisdom Seminar, Ms. Barbara Coloroso, 1999.
- Traumatic Stress-A Clinician's Guide Workshop, Ms. Pam Townsend, M.A., Mr. Bill Tibbo, M.S.W, Mr. Carlos Gomes, M.A., 1999.
- Affairs: Getting the Message, Ms. Emily Brown, 1997.
- Non-Violent Crisis Intervention, Waterloo County Board of Education, 1991.

PRESENTATIONS, LEADERSHIP, and TRAINING

Next Level Collaborative Practice Advanced Training online course with Elizabeth Urban and Alison Anderson (3.5 hours), October 2022.

Taught the 5 day (OACP and IACP approved) Collaborative Practice Training course online with Elizabeth Urban and Alison Anderson (40 hours), September-October 2021.

Taught the 5 day (OACP and IACP approved) Collaborative Practice Training course online with Elizabeth Urban and Gail Belchior (40 hours), September 2020, January 2021.

Webinar: How to Grow Your Collaborative Practice -presented with Elizabeth Urban and Gail Belchior (1 hour), September 1, 2020.

Coach-Online Introductory Interdisciplinary Collaborative Practice Training (35 hours), May 2020.

Collaborative Practice Hamilton Halton Presentation-Introduction of the new Client Binder for Collaborative Law. Burlington, Ontario. January 15, 2020.

Peel-Halton Collaborative Practice Group member-2017-2018.

Hamilton-Halton Collaborative Practice Group member, including Protocols Committee member (which includes assisting in the creation of Client and Professional Resource Binders for Collaborative Law)-2018-2024.

"Value of the Family Professional: Is It Worth the Investment?" -co-presented with Angela Pickard, Peel Halton Collaborative Group April 20, 2017.

Halton Mediators' Group co-founder with Nicole Stewart Kamanga, 2013-2020.

"Dealing with Strong Emotions in the Collaborative Process"-workshop -Peel-Halton Collaborative Law retreat, Hockley Valley, 2016.

"Compassion Fatigue"-Halton Mediators' Group, Oakville, Ontario, 2016.

"Dealing with Difference in Marriage"-Forestview Church, Oakville, Ontario, 2016.

"Dealing with Conflict in Marriage"-Forestview Church, Oakville, Ontario, 2015.

PUBLICATIONS

Review of Playful approaches to serious problems: Narrative therapy with Children and their families by Jennifer Freeman, David Epston, and Dean Lobovits, in
Pastoral Sciences, 20(1), Spring 2001, 186-188.

PROFESSIONAL ASSOCIATIONS

CRPO: College of Registered Psychotherapists of Ontario

CAMFT: Canadian Association for Marriage and Family Therapy

OAFM: Ontario Association for Family Mediation

OACP: Ontario Association of Collaborative Professionals