



EILEEN KILBRIDE

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Member of The College of Psychologists of Ontario

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CERTIFIED PSYCHOLOGICAL CONSULTANT

Children's Mental Health • Attachment • Trauma • Training • Animal Assisted Therapy

PROFESSIONAL PROFILE

A solutions-oriented Psychological Consultant with over 20 years of experience providing mental health services & state-of-the-art programs/workshops to youth, their families, child welfare agencies, schools & other community partners. A unique therapeutic style that is best described as integrative & innovative, utilizing evidence based programming where possible. Services are tailored to the particular needs of individuals and families. Treatment modalities have included individual, dyadic, and family therapies as well as groups. Experiential groups which are informed by the research include the groundbreaking *Me & My Dog* program for at-risk youth & their families.

Performs comprehensive & complex psychological assessments & leads other practitioners to great results through strategic platforms such as the *Complex Consultation Clinic* & the *Case Formulation Framework*. Works collaboratively with other professionals to provide clients with the highest level of care; being mindful in developing programs & services that complement existing resources.

AREAS OF EXPERTISE

- Training development & delivery
- Program development & implementation
- Public speaking & presentations
- Clinical supervision
- Complex clinical consultation
- Advocacy & case conferencing
- Parent/child assessment
- Service coordination
- Data analysis & evaluation
- Creative problem resolution

PRIVATE PRACTICE SUCCESS

KILBRIDE & ASSOCIATES, Hanover ON
www.kilbrideandassociates.com

2009 – Current

Specializing in attachment, trauma, & animal assisted therapy; Kilbride & Associates is an unparalleled private practice in children's mental health that offers consultation, assessment, treatment & counseling to individuals & their families. Group therapy & training workshops provided to Children's Mental Health Ontario, local school boards & parent associations are paramount to their success and are unprecedented in the community.

Owner/Practitioner

- Working collaboratively with associates & other community partners, offer specialized services to understand & assist youth with severe emotional & behavioural difficulties.
- Utilizing both a clinical & entrepreneurial skillset; spearheaded & promoted the **Circle of Security Parenting DVD Training** event & attained over 80 participants. The success has pioneered a re-launch of the workshop this fall.

SNAPSHOT OF PRESENTATIONS & WORKSHOPS PROVIDED

Understanding & Supporting Youth with Severe Behavioural & Emotional Challenges – *presented to Sacred Heart Separate School (April 2013)*

Trauma Informed Care: Building Our Trauma Lens – *presented to Children's Services, Trellis Mental Health & Developmental Services (Jan. 2013)*

Holding the Hope: Understanding & Supporting Youth Impacted by Developmental Trauma – *Presented to Specialized Service Providers with the Waterloo Region District School Board (Nov. 2012)*

Disturbances & Disorders of Attachment – *Presented to Educational Assistants of the Wellington County Separate School Board (June 2012)*

Please visit:
www.kilbrideandassociates.com/presentationsworkshops.html for full list of presentations and workshops presented.

CAREER HIGHLIGHTS

Canadian Mental Health Association of Waterloo, Wellington – Dufferin, Guelph ON

1990 – Current

Merging with Trellis Mental Health & Developmental Services in April 2013, the association is committed to helping individuals see every day as a new horizon and to giving clients the strength to overcome any obstacle. Programs & services are designed to help individuals & their families lead meaningful & promising lives when faced with significant mental health & developmental challenges. Employed in the following progressively supportive positions:

Psychological Consultant (2008 – Current)

Recognized as the leading resource to many frontline children's services staff, providing clinical consultation & developing programs & services that assist clinicians, maximize time & efficiency, & provide the best possible outcome for our youth. Selected accomplishments include:

- Successfully modified the role to not only maximize the number of psychological assessments obtained each fiscal year but also add value through developing & consulting to the attachment clinic, providing training to frontline staff to build capacity around core competencies. This modification includes the supervision of PhD/MA students for practicum placements.
- Driven by the awareness that many clients have challenges which originate in attachment related issues, co-created & launched the **Attachment Clinic** with 3 colleagues to ensure the needs of clients were met in a timely manner. Integrate relational assessment, caregiver interview, and psychological tests to inform diagnostic impressions, treatment recommendations & report.
- Pioneered the **Complex Children's Mental Health Consultation Clinic**, providing a venue for complex consultation to clinicians regarding formulation, treatment & case management of their clients' needs.
- Conceptualized & developed the **Case Formulation Framework** & other tools to assist staff & students organize information for clinical presentation.
- Co-developed the innovative 10-week **Me & My Dog** family group program geared to youth with complex needs; objective to foster attachment, increase self-regulation skills, & experience a sense of competency for youth & their family.
- As consultant to the specialized school program, instituted the **Civil K-9** program & created a model for Animal Assisted Therapy to engage youth & provide alternative treatment for high risk youth.

SNAPSHOT OF TRAINING & CONFERENCES ATTENDED

Circle of Security Parenting DVD Training – *by Glen Cooper, University of Guelph (April 2013)*

Expanding Horizons for the Early Years: early right brain affect regulation & the origins of emotional wellbeing – *Hospital for Sick Children (April 2013)*

Child Sexual Behaviour Problems & Child Sexual Abuse – *Trellis Mental Health & Developmental Services (Dec. 2012)*

Risk Assessment of Violence – *Phillip J. Resnick MD, Executivelinks (Dec. 2012)*

Suicide Prevention – *Trellis Mental Health & Developmental Services (Nov. 2012)*

Please visit:
www.kilbrideandassociates.com/trainings--conferences.html *for full list of training programs & conferences attended.*

CAREER HIGHLIGHTS (CON'T)

Mental Health Worker II (1997 – 2008)

Psychometrist/Mental Health Worker II (1990 – 1997)

Working collaboratively within a multidisciplinary team & with community partners; provided direct service, assessment & treatment for youth & families presenting with moderate to severe mental health issues.

PROFESSIONAL MEMBERSHIPS

Academy on Violence & Abuse
(2012 – Current)

Ontario Association of Psychological Associates
(2008 – Current)

College of Psychologists of Ontario
(1997 – Current)

- In partnership with other colleagues, co-created an attachment based *open* parenting group that was available from September to June; a monthly group that was based on the premise of teaching & sharing of information & included pragmatic problem solving. The group offered a place to seek support & practice new skills.
 - Provided crisis intervention, consultation services & presentations on various mental health topics to community groups, schools, hospitals and family physicians.
 - Administered & interpreted psychological assessments for youth with complex mental health issues.
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- Co-developed an in-service delivery model that is still used today; increased capacity for learning by participating in presentations instead of case conferences.

EDUCATION

MASTER OF SCIENCE DEGREE – Clinical Psychology

1986 – 1988

Northwestern State University of Louisiana; *Natchitoches, Louisiana, USA*

Thesis: *Children's Figure Drawings as a Function of Examiner Sex*

Accomplishment: *Taught undergraduate Child Development course (summer of 1997)*

BACHELOR OF ARTS DEGREE – Major in Psychology

1982 – 1986

McGill University; *Montreal, Quebec*

COLLEAGUE TESTIMONIALS

"I appreciate the way that Eileen can take complicated information and put it in a way that makes sense. I always learn new things during our clinical consults and walk away with something to think about. Eileen's sense of humour makes the very difficult work that we do more manageable and I have been privileged to work with her for several years." – T.H.

"Working with Eileen improves my work and reminds me to look at situations from many angles. With her coaching and encouragement I find validation, new visions, and hopefulness." – L.C.

"Eileen has extensive knowledge of trauma & neurobiology. She is a great advocate and shares her knowledge with others so that they may approach things differently and also advocate appropriately for clients." – L.M.

"I've really appreciated Eileen's approach to helping me with some of my cases. When I have finished consulting with her, I always come away with new ideas for myself and my clients, and I come away feeling heard." – R.H.