

Ruth Murdoch

MC; CCC; RCAT

Canadian Certified Counsellor

Registered Art Therapist

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Professional Skills and Interests

I am a Registered Art Therapist and Certified Canadian Counsellor who works with individuals, couples, and groups dealing with a broad range of issues. I have particular interest and experience working with survivors of historical and recent trauma (and associated symptoms) and people coping with loss and chronic and life-threatening illness. I work with clients of all ages.

Education

Justice Institute of BC

Aboriginal Focusing-Oriented Therapy & Complex Trauma Certificate

August, 2015

The University of Calgary Calgary, AB

June, 2011

Master of Counselling: Counselling

Psychology

GPA: 4.0

2009/2010 Award for Academic Excellence and

Contribution to the Counselling Profession

Vancouver Art Therapy Institute Vancouver, BC

November, 1998

Graduate Diploma in Art Therapy

GPA: 4.0

Thesis: *Living in Lead, looking for Gold: Adapting to the Trauma of Illness*

The University of British Columbia Vancouver, BC

April, 1984

Bachelor of Arts: Anthropology (Archaeology)

GPA: 3.75

Career-Related Work Experience

Current Positions

**Private Counselling and Art therapy Practice
Smithers, B.C.**

January 1999 - present

In my thriving practice, I provide individual and couple counselling and art therapy and work with children, adolescents, and adults. I work with a full range of presenting issues including historical and current trauma; loss/grief; illness; stress; anxiety; depression; anger; self-harm; addiction; relationship concerns; sexual orientation/identity; life transitions; and personal growth.

Contracted to provide counselling/art therapy services through:

- First Nations Health Authority IRS RHSP ongoing
- First Nations Health Authority Health Benefits ongoing
- Northwest Community College ongoing
- West Fraser Mills ongoing
- Crime Victim Assistance ongoing
- Workers Compensation Board ongoing
- Insurance Corporation of BC ongoing
- Iskut Valley Health ongoing
- Arete Human Resources ongoing
- Family Services of Greater Vancouver ongoing
- Family Services of Toronto ongoing
- Homewood Human Solutions ongoing
- OPTUM Canada ongoing
- Sunlife ongoing
- Gitsegeukla Elementary School 2005-2010

Previous Positions

**Stroh Health Care
Relationship Violence Prevention Group Facilitator**

September – November, 2015

Contracted to co-facilitate two Relationship Violence Program (RVP) groups (Hazelton and Smithers) for men mandated to attend. To deliver 34 hours of combined psychoeducation and cognitive-behavioural therapy around relationship violence awareness and prevention.

Northern Society for Domestic Peace
Smithers, BC. www.domesticpeace.ca
Sexual Abuse Intervention Program Counsellor
Youth Forensics Psychiatric Services Counsellor

May, 2013 – July 2014

A temporary maternity leave position providing services to survivors aged 3 to 19.

Northern Society for Domestic Peace
Smithers, B.C. www.domesticpeace.ca
Sexual Abuse Intervention Program Counsellor

January, 2001 – December, 2007

To provide therapy to child survivors of sexual abuse and children with sexualized behavior; to support non-offending parents and caregivers through post-disclosure procedures; to provide parenting support and information regarding healthy childhood sexuality; to provide community workshops and other educational presentations on issues relating to sexual abuse and sexual health. To provide counselling and art/ play therapy services at Moricetown Elementary School.

Dze L K'ant Friendship Centre, Smithers, B.C.
Life Skills Workshop Facilitator

January – March 2000

Contracted to create and run a series of life skills workshops on anger management, managing depression and building self-esteem for individuals facing unemployment or barriers to employment.

Volunteer Positions and Community Involvement

Masters Practicum: Adult Mental Health & Addictions
Smithers and Houston, B.C.

September, 2010 – April, 2011

To provide assessment, counselling, and crisis intervention to individuals with or affected by severe and persistent mental illness, depression, anxiety, and addiction.

Domestic Violence Community Forum.
Hosted by the Northern Society for Domestic Peace,
Smithers, B.C.

February, 2005

“Methamphetamine and other Chemical Drugs.”
Community Forum in Smithers, B.C.

October, 2003

“Responding to Depression”: A Community Forum

April 13, 2000

Participated in an interdisciplinary panel discussion with a psychiatrist, a naturopath, a psychotherapist, and a healing touch practitioner.

Art Therapy Practica, Vancouver, B.C.

September, 1996 - May, 1998

Individual art therapy:

- Women in recovery from drug and/or alcohol addiction (New Dawn Recovery Home)
- women living in poverty (Crabtree Corner in Vancouver's Downtown eastside)
- Adults coping with serious illness (B.C. Cancer Agency; doctor's referrals)
- Elementary School children (Thunderbird Elementary School)

Group art therapy:

- Recent immigrants from Latin America (Vancouver Multicultural Society).

Professional Associations

- **Canadian Counselling & Psychotherapy Association**
Member since 2009
Certified Member since 2011 (CCC; Certification #6688)
- **Canadian Art Therapy Association**
Member since 1998
Registered Member since 2005 (RCAT)

Workshops and Presentations Delivered

Workshops

- "Dealing with Stress"** Professional Development Workshop for Teachers. School District, #54, Smithers, B.C. April, 2006
- "Spontaneous Art, Children & Self-Esteem"** A Professional Development Workshop for Teachers. Presented at Moricetown Elementary School, Moricetown, B.C. November, 2004
- Art Therapy workshops for Residential School Survivors.** Orman Lake Healing Camp. Contracted by Dze L K'ant Friendship Centre, Smithers, B.C.. July 18-21, 2001
- Art Therapy workshop for the Bridges Program,** Northwest Community College, Hazelton, B.C. March 14, 2001
- "Creating Space: A Self-Care Workshop for Parents."** Presented to participants in the Family Centred Program. contracted by College of New Caledonia, Burns Lake, B.C. March 7, 2001
- "Spontaneous Art, Children & Self-Esteem"** A Professional Development Workshop for Teachers. Contracted by School Feb. 8, 2001

District #54, Smithers, B.C.

"Art in Response: Self-care for Counsellors and Therapists." October 16, 2000
Workshop for Area Meeting of Addictions Counsellors.
Contracted by Ministry of Children and Family Development,
Smithers, B.C.

"Anger Management" workshop for Katimavik Project Leaders. May 17, 2000
Contracted by BC/Yukon Katimavik Project Coordinator:
Nathan Cullen.

"Art in Response: Self-care for Counsellors and Therapists." Workshop July 24, 1999
for staff at Community Counselling Services, Hazelton, B.C. .

Art Therapy Workshop for Teachers at Thunderbird Elementary School January, 1997

Presentations

**"Responding to Student Disclosures of Child Abuse:
A Team Approach."** Presented by child counsellors from the April 21, 2007
Northern Society for Domestic Peace at the B.C. First Nations
Schools Association Conference.

"Healthy Relationships." Presented annually by Northern Society 2001-2004
for Domestic Peace staff to Grades 10, 11 and 12 classes at Smithers
Secondary School.

"Introduction to Art Therapy." Presented to Introductory February 12, 2001
Psychology 1. Northwest Community College, Smithers, B.C.

"Introduction to Art Therapy." Presented to B.C. Association of Winter, 2000/2001
Social Workers, Smithers Chapter

"Art Therapy as Subversive Action." Paper presented at the annual June 4, 2000
B.C. Art Therapy Association conference, Vancouver, BC.

Art Therapy presentation to Cancer Support Group, 1999
Sponsored by B.C. Cancer Society, Smithers Chapter, BC.

"Working with Medical Patients." Presentation to Lay Pastoral Nov. 4, 1998
Care Group, Unitarian Church of Vancouver

"Art Therapy Case Study." To staff at B.C. Cancer Agency. July, 1998

"Making Art with Children." To the Nobody's Perfect Parenting March 6, 1998
Group, at Crabtree Corner, Vancouver, B.C

Professional Development

- “Congruence Couple and Relationship Therapy.”** Dr. Bonnie K. Lee, University of Lethbridge, Lethbridge, AB. May 10 – June 28, 2010
A Series of 6 Structured Telephone Consults introducing the model.
- Traumatic Incident Reduction Workshop:** Level 1 Basic (TIR-W). October, 2006
Smithers, B.C. Instructor: Brian Grimes.
- Strengthening Families Program Leader Training** September, 2006
Smithers, BC. Sponsored by Ministry of Children & Family Development. Instructors: Henry Whiteside & Ceceilia Pso.
- “New Frontiers in Trauma Treatment”** Richmond, BC. December, 2005
Sponsored by Jack Hirose & Associates.
Instructor: Dr. Besel van der Kolk
- Ethical Fitness Seminar.** Institute for November, 2005
Global Ethics/Canada . Presented in Smithers, BC
- “Supporting Families with Parental Mental Illness.”** Fall, 2005
A Workshop presented by BC Schizophrenia Society, Bulkley Valley Chapter, Smithers, BC.
- Family Systems Theory and Practice, Training Level 1.** May 11 & 12, 2005
Instructor: J. Kevin Cameron
- Non-violent Crisis Intervention Training: Safe Management of Disruptive and Assaultive Behaviour.** March, 2005
Sponsored by Northern Society for Domestic Peace, Smithers, BC.
Instructor: Dennis Davison, Healthcare Benefit Trust.
- “Expressive Therapies in the Playroom.”** Centre for Expressive Therapies, Hornby Island, BC. Instructor: Marie-José Dhaese July, 2004
- “Building a Toolbox for Rural Communities.”** Training hosted by Child & Youth Mental Health, Prince George, BC. March, 2003
- “Cognitive Therapy: Strategies for Therapeutic Success: My Twenty Most Effective Techniques.”** Vancouver, BC. Sponsored by Jack Hirose & Associates, Instructor: Dr. David Burns. November, 2002
- “Care of Traumatized Children & Youth.”** Instructor: Dr. Sandra Weiland, Prince George, BC. March, 2002

Peer Support and Crisis Intervention Level 2 Bulkley Valley Critical Incident Stress Management Society. Smithers, BC.	February, 2002
“For our Sons and our Daughters: Understanding Family Violence.” Workshop/Conference with Maggie Zweigler. Sponsored by Omineca Safe Home Society, Vanderhoof, B.C.	October, 2001
“Images of Trauma in the Children’s Art, Play, And Sandplay.” Justice Institute of BC, New Westminister, BC. Instructor: Marie-José Dhaese.	April, 2001
“Art and Play Therapy with Abused and Neglected Children.” Justice Institute of BC, New Westminister, BC. Instructor: Marie-José Dhaese.	April, 2001
“Hakomi for Couples.” Instructors: Ron Kurtz and Donna Martin Victoria, BC.	March, 2000
HIV/AIDS Awareness Workshop. Hosted by Positive Living North, Prince George.	Spring, 1999
“Art Therapy with Traumatized Clients.” Northwest Community College, Hazelton, BC. Instructor: Dr. Marga Hanna	March, 1999
“The Art of Private Practice: Small Business Skills for Therapists.” Justice Institute of B.C. Instructor: Monica Franz.	Spring, 1998

Other Work Experience

These positions contributed to my professional skill set in the following areas: writing and communication, meeting the learning needs of diverse populations, interacting and working with non-profit society boards, and promotion and marketing.

The Interior News, Smithers B.C. Spring/Summer, 1996
Freelance Writer

Researched and wrote a special supplement to the weekly newspaper in celebration of the 75th Anniversary of the Town of Smithers. Wrote a weekly gardening column, “Fresh from the Garden.”

Northwest Community College, Smithers, B.C. September, 1989 - April, 1990
Anthropology Instructor: University Transfer Program.

To teach Anthropology 101 (Human Origins) and 102 (Introduction to Social and Cultural Anthropology) at the Smithers, Campus.

Bulkley Valley Museum & Historical Society
Museum Curator, Bulkley Valley Museum
Smithers, B.C.

1986 - 1989

To oversee operations of the Bulkley Valley Museum. Duties included planning, developing, and installing exhibits, developing and running school programs at the museum, overseeing promotion and interacting with the media; reporting to the museum board.

Other Activities and Interests

I enjoy exploring my creativity through writing (poetry, creative non-fiction), fibre arts, and sculpture. I have been published in two anthologies: *creekstones: words and images* (Creekstone Press, Smithers, B.C., 2000) and *Body Breakdowns: Tales of Illness and Recovery* (Anvil Press, Vancouver, B.C., 2007). I have been involved with fibre arts for 30 years, and currently enjoy weaving, spinning, and knitting. My sculpture has been included in two multi-artist shows at the Smithers Art Gallery. Gardening has been a source of solace and emotional and spiritual nourishment for many years.