

# GRACE KRINKE

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## EDUCATION

### Master of Arts - Counselling Psychology

January 2020 – April 2022

Yorkville University, Fredericton, NB

- Graduated with a 4.22 GPA on 4.3 Scale

### Bachelor of Arts - Psychology (Distinction & International)

Sept. 2017

University of Regina, Regina, SK

- Graduated with the Dean's Medal (academic excellence and leadership)
- Minor in Human Justice
- Comillas Pontifical University, Spain, Study Abroad Term January - May 2017
- Mälardalen University, Sweden, Study Abroad Term August 2014- January 2015

### Certificate in Advanced Spanish Language (Distinction & International)

Sept. 2017

University of Regina, Regina, SK

### Spanish International Relations Diploma

May 2017

Comillas Pontifical University, Madrid, Spain

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## CERTIFICATIONS AND TRAINING

- **Suicide Prevention:** Applied Suicide Intervention Skills Training (ASIST) and Living Works Start
  - **Psychological:** Certified Canadian Counsellor (CCC), Cognitive Behavioural Therapy with Mindfulness (CBTm), Acceptance and Commitment Therapy (ACT) Level 2, Dialectical Behaviour Therapy (DBT) Essentials, Eating Disorder Sensitive Training, and The Gottman Method Level 1 (In Progress)
  - **Criminological:** Saskatchewan Primary Risk Assessment (SPRA), Primary Risk Assessment (PRA), Level of Service Inventory (LSI), Ontario Domestic Assault Risk Assessment (ODARA), and Core Correctional Practices
  - **First Aid and CPR:** Standard First Aid, CPR, and AED Level C
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## WORK EXPERIENCE

### Psychotherapist

May 2022- Current

Forensic Psychological Services, Ellerby & Associates, Brandon, MB

- Provide treatment services to a wide range of forensic and community clients
- Conduct a variety of assessments under the supervision of registered psychologists
- Specialization in high-risk and high-need populations including youth and adults who have engaged in violence and sexual behaviours

### Psychotherapist and Community Mental Health Worker

Sept. 2021- April 2022

Adult Community Mental Health Clinic, Prairie Mountain Health (Unpaid Clinical Placement), Brandon, MB

- Practicing individual psychotherapy through 50-minute sessions using a variety of therapeutic approaches
- Completing biopsychosocial assessments and reports, screening assessments, and Level B non-diagnostic assessments
- Case management, case conceptualization, and co-facilitating Wise Minds group therapy

### Probation Officer/Community Youth Worker

Nov. 2019 – Sept. 2021

Government of Saskatchewan, Regina Community Corrections, Regina, SK

- Complete intakes and assessments on clients to inform case management
- Supporting clients in crisis, referring to programming, and targeting risk areas
- Case management, CBT informed rehabilitation, and talking with stakeholders or collaterals regarding clients

**Supervised Access Facilitator**

Oct. 2015 – May 2021

Family Justice Services, Regina, SK

- Supervising visits between a parent (whom the court has deemed unfit) and their child(ren)
- Composing a written record of each visit while ensuring the parent stays within the terms of their contract
- Case management
- Training new employees

**Human Resources Officer & Receptionist**

Apr. - July 2019

Richmond Fellowship Queensland, Brisbane, Australia: A non-profit organization that supports people facing mental health challenges and social disadvantage.

- Perform reception duties including first point of contact for all external calls and assist internal support enquiries. Including speaking with clients in crisis and in need of support.
- Support human resource tasks and activities including but not limited to drafting letters, filing, archiving and data-entry with efficiency, attention to detail, care and confidentiality

**Corrections Officer**

Government of Saskatchewan, Regina, SK

Sept. 2017 - Feb. 2019

- Working with remanded and sentenced inmates to rehabilitate them into society as an improved member
- Providing educative and rehabilitative services and programs
- Implementing both reactive and proactive solutions to a wide array of problems, such as violence, drug/alcohol abuse, addiction and withdrawal, incompatibility and mental health struggles among other challenging behaviours

**Mental Health Care Aide**

May - Sept. 2016

Valley View Centre, Moose Jaw, SK

- Helping to feed, clothe, change, and clean individuals with high-need intellectual and physical disabilities
- Guiding clients out in the community and carrying out therapeutic activities with them

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***VOLUNTEER EXPERIENCE***

**Christmas Cheer**

Dec. 2018, 2019, & 2021

- Delivering food and gift hampers to those in need at Christmas

**Campus for All – University of Regina**

Jan. 2015 - Dec. 2016

- Mentored and tutoring students who were both intellectually and physically disabled
- Planning and participating in therapeutic activities with them
- Discussing their program and offering support

**Lieutenant Governor's Winter Fest**

Jan. 2016 & 2017

- Assisting with food service at the Scottish Pavilion

**Research Assistant – University of Regina**

Jan. - June 2016

- Conducted research through interviews and testing saliva samples to understand the effects of varying levels of stress on menopausal women

**Ambassador Program – University of Regina**

Sept. 2013 - June 2016

- Planned and executed events such as recruitment and National Aboriginal Day

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***KEY COMPETENCIES***

- Experience working with those with complex needs and trauma in an array of contexts
- Strong understanding of, and practice using, a harm reduction model with clients
- Highly organized with advanced writing and oral skills
- Experienced with the completion of written Court reports and risk assessment