

# KRYSTAN O'ROURKE, BA (HONS), MA, CAGS, RPC

## Education

**Certificate of Advanced Graduate Study, Clinical Counseling** May 2013  
Johns Hopkins University, Baltimore, Maryland

- Graduated with 4.0

**Master of Arts in Child and Adolescent Psychology** June 2010  
Chicago School of Professional Psychology, Chicago, Illinois

**Bachelor of Arts (Honours) in Psychology** May 2008  
University of Manitoba, Winnipeg, Manitoba

- Dean's List

## Professional Experience

**Child and Adolescent Counsellor** Jan 2022 – Present  
Forensic Psychological Services, Winnipeg MB

- Provides direct clinical counselling using evidence-based practices
- Conducts a range of assessments under the supervision of a registered psychologist including risk assessments and psychological assessments
- Advocates for clients' needs
- Provides multisystemic consultation

**Brief Treatment Counsellor** June 2021 – Jan 2022  
Access Fort Garry, Winnipeg MB

- Provided direct clinical counselling with adults using evidence-based practices
- Worked closely within the My Health Team interdisciplinary model
- Advocated for clients' needs
- Practiced using evidence-based practices including CBT, Play Therapy

**Counsellor** Sept 2018 – June 2021  
St. Amant, Winnipeg MB

- Provided direct clinical counselling services to children, youth, and families using evidence-based practices
- Partnered with community Case Managers to adapt services to the needs of the community members
- Advocated for clients' needs
- Practices using evidence-based practices including CBT, Play Therapy

**Patient/Client Relations Officer** Sept 2015 – Sept 2018  
South Winnipeg Integrated Health and Social Services, Winnipeg MB

- Reviewed and resolved patient and family complaints or concerns
- Partnered with managers to facilitate practice changes based on analysis of feedback
- Advocated for patients by ensuring safe, evidence-based practice
- Provided guidance and support through the Critical Incident process

**Clinician, Mobile Crisis** May 2013 – Sept 2015  
Mobile Crisis Services, Winnipeg MB

- Conducted intake assessments for individuals in acute crisis
- Trained in and developed crisis intervention and suicide intervention skills
- Involved in team planning toward integration of crisis services

**Counseling Intern** Aug 2012 – May 2013  
Baltimore Crisis Response, Inc., Baltimore, Maryland

- Conducted intake assessments for individuals in acute crisis

- Conducted sessions on daily to weekly basis with inpatient clients throughout stay
- Responsible for treatment planning and updating patient charts
- Reviewed literature for treating specific disorders and problems
- Demonstrated advanced counseling skills
- Trained in crisis intervention and suicide intervention skills
- Seminar based training in PTSD treatment and EMDR

**Counseling Practicum Student**

Jan 2012 – May 2012

Maryland Correctional Institute for Women, Jessup, Maryland

- Conducted weekly sessions in 12-week supervised placement
- Responsible for treatment planning and updating patient chart
- Reviewed literature for treating specific disorders and problems
- Demonstrated advanced counseling skills

**Clinical Assistant**

Jan 2012 – July 2012

Kennedy Krieger Institute, Baltimore, Maryland

- Responsible for following Applied Behavior Analysis treatment protocols and engaging patient in academic and recreational activities
- Responsible for safely managing problem behavior to maintain safety of patients, staff, and visitors
- Consulted with team to assist in strategic planning
- Recognized as “Star Clinical Assistant” for February

**Legislative Policy Intern**

Nov 2011 – Spring 2012

National Eating Disorder Association, Baltimore, Maryland

- Responsible for planning for legislative events including scheduling appointments, creating biographies and informational packets, sending information to participating members, and coordinating efforts to ensure efficiency
- Ensuring information sharing is efficient and effective between organizations and volunteers and heading outreach efforts for several states

**Behavior Technician**

Sept 2010 – Aug 2011

St. Amant, Winnipeg, Manitoba

- Responsible for inputting data for psychology patients, graphing results, and generating reports for team members and parents
- Assisted with assessments and evaluations, including running functional analyses, scoring assessments, and providing observation data to treatment team
- Assisted with development of treatment programs for problem behavior based on the Applied Behavior Analysis guidelines
- Instructed staff in program procedures and provided reliability data

**Clinical Technician**

June 2010 – Aug 2011

St. Amant, Winnipeg, Manitoba

- Provided support for Dietary, Occupational Therapy, Physiotherapy, and Nursing services in data management, maintaining notes on clinical appointments, and memos
- Created manuals, teaching materials, and schedules for staff
- Scheduled and implemented staff training
- Met with clinical team to assist in strategic planning