

# KAREN BROOKS

## RESUME

As a seasoned *ACT and CBT Practitioner*, assessed and treated a large sample of clients suffering from anxiety and related disorders within an urban, private practice environment. Trained hospital clinicians and delivered seminars in ACT and CBT methods and co-developed an in-patient treatment guideline for OCD for Sunnybrook Health Sciences Centre.

*Wickwire & Brooks Cognitive Behaviour Therapists, Toronto 2003 - 2018*

As *Rehabilitation & Disability Management Consultant*, assessed motor vehicle accident victims suffering from orthopaedic trauma, head injury and psychological sequelae. Clarified pre-accident medical status and impact of injury on client function. Collaborated with attending practitioners; developed, coordinated and monitored individualized treatment plans that facilitated the clients' return to pre-accident status. Prepared detailed medical-legal reports.

*Karen Brooks Rehabilitation Consultant, Toronto 1994 - 2002*

As a *Cognitive Behaviour Therapist*, assessed and treated clients suffering from Anxiety Disorders and related phobias following motor vehicle trauma.

Developed cognitive behavioural strategies and conducted *in-vivo exposures*, which positively impacted client function.

*Cognitive Behaviour Therapist, FIT for Work Centres, Toronto 1991 - 1994*

As a *Career Consultant*, systematically appraised client qualifications, clarified unique capabilities and established ideal career objectives. Delivered seminars and workshops to professional, technical and managerial groups, outlining comprehensive self-marketing and employment strategies.

*Career Development Specialist, Bernard Haldane & Associates, Toronto 1980 - 1982*

As in patient *Team Leader*, directed and coordinated a multidisciplinary team of clinicians in the care of mentally ill patients. Interviewed patients for histories and mental status examinations and composed formal reports, used by practitioners to develop treatment plans. Participated in treatment delivery and upon conclusion, summarized lengthy hospitalizations into written discharge summaries.

*Psychiatric Team Leader, St. Joseph's Hospital, Hamilton 1973- 1980*

Through *Dispute Resolution Training*, demonstrated proficiency in separating substantive issues from complex interpersonal dynamics within conflicting agendas. Clarified issues, unified participants and expedited agreement.  
*Certificate, Basic and Advanced ADR, Faculty of Law University of Windsor*  
*Certificate, Stitt Feld Handy Houston ADR Inc.*  
*Certificate, Basic Family Mediation, Arbitration and Mediation Institute of Ontario Inc.*

*My expertise has been cultivated through direct clinical experience and relevant, experiential workshops and seminars. Ongoing education related to ACT/CBT methodology is a regular practice through my membership with the Association for Contextual Behavioral Science.*

### **Current Memberships**

*College of Nurses of Ontario*  
*Registered Nurses Association of Ontario*  
*Association for Contextual Behavioural Science*