

Liana Palmerio-McIvor

Motivational / Educational Workshops and Lecture's Conducted:

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| 1996 | "How to cope with your teen" - Seminar presented in Halton Hills via the local Police Department for the community |
| 1996-1998 | Parent Talk - Support Group for parents struggling with difficult teenagers. Facilitated by myself and a Halton Regional Police Officer |
| 1996-1997 | Anxiety - Support Groups @ Humber Green Counselling - Etobicoke |
| 1997 | "Have you ever had a bad day?" Stress Management / Coping with change seminar presented by Dick O'Brien - helped facilitate the workshop portion. Presented to Administration @ McMaster University |
| May 1998 | "Pride - how to feel and live proud" Presented to 1500 High School Students. Motivational Workshop |
| Nov 1998 | Teaching coping / conquering skills - "Progressive Thought Coaching" - Individuals suffering from Chronic Fatigue and Fibromyalgia - Alternatives Workshops (Oakville) |
| Feb 1999 | "Coping in the Age of Anxiety" - Stress Management Training @ the Royal Bank of Canada - Halton Region |
| June 2000 | Women in Motion - Self-Esteem Workshop @ WIM Conference for young women |
| Oct 2000 | "Personal Empowerment" - Self-Esteem and Confidence Workshop @ the University of Toronto (Erindale Campus) |
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| Feb 2001 | How to Love Yourself - Several Workshops on how to take care of your well-being individually and in relationships @ IKEA (Burlington) |
| Mar 2001 | Vital Health Strategies for the New Millennium - Health Panel @ Alternative's in Oakville |
| Nov 2001 | "Self-Confidence & Self Esteem" - Workshop @ the University of Toronto (Erindale Campus) |
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| Fall 2001 | Parenting Magazine - Temper Tantrums in Toddlers Article contribution |
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| Fall 2002 | Chatelaine magazine - Article Contribution on Managing Your Children |
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| August 2003 | Chatelaine magazine - Article Contribution on Anxiety Management "Head of the Class - Holly Back" written by Julie McCann |
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| August 2004 | Practical Intensive on Palliative Care and Grieving |

- Sept 2005

December 2005 Presentation: Vaginismus – Women’s College Hospital Consultative Practice Group for Sex Therapy with Dr. Stephan Holzapfel and Wendy Trainor MSW

September 2006 Over-stressed Working Mommy Syndrome – Corporate Workshop BD Canada

January 2007 Presentation: Ejaculatory Dysfunctions, Premature Ejaculation and Delayed Ejaculation Issues in Men– Women’s College Hospital, Consultative Practice Group for Sex Therapy with Dr. Stephan Holzapfel and Wendy Trainor MSW

March 2008 Presentation: Sex Play in the Bedroom, Therapists Aid to helping couples spice up their love life - Women’s College Hospital, Consultative Practice Group for Sex Therapy with Dr. Stephan Holzapfel and Wendy Trainor MSW

October 2008 Chatelaine Magazine – Article Contribution on Menopause and Sex called “Losing the Lust” written by Cecily Ross

January 2010 Sexual Fluidity – Understanding Bisexuality, Women’s College Hospital, Consultative Practice Group for Sex Therapy with Dr. Stephan Holzapfel and Wendy Trainor MSW

May 2010 All you Wanted to Ask About Menopause – Oakville Trafalgar Hospital – Living Well, Health Care Series with Dr. S. Feroze OBGYN and Dr. G. Novak, N.D., Liana Palmerio-McIvor, Sex Therapist

October 2010 GLOW Magazine – Article contribution “Underwhelming Sexual Experiences” written by Leslie Young

February 2011 Polygamy and Multiple Partners in Marriage – Case Presentation, Women’s College Hospital, Consultative Practice Group for Sex Therapy with Dr. Stephan Holzapfel and Wendy Trainor MSW

May 2011 Stress Management in the Age of Anxiety – Workshop for engineers and project managers at MCW Consultants

June 2011 Stress Management in the Age of Anxiety – Workshop for contruction, engineers and project managers and staff at PCL (multiple days, at many sites in GTA)

Sept 2011 Time Management and Procrastination Prevention – Workshop for engineers and project managers at MCW Consultants

Current Practical Experience:

Director of The Wellness Counselling Group
 The Counselling Network –Clinical Coordinator / Psychotherapist
 The Teachers Counselling Network – Clinical Coordinator / Psychotherapist
 CISD Response Coordinator / Member for Halton District School Board (2001-2011)
 Trauma Counsellor for Motor Vehicle Accident's and Post-Traumatic Stress (1996-2000)
 Life / Stress Management Coach
 Anxiety / Phobia Disorder Specialty
 Past-President of Zonta – Oakville Chapter, currently Chair of Service, and incoming Vice President
 Guest Lecturer at University of Toronto's Lifestyle Series Workshops & Halton Healthcare Live Well Series
 Contributor to Chatelaine, Parenting and Glow Magazine articles
 Clinically Supervised by Dr. Jill Pickett PhD., C.Psych. – Artemis Centre

Education:

- As of 2012 – 18 years of practical clinical experience in the field of wellness counselling and therapy (supervised by well known psychotherapists and psychologists)
- Currently being supervised by Dr. Jill Pickett, PhD., C.Psych (Armetis Centre)
www.artemiscentre.com/Pages/JillPickett.html
- B.A. (Psychology) 1994 McMaster University
- C.T.C. 1996 Mohawk College - (Clinical Techniques in Counselling Diploma)
- Suicide Intervention Certification 1996 CMHA (renewed 1999)
- Crisis Intervention Certification 1997 Mohawk College
- Thought Field Therapy Level One & Level Two – certification 1998 Guelph University
- CCISM Advanced Level 2002 ICISF (International) - Critical Incident Stress Management Certification
- Certified Practitioner since 1998 with the OACCPP (Ontario Association of Counsellors, Consultants, Psychometrists, and Psychotherapists) #0930-158C
- Intensive Sex Therapy Training Program – 2005 University of Guelph, Dr. C. Guldner
- Supervision, Literature, Case Study and Research review with Wendy Trainor, MSW, Certified Sex Therapist & Dr. Stephan Holzapfel, M.D. Sex Medicine Clinic @ Women's College Hospital (2005 – 2011)
- Counsellor Training courses offered full-day by Dr. Jill Pickett 2010-2012, on multiple subjects: Treating Anxiety, Depression, ADD/ADHD, OCD, Medication Review, Understanding Psychiatric Disorders etc...

Past Practical Experience:

Director for the Crisis Response Team (Ford Plant of Oakville)
Employee Assistance Coordinator / Counsellor (EAP Institute of Canada)
Facilitator / Community Coordinator - Women in Motion
Associate Practitioner for Humber Green Counselling - Etobicoke
Wellness Committee, Chair - Oakville Chamber of Commerce
CISD Response Member for the University of Toronto (Erindale Campus), Halton District Board
Clinical Coordinator EAP Counselling Programme for 8000+ staff and their families for 10 years
for the Halton District School Board (2000-2011)
MVA and Trauma Counsellor with Humber Green Counselling under the supervision of Dr.
Hartmut Brauch and Dr. David Teplin.