



**JEFF PACKER** MSW, RSW, RP  
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# JEFF PACKER

## CURRICULUM VITAE

### EDUCATION

#### University of Toronto and York University



**1991** - Master of Social Work degree at University of Toronto specializing in clinical social work individual, couples, family and group therapy - Studies include Domestic Violence & Trauma, Adolescence, Individual, Family, Group and Marital Therapy and Organizational Management and Change and Conflict Management, Resolution, and Relationship Enhancement and Repair. Ontario Graduate Scholarship.



**1989** - Bachelor of Arts degree at York University - 1989, focussing study on psychology, sociology, religion and humanities. Dean's Honour List.

### CAREER HIGHLIGHTS



**1996 - Present**

**Private Practice**

Providing individual, couple and family assessments, counselling, consultation, and psychoeducational training, parenting coaching and coordination, intern supervision and training. Therapist/coach/consultant for national employee assistance services, family and corporate crisis intervention and conflict resolution services. Development and delivery of educational seminars for parents, employees and clinical professionals to enhance intrapersonal and interpersonal relationship skills and mindfulness, negotiation and conflict resolution, parenting coordination and cooperation, healthy, effective relationship development and healing after traumatic incidents (EMDR), management of loss and chronic health issues. Corporate facilitation/ training in interpersonal relations, problem-solving, effective teamwork strategies, communication skill enhancement and light-hearted motivational speaking engagements. Registered with the Ontario College of Social Workers and Social Service Workers and with the College of Registered Psychotherapists of Ontario. Member of the Ontario and Canadian Associations of Social Workers and Fellow with the American Orthopsychiatric Association.

**2019-2020**      **Refuge Youth Shelter** – counselling and consultation

**2004 – Present**      **Charles H. Best Diabetes Centre**      **Whitby, Ontario**

Multidisciplinary setting providing psychosocial assessments, consultation, counselling and training services for individuals and families with a member who has Type 1 (insulin dependent) diabetes. Provision of parent support and educational workshops, teen and adult program development. Use of art and play in therapeutic services to foster health promotion and treatment adherence. Evaluation of service delivery models. Professional training provided on therapeutic theory, practical techniques, counselling services and high risk program development for those struggling with chronic health concerns.

**2002 - 2004**      **John Howard Society of Durham Region**

**Clinical Services Supervisor** - as a member of the senior management team working with over fifty staff, students and volunteers at four office and two residential locations. Co-chairing management team meetings. Leading program development, funding proposal submissions and reports, program administration & implementation, staff supervision, training, support and conflict resolution. Participation in a federal drug policy analysis training project and publication of drug policy paper. Review and development of policies and procedures manuals. Negotiating community, provincial and national partnerships and contracts. Collaboration with community agencies and professionals on issues related to resource capacity building, program development and evaluation and management development and training. Fundraising and development activities, public speaking and marketing. Facilitating the development of new client-tracking / data management software and providing training and implementation direction.

**Coordinator of Counselling Services** - Chairing counselling team meetings. Providing consultation and supervision, program design, quality assurance, assessment and therapeutic training, client advocacy, community consultation and education, individual, couple, family and group therapy. Coordination and supervision of college and university students. Teaching counselling skills at Durham College. Experience with research and evaluation procedures, measures and administration.

**1991-2002****Durham Family Court Clinic**

High risk young offender / family services in residential and community settings, providing individual, family, couple and group counselling/ therapy. Clinical assessments and individualized rehabilitation plans, incorporating counselling, systemic resources and support services. Areas of specific expertise and training include trauma and recovery, abuse, domestic violence, child physical and sexual abuse, treatment and rehabilitation of youth who sexually offend, parent/child management, anger management and arson prevention assessments - (TAPPC). A multi-disciplinary team approach including weekly clinical consultation, collaboration and supervision with youth, childcare workers, social workers, clinical psychologists and psychiatrists. Provision of clinical support to classroom programs. Youth Summer Camp programs facilitator. Supervision of college, BSW and MSW students. Agency program development through committee work, research and evaluation. Proposal and article writing.

**1995 - 2009****Catholic Family Services of Durham Region**

Clinical assessment and therapy with individuals, couples and families. Problem areas include marital conflict, mental health, sexual abuse, domestic violence, depression, suicidal ideation, grief, childhood physical and sexual abuse, parent/child conflict. Development coordinator for men's programming (Re:Membering Fatherhood), marketing, public speaking, intake and group facilitator training. Developing, Co-authoring and delivering the "Dads Under Construction" group seminar series.

**1993 - 2007****Durham College and Ontario Business College**

Developing and teaching courses on Counselling Skills, Social Work and Human Service Work. Code of ethics, history, roles, theory and individual, family, group. Counselling, community and crisis intervention approaches.

**1990 - 1991****Durham Family Court Clinic - MSW placement**

1990-91 - Coordination and preparation of Court ordered young offender assessments. Preparing Custody and Access (Parent Capacity) assessments. Counselling. Developing and co-leading a group for latency-aged children of separation and divorce.

**1990 Durham Family Counselling - MSW placement**

Developing assessment and intervention plans for adolescents and families. Working in community high school setting, coordinating intervention strategies with school and community workers.

**1990 Whitby Mental Health Centre – (now - Ontario Shores)**

Psycho-social assessments, counselling, arranging community housing and outpatient follow-up services. Utilized a multi-disciplinary approach. Individual, family therapy and social skills group work, teamwork.

**PRESENTATIONS****1993 - Present****Training Seminars and Public Speaking Provided**

- Coping During Covid – Advosis – Durham Chapter
- Finishing Well – Managing Transitions and Change Effectively
- Shifting Attitudes Toward Wellness- Parkinson’s Society
- Improving Corporate Teamwork – Human Systems Communication
- High Risk Intervention for Teens with T1-DM- CDA Vancouver 2012
- Healthy Transitions: Teen to Adulthood- Markham-Stouffville Hosp.
- Narrative Theory and Therapy – NODHN Conference -Toronto
- “How to Lose Your Mind ... Successfully”
- “Super Heroes and Side Kicks” – Sick Children’s Hospital
- Parenting Teens – “Passing the Torch”
- Psycho-Social Interventions with High Risk Teens/Families
- Cooperative Parenting after Separation/Divorce
- Parenting and Diabetes/ Chronic Illness Management
- Teens and Parents Training
- Facilitator Training - D.A.D.S. Program- Yellowknife, NWT
- Counselling Skills - Durham College - School of Justice
- Youth Criminal Justice Act - local forum
- Active Parenting Canada Leadership Training
- Supervised Access Staff Training
- Theoretical Applications to Social Work Practice
- Risk Management in Social Services
- Working with Adolescents Who Have Committed Sexual Assault  
(National Conference, Ottawa)
- Fatherhood, Men’s Involvement in the Family
- Helping Those Who Hurt- Trauma & Recovery
- Mobile Therapy - Working with Troubled Youth
- Separation & Divorce (Adults & Children)
- Engaging Hard to Serve Families
- Anger Management - Conflict Resolution
- Discipline and Management in the Classroom - BCOQ
- Working with Difficult Youth & Families

**PROFESSIONAL DEVELOPMENT**

- 2020 - Integrated CBT and PTSD
  - Keeping Your Soul Alive – Bill O’Hanlon
  - Providing Virtual EMDR - Roy Kiessling
  - Fundamental Ethical and Practical Considerations for Video Therapy - Lawrence Murphy
- 2019 - Integrating EMDR into Psychotherapeutic Practice
- 2016 - to present - Yorkville University - Practicum Supervisor
- 2015 - CBT – Cognitive Behaviour Certification, Four Day Training - CBT for Anxiety & Depression
- 2014 & 2015 - State of the Art Management of Type 1 Diabetes
- 2013 - Charles H. Best Diabetes Conference
  - AFCC – Family Breakup and Effective Responses
- 2012 - Canadian Diabetes Conference- Vancouver
- 2011 - NDHN Program evaluations and professional training
- 2011- Senator Cools’ Symposium on Family Dynamics - Ottawa
- 2010 - Parent Coordination Training – Baltimore, Maryland
- 2009 - Parental Alienation – Legal and Therapeutic Services
- 2009 - International Diabetes Federation Congress - Montreal
- 2009 - Expert Testimony – Supreme Court – Interventions for domestic violence & harm reduction strategies - Hamilton
- 2009 - Sick Children’s Hospital Diabetes Day
- 2008 - Northern Diabetes Health Network
- 2008 - Innovations in the Treatment of Eating Disorders –
- 2008 - John Bradshaw – “Speaking the Truth in Love”
- 2008 - Family Interventions - Teens with Type 1 Diabetes
- 2007 - Expert Testimony – Family Court - Whitby
- 2007 - Canadian Diabetes Association Guidelines Dissemination
- 2006 - Canadian Diabetes Association Conference
- 2005 - Narrative Approaches with Anorexia/Bulimia and EDNOS
- 2005 - Advanced Narrative Therapy Conversations
- 2004 - Northern Diabetes Health Network
- 2004 - Narrative Ideas in Therapy – Judith Myers Avis
- 2004 - Management in Social Services
- 2003 - Cognitive Behavioural Work & Substance Abuse
  - Youth Criminal Justice Act - Toward Social Justice
- 2002 - John Howard Conference - Building Service Excellence
- 2001 - Canadian Conference on Sex Offender Services - Ottawa
- 2001 - Integrating Spirituality and Therapy - Bill O’Hanlon
- 2000 - Working with Conduct Disordered Youth - Dr. Lazor
- 1999 - Working with Trauma Survivors - Dr. Matthews
- 1998 - Working with Difficult Couples - Dr. G. Price
  - HIV / AIDS & Gender Identity
  - Legal Issues in Clinical Practice - Dr. Solomon
- 1998 - Student Supervisory Training - Ryerson University
- 1997 - Orthopsychiatric Conference - Couples / Violence / Trauma

## Curriculum Vitae

Jeff B. Packer MSW, RSW, RP

- 1997 - Dissociative Identity Disorder - Dr. Glumac
- 1996 - Association of Family Court Clinic Conference
  - Assess. & Counselling With Trauma Survivors - Hall
- 1995 - Use of Metaphor in Therapy - George Hull Centre
- 1994 - Assn. Of Family Court Clinics Conference
- 1993 - Research and Practice - O.A.C.M.H.C.
  - Family Therapy - Gender Issues - Carter
- 1992 - Work with Troubled Adolescents - Fishman
- 1991 - Family Therapy Training - Carl Whitaker

## VOLUNTEER WORK

### 1987 - Present **Whitby Baptist Church**

2007 to present Worship and Praise Team, 2009 to 2012 Community Development Task Force Chair, Childcare Development, Elder 2005 to 2010, Building Review Committee 2003/2004. Fundraising Committee 2003. Moderator / Chair of Church Council - 1999 to 2002. Sunday School Teacher (teens) - 15 years. Trainer at the Southern Ontario Baptist Conference. Promise Keepers men's groups / conferences. Congregational Care. Building Committee '87 - '90 - responsible for "Access" renovation project fundraising through government and local sources. Board of Management - '87 - '90.

### 1998 – 2006 **Durham District School Board**

**Walter E. Harris Public School,  
Woodcrest Public School**

### 1995 – 2010 **NASC and Oshawa Kicks Soccer Organizations**

Coaching park and Allstar league soccer and fundraising activities

### 1990 - 1998

**Ontario Association of Social Workers:** Durham Branch

local executive board. Membership and Public Relations Committees - membership evaluation, develop local computer database and resource guide, media releases, advocating for client needs and raising public awareness about social work.

## INTERESTS

**Husband, Parenting,** human relations, gardening, travel, woodworking, epoxy & stonework, cooking, camping, soccer, fitness, hockey, golf, art, painting, guitar & now drums too!

**References Available Upon Request**