

Sharon Casey

M.A.

Trainer-consultant

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PROFILE

Teacher, trainer, and practitioner with more than 20 years experience. Recognized for her ability to promote and support the implementation of strengths-based teaching and intervention strategies.

EXPERIENCE

Trainer-consultant; Lavoie Solutions

2011 – present

Promote strategies inspired by solution-focused brief therapy for school environments.

Develop educational and promotional material.

Develop and deliver training workshops to assist principals, teachers, and student services teams in using strengths-based approaches to teach, manage difficult behaviour, work with parents, and work as a staff team.

Trainer-consultant in suicide prevention; Suicide Action Montréal

2009 – August 2018

Taught the principles of solution-focused brief therapy to more than 1,300 mental health professionals and other practitioners in the health and social services ministry recognized training *Best practices in suicide intervention*.

Developed and offered refresher workshops on estimating the danger for suicide and applying solution-focused brief therapy with clients vulnerable to suicide (workshops recognized by the Ordre des psychologues du Québec).

Contributed to the training and evaluation of trainers accredited by the Quebec Association for Suicide Prevention (AQPS).

Contributed to the development and adaptation of the training *Best practices in suicide intervention* for youth, First Nations and Inuit communities.

Co-author of the AQPS training *Repérer la personne vulnérable au suicide et appliquer les mesures de protection requises* for employees of the health and social services network.

Offered clinical support and post-training follow-up for health and social services agencies, community organizations, and schools.

Applied the solution-focused approach in the context of telephone crisis intervention and provided clinical support to the intervention team.

**Learning skills specialist; John Abbott College
2002 – 2007**

Evaluated, based on their skills and goals, the need for personal and academic support for students with learning disabilities and mental health issues.

Helped students at high risk of academic failure and newcomers with adjustment difficulties to reduce their level of stress, increase their sense of competence, and succeed in college.

Worked collaboratively with student services and teachers to develop and implement supportive programs and accommodations for academic success.

Developed and facilitated workshops on academic writing, learning techniques and personal skills (stress management, organization). Coordinated academic peer support programs.

**Teacher and drug treatment educator; Portage Rehabilitation Centre
1997 – 2000**

Taught and intervened with adolescents and young adults as part of a therapeutic community.

Helped youth set goals, identify and amplify their personal and academic skills, and help their peers navigate the program.

**Coordinator of school dropout prevention program; Upper Dawson
Tennant Association
1993 – 1994**

Developed and coordinated a school dropout prevention program that focused on the leadership and involvement of parents in a community of low-income housing families.

Collaborated with schools and families to support adolescents and young adults with personal and academic difficulties.

Developed and facilitated workshops for parents and children. Developed and taught a pre-kindergarten program.

**Teacher; Various contracts
1991 – 1997**

Taught various subjects in elementary and high schools in regular programs and in special education.

Taught academic upgrading programs in college settings and in a correctional facility.

EDUCATION

Concordia University, Montreal (QC) — Master of Educational Studies, Concentration in Adult Education, 2010

Acadia University, Wolfville (NS) — Bachelor of Education, 1991

Acadia University, Wolfville (NS) — Bachelor of Arts, 1989

RELEVANT TRAINING

Solution focused brief therapy: level 1 — 2010

Solution focused brief therapy: level 2 — 2014

Solution Focused Brief Therapy Association Annual conference — 2016