

Alana Weinberg

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Professional Objective

Accomplished Social Work Professional with 12+ years of clinical experience (psychological treatment, assessment, program management, and case management, seeking the next career step as a Clinical Social Worker in multi-disciplinary setting, focused on assessment and treatment of children and youth. Organized, approachable, affable, I can relate well with, and work alongside, diverse people and personalities.

SOCIAL WORK EXPERIENCE

Beaches Therapy Group – Independent Contractor Feb 2022 – Present
Psychotherapist/Social Worker

- Provide therapy and treatment for children, youth, adults and family using a wide variety of modalities (CBT, DBT, EFFT, Solution Focused, Motivational Interviewing, TF-CBT)
- Lead a monthly peer consult group on working with children, youth and their families with complex mental health diagnosis, self-harm and suicidal ideation

Midtown DBT – Independent Contractor June 2021 – Present
DBT GROUP SKILLS LEADER

- Lead weekly virtual DBT Group Skills for adults with varying mental health issues.

Kinark Child and Family Services, York Region, ON April 2018 – Feb 2022
CLIENT SERVICES SUPERVISOR/CLINICAL THERAPIST

- Provide clinical and administrative leadership and supervision to Complex Therapy Team and Live-In Treatment Social Worker.
- Work with youth with complex mental health issues (7-18 years old) and their families in individual, group, and family therapy.
- Develop an effective and collaborative therapeutic alliance with clients in service of optimal engagement in treatment.
- Successfully implement evidence-based therapeutic modalities, including Cognitive Behaviour Therapy, CBT – Unified Protocol, and Dialectical Behaviour Therapy.
- Provide crisis support service through crisis mobile program in partnership with 310-COPE.
- Helped to launch the first DBT Stabilization program in York Region for adolescents who are at high risk of self-harm and high suicide ideation, including providing program review and feedback.

Jewish Family and Child Services, Toronto, ON Jan 2010 – Feb 2018
INTAKE WORKER

- Effectively conducted crisis assessments and interventions for those who called in or attended our drop-in program.
- Assessed for intimate partner violence and women abuse, offered financial assistance, as well as emotional support
- Obtained details to assess need for child abuse reporting whilst assisting callers to report their concerns to assess need for investigation and response.
- Built strong and collaborative relationships with community partners (i.e., mental health agencies, housing, legal assistance, shelters, hospitals, crisis lines, advocates, police and community officials). Created infrastructure and system to manage resources to facilitate greater coordination of care.
- Trained and supervised students, “go to” resource for all team members.

Case Load: Efficiently and responsibly managed a caseload of 30 counselling and financial assistance clients that involved: individual attachment and trauma-focused counselling with teenagers, as well as adults with mental health issues.

HOMEWORK CLUB

- Initiated and organized a bi-weekly, after school program for 30-40 elementary and high school students (ages 9+) as well as 20-25 adult volunteer tutors.
- Enlisted students and trained volunteers as well as attend and oversee the program. Ensured volunteers and students are effectively matched.
- Managed student and volunteer social, behavioural, and academic issues through collaborative problem-solving, counselling, and coaching.
- Record statistics and data. Advocate for funding. Assist students with school advocacy. Tailor program to meet children who have special needs and IEPs.

EMERGENCY AFTER-HOURS SERVICE WORKER

- On-call for urgent matters after office closing time. Determine response time, liaise with police and community officials, write up reports, consult with supervisor as necessary.

Member: Adolescent Consultation Team, Monthly Consultations with Child & Youth Psychiatrist, Counselling Skills Training, Contact person for other Child Protection Agencies.

PRACTICUM EXPERIENCE

Jewish Family and Child Services, Toronto, ON

- PRACTICUM, Dalhousie University Field Practicum – Completed 450 hours Jan – Mar 2016
- PRACTICUM, Ryerson University Field Practicum – Completed 668 hours Sept 2009 – Apr 2010

YESH: Community Rehabilitation Center, Jerusalem, Israel

Apr 2005 – Aug 2005

- PRACTICUM, Ryerson University Field Practicum – Completed 364 hours

EDUCATION, MEMBERSHIPS & TRAININGS

Master of Social Work, 2016

DALHOUSIE UNIVERSITY, Halifax, NS

Bachelor of Social Work, Minor in Psychology, 2010

RYERSON UNIVERSITY, Toronto, ON

Member, **Ontario Association of Social Workers**, 2016 – Present

Member, **Ontario College of Social Workers & Social Service Workers (OCSWSSW)**, 2010 – Present

TRAININGS

- **Trauma Focused CBT Web Training**
Medical University of South Carolina, 2021
- **Collaborative Assessment and Management of Suicidality**
CAMS CARE, 2021
- **Collaborative and Proactive Solutions**
Commonwealth Educational Seminars, 2021
- **Family Therapy Training Program (54 hour Continuing Education Program)**
George Hull Centre for Children & Families, Toronto, September 2019 - May 2020

- **Cognitive Behavioural Therapy with Families, Couples, Kids and Youth** (24 hour Continuing Education Program) Adler Faculty of Continuing Education, Toronto, 2019
- **Understanding Autism Spectrum Disorder: Adaptations to Interventions for Mental Health Supports & Services**
York ASD Partnership, York, 2019
- **Competency Based Clinical Supervision Workshop**
Kinark Child & Family Services, 2019
- **5-Day Intensive DBT Training**
Kinark Child & Family Services, 2018
- **Children, Trauma and Solution Focused Therapy**
Hinks-Dellcrest Centre, Toronto, 2018
- **The Body Keeps Score: New Frontiers in Trauma Treatment**
Leading Edge Seminars, Inc., 2017
- **Attachment Trauma and the Brain**
Shalem Mental Health, 2016
- **Using TF-CBT with Childhood Traumatic Grief Web Training**
Medical University of South Carolina, 2014
- **Cognitive Behavioural Foundation Skills** (Level 1)
Hincks-Dellcrest Centre, Toronto, 2013
- **CBT Coach and Counselor Diploma and Certification Program**
Refuah Institute, 2010

Certified in all levels of First Aid and CPR

SKILLS

Proficient in: Microsoft Office (Word, Excel, PPT), Microsoft Publisher, Salesforce Data Management, Knowledge of Flash Multimedia, Matrix, Lotus Notes, IFRS (Child Welfare System)

Languages: Fluent in English and French (written, verbally and reading)