

## Dawn G. Blessing, RN, BSN, MSN

### EDUCATION

Ed.D (student) University of Bristol, Graduate School of Education  
Bristol, England (partial completion of course work 2007/2008)

MSN  
Nursing University of Alabama in Birmingham  
Birmingham, Alabama (1978)  
Specialization in Psychiatry and Mental Health

Thesis Study of the Knowledge and Role Perception of Teachers  
Regarding Suicide Prevention in Adolescents

BSN  
Nursing University of Alabama in Huntsville  
Huntsville, Alabama (1976)

### HONOURS

- Who's Who in American Colleges and Universities
- Sigma Theta Tau, National Honour Society in Nursing

### POST GRADUATE COURSES, PRACTICUMS AND CERTIFICATES

2014 Week Long Mindful Self-Compassion Training, UCSD Center for Mindfulness,  
Joshua Tree, California

2013 Applied Suicide Intervention Skills Training (ASIST), Thunder Bay

2012 Critical Incident Response for the Workplace, Online and On-Site Training by  
Crisis Care Network, Toronto

2011 Standing Your Ground: Enabling Protest and Resistance to Domestic Abuse,  
2-day certificate course, Bridges and the Hincks-Dellcrest Centre Gail Appel  
Institute, Toronto

D. Blessing, C.V.

- 2010        Compassion Fatigue Specialist Re-Certification Training, Traumatology Institute (Canada)
- 2005        Compassion Fatigue Specialist Certification Program, Traumatology Institute (Canada)
- 2004        Traumatic Incident Debriefing Re-Certification, Thunder Bay Counselling Centre, Thunder Bay, Ontario
- 2003        Professional Ethics in Couple and Family Therapy, University of Guelph, Ontario
- 2002        Narrative Therapy, Family Therapy Training Program, Calgary, Alberta
- 2002        Theories and Methods of Couple Therapy, University of Guelph, Ontario
- 2001        Traumatic Incident Debriefing Certification Training, Thunder Bay Counselling Centre, Thunder Bay, Ontario
- 1997        Change Strategies After Trauma, University of Guelph, Ontario
- 1997        Alternative Dispute Resolution, University of Windsor Faculty of Law Certificate Course, Stitt, Feld, Handy and Houston, Toronto, Ontario
- 1997        Advanced Alternative Dispute Resolution, University of Windsor Faculty of Law Certificate Course, Stitt, Feld, Handy and Houston, Toronto, Ontario
- 1983        Family Therapy Practicum, Philadelphia Child Guidance Clinic, Philadelphia, Pennsylvania

## PROFESSIONAL EXPERIENCE

- 2006 - Present        Clinical Counsellor, Violence Against Women Program, Thunder Bay Counselling Centre, Thunder Bay, Ontario
- 1997 – Present        EAP Counsellor and Consultant, Corporate and Special Services, Thunder Bay Counselling Centre, Thunder Bay, Ontario
- 2008        Sessional Lecturer, Graduate and Undergraduate Program, School of Social Work, Lakehead University, Thunder Bay, Ontario
- 2007        Sessional Lecturer, Graduate Program, School of Social Work, Lakehead University, Thunder Bay, Ontario
- 2004-2006        Manager and Clinical Supervisor, Corporate and Special Services,

Thunder Bay Counselling Centre, Thunder Bay, Ontario

- 1997-2000 Clinical Counsellor, Violence Against Women and Psychosocial Program, Thunder Bay Counselling Centre, Thunder Bay, Ontario
- 2000-2003 Founding Team Member, Collaborative Family Therapy Project, Joint Project of Family Services Thunder Bay and the School of Social Work, Lakehead University, Thunder Bay, Ontario
- 1996 -1997 Counselling, Psychotherapy and Consulting, Independent Practice, Kingston, Ontario
- 1991 - 1997 Site Researcher, Better Beginnings, Better Futures Research Coordination Unit, Queen's University, Kingston, Ontario
- 1989 - 1996 Research Associate, Kingston, Frontenac and Lennox & Addington Health Unit, Kingston, Ontario
- 1990 - 1996 Adjunct Assistant Professor, Nursing, Queen's University, Kingston, Ontario
- 1989 - 1993 Part-time Faculty, St. Lawrence College, Kingston, Ontario
- 1987 - 1988 Assistant Unit Manager/Clinical Nurse Specialist, Inpatient Psychiatric Unit, Calgary General Hospital, Calgary, Alberta
- 1985 - 1987 Clinical Nurse Specialist/Therapist, Adolescent Substance Abuse Unit, Brattleboro Retreat Hospital, Brattleboro, Vermont
- 1981 - 1985 Clinical Nurse Specialist/Family Therapy Supervisor, Behavioural Medicine Unit of Dartmouth Medical School, Brattleboro Retreat Hospital, Brattleboro, Vermont
- 1980 - 1981 Instructor of Psychiatric Nursing, Undergraduate Program, University of Alabama, Birmingham, Alabama
- 1981 Staff Nurse, Adult and Adolescent Psychiatric Unit, Hillcrest Hospital, Birmingham, Alabama
- 1980 Consultant, Alabama State Nurses Association, Montgomery, Alabama

D. Blessing, C.V.

1979 - 1980 Clinical Nurse Specialist, Psychiatric Emergency Service, St. Clare's Hospital, Denville, New Jersey

1978 - 1979 Clinical Nurse Specialist, Psychiatric Emergency Service, Rahway Hospital, Rahway, New Jersey

1976 - 1978 Staff Nurse, Operating Room at Medical Centre Hospital, Huntsville, Alabama

## PROFESSIONAL PRACTICE: Areas of Expertise

### Clinical

- Assessment, treatment planning and evaluation
- Woman Abuse Screening
- Trauma assessment and counselling
- Traumatic incident debriefing and crisis intervention
- Individual, couple and family counselling and psychotherapy (adults and adolescents)
- Alternative dispute resolution/mediation
- Career guidance and counselling
- Mindfulness and Acceptance Based Approaches
- Mindful Self Compassion
- Management coaching

### Teaching

- Curriculum and course design, implementation and evaluation
- Undergraduate and Graduate Education
- In service and community education
- Adult education

### Research

- Needs assessment
- Program evaluation
- Participatory research and evaluation methods
- Survey design and analysis
- Report writing and presentations
- Training and supervision of research assistants for data collection

### Consultation

- Corporate and business organizational systems
- Community groups and organizations
- Clinical consultation and training
- Seminar development and presentations

### Administrative

- Program planning and development
- Budget planning and management
- Personnel management and supervision
- EAP contract negotiation and management

### Supervisory

- Clinical
- Administrative

### GRANTS

- 2001: Co-investigator, Collaborative Family Therapy Project, Internal Grant, Social Sciences and Humanities Research Council of Canada (\$37,500.00 over 3 years)
- 1995: Violence Against Women as a Public Health Issue, Kingston, Frontenac and Lennox & Addington Health Unit (\$2,000.00)
- 1994: Violence Against Women as a Public Health Issue, Kingston, Frontenac and Lennox & Addington Health Unit (\$2,000.00)
- 1993: Women's Health Bureau, Ontario Ministry of Health for a conference on Eating Disorders and Sexual Assault (\$12,000.00)
- 1991: Better Beginnings, Better Futures (Kingston Site), Ontario Government Children's Mental Health Initiative (\$750,000.00/year for 6 years)
- 1977/78: Full educational grant for graduate studies, National Institute of Mental Health

### PUBLICATIONS

D. Blessing, C.V.

Vis, J., Brownlee, K., Tranter, D., Blessing, D., & Shalay, N. (2007) Mediated therapeutic case conferences: A strategy for northern practice. In R. Delaney & K. Brownlee (Eds.). Northern and rural social work practice: A Canadian perspective. Thunder Bay, ON: Lakehead University Centre for Northern Studies. (Submitted)

McKenna, K.M.J. & Blessing, D.G. (2002) "Mapping the Politics of a Research Journey: Violence Against Women as a Public Health Issue". Violence Against Women: New Canadian Perspectives, Eds. K.M.J. McKenna and J. Larkin. Inanna Publications and Education Inc., Toronto, Canada. pp.285-305.

McKenna, K.M.J. & Blessing, D.G., (Spring/Summer, 1998). Mapping the Politics of a Research Journey: Violence Against Women as a Public Health Issue. Resources for Feminist Research, 26: 1&2, 77-96.

#### PROFESSIONAL AFFILIATIONS

- College of Nurses of Ontario
- Canadian Nurses Association
  - Registered Nurses Association of Ontario
    - President, Kingston Chapter 1991-1993
    - First Vice President, Kingston Chapter 1990-1991
- Ontario Association of Nurses in Independent Practice

#### COMMUNITY DEVELOPMENT

- 1994-1997: Board member, Kingston Interval House (a shelter for abused women and children). President 1995-1997.
- 1991-1997: Member of the Advisory Committee of the Women's Health Forum of Kingston, Frontenac, Lennox and Addington. Chair 1994-1997.
- 1992-1993: City of Kingston Healthy Communities Committee. Chair 1992-1993.
- 1989-1991: Board Member, Canadian Mental Health Association, Kingston Branch Vice President 1990-1991.
- 1989-1993: Trillium Foundation Committee of the Canadian Mental Health Association, Ontario Division.

#### NATIONAL CONFERENCE PRESENTATIONS: REFEREED

The Collaborative Family Therapy Project. Northwestern Ontario Regional Addiction Services Conference, Thunder Bay, Ontario, 2001

The Collaborative Family Therapy Project: Toward a new model for family consultation. Family Service Canada's National Conference, Kitchener-Waterloo, Ontario, 2001

Violence Against Women as a Public Health Issue, Learned Societies Conference, Montreal, Quebec, 1995

Better Beginnings, Better Futures: The Kingston Experience, Canadian Association of Community Health Centres, Toronto, Ontario, 1995

Better Beginnings, Better Futures: Caring for Children, Nursing and Poverty Conference, Toronto, Ontario, 1995

#### PROVINCIAL AND REGIONAL CONFERENCE PRESENTATIONS: REFEREED

Violence Against Women as a Public Health Issue, Ontario Health Care Evaluation Network Conference, Toronto, Ontario, 1994

Recognizing Denial. Conference on Self Deception. Brattleboro Retreat Hospital, Brattleboro, Vermont, 1986

Helping the Substance Abuser and Their Family. Northeast Regional Conference for Nurse Practitioners, Albany, New York, 1985

Non-Medicinal Approach to Pain Management. Eighth Northeast Regional Conference for Nurse Practitioners, Albany, New York, 1984

Family Dynamics in Families with Substance Abuse. Northeast Conference on Addictions, Lake Morey, Bradford, Vermont, 1983

Family Dynamics and Eating Disorders. Eating Disorder Conference at the Brattleboro Retreat Hospital, Brattleboro, Vermont, 1983

Stress Management for Health Promotion. Northeast Rehabilitation Conference Bretton Woods, Mt. Washington Valley, New Hampshire, 1982

Stress Management for Health Promotion. Northeast Conference on Addictions, Lake Morey, Bradford, Vermont, 1982

#### LOCAL CONFERENCES: INVITED

Compassionate Care and Fatigue, Ontario Association of Non-Profit Homes for Seniors, 2013

Difficult Conversations, Stepping Stones Conference, Thunder Bay, Ontario, 2013

D. Blessing, C.V.

Mental Health in the Workplace: A Primer for Managers and Supervisors, Forum North, Health and Safety Ontario, Thunder Bay, Ontario, 2009

Secrets of Successful Co-Worker Relationships, Corporate Seminar Series: “Organizational Health, Everyone’s Business”, Thunder Bay, Ontario, 2004

Making Conflict Work for You: A Primer for Managers, Corporate Seminar Series: “Organizational Health, Everyone’s Business”, Thunder Bay, Ontario, 2004

Compassion Fatigue: The Side Effect of Caring, Corporate Seminar Series: “Organizational Health, Everyone’s Business” Thunder Bay, Ontario, 2004

Society's Impact on Women's Mental Health, panel presentation at Mothers, Myths and Me, Conference sponsored by the Kingston branch of the Canadian Mental Health Association, Kingston, Ontario, 1991

#### WORKSHOPS AND PRESENTATIONS

Have presented and facilitated over 200 workshops and presentations, covering a wide variety of topics and delivered to a wide range of audiences.

#### REFERENCES

References available upon request.