

Pamela G. Dillon, M.Ed., RMFT

Marriage & Family Therapist

Sidney, B.C. CANADA

579-539-0147



Curriculum Vitae

Summary

I am a Registered Marriage and Family Therapist (RMFT) in Private Practice. I have trained and worked in the fields of Clinical and Counseling Psychology for 37 years. I have worked both as an in-patient, mental health clinician in psychiatric facilities as well as provided psychological services to university students through the counseling centers of three, Canadian Universities.

Education

Clinical Fellowship & Marriage & Family Therapy Registration

Marriage & Family Therapy Program, U. of Guelph,

American Association of Marriage and Family Therapy, 2006 - 2010

Doctorate of Education (Ed.D., ABD), Applied Psychology

Ontario Institute for Studies in Education (OISE) at the University of Toronto. 1992-1998.

Master of Education (M.Ed.), Counseling Psychology

OISE at the University of Toronto. November, 1986-1987.

Honors Bachelor of Arts, Psychology/Minor Phys. Ed.

York University, Convocation, June 1983.

Thesis: The Effects of Aerobic Exercise on Mood States: Anxiety and Depression.

Academic Clinical Training

Internship in Mindfulness Based Stress Reduction

Dept. of Behavioral Medicine, University of Mass. Medical Center, Worcester, Mass., April-June 1996.

Short Term Psychodynamic Therapy, Research Asst.

Dr. Leigh McCullough-Vaillant, Ph.D.

Brigham & Women's Hospital, Boston, MA, July-Sept., 1996.

Assessment, Family & Marital Counseling

The Hincks Treatment Center, Toronto, Ont. 1995-96.

Outpatient Assessment, Group Psychotherapy

Chronic Stress, Illness and Pain Unit.

The Toronto General Hospital, Toronto, Ontario. 1994-95

Outpatient, Bio-Feedback & Cognitive-Behavioral Therapy

Anxiety, Psychosomatic & Stress Related Disorders

Bio-behavioral Unit, Sunnybrook Health Science Center, 1992-93.

Individual, Group and Couples' Psychotherapy

Counseling & Development Center

York University, Toronto, Ontario 1986-1987.

Initiated In-Patient Yoga Therapy Program

Mood Disorder & General Psychiatry Units

Clarke Institute of Psychiatry, 1981-83.

Undergraduate Psychology Practicum

In-patient, psychiatry

Clarke Institute of Psychiatry, Psychiatric Emergency,

Queen Street Site. , 1981-82

Professional Clinical Training

EMDR Basic Training Certificate,

EMDRIA, Jan. & Feb. 2022.

Integrative Health & Lifestyle Program (IHELp), Certificate,

Andrew Weil M.D., Center for Integrative Medicine,

U. Arizona. 2021.

Complex Trauma Certification Training, 1 & 2

Janina Fisher, Ph.D. Sept., 2020 - 2021

Clinical Professional Trauma Training, Level 2.

Janina Fisher, Ph.D., Sept.2020 - 2021

Attachment Based EMDR

Laurel, Parnell, Ph.D., San Diego, CA, April , 2019.

Developmental Needs Meeting Strategy (DNMS)

Shirley Jean Schmidt, M.A. LPC

Ego State Therapy for Dissociation

DNMS Institute, Gresham, Oregon, Sept. 2018.

Trauma Sensitive Yoga Teacher Training

(Ayurveda & Essential Oils for Trauma Healing)

Nosara Yoga Institute, Costa, Rica, April 2014

Acupressure for Emotional Healing,

Michael Reed Gach, Ph.D., Acupressure Inst. Berkeley, CA, 2013.

Somatic, Attachment & Trauma Therapy Training

Diane Poole Heller, Ph.D. New Mexico, 2013

Accelerated Experiential Dynamic Psychotherapy (AEDP)

Individual & Couples Therapy,

AEDP Institute, NYC, NY. 2012 - present

Internal Family Systems (IFS) Therapy Training

Levels 1-3, IFS Institute

Oak Park, Il, 2009 - 2012

Externship in Emotionally Focused Couples Therapy

Ottawa Couple & Family Institute, Ottawa, Ontario, 2002.

Mindfulness Based Stress Reduction

The Omega Center, Rhinebeck, New York, Summer 1995

Psychosynthesis Training

A Psychology of the Self which incorporates both the personal and transpersonal dimensions of human experience.

John Weiser, Ph.D. OISE/U of T, 1985-87)

Shiatsu Massage Certification

Shiatsu Center, Toronto, Ontario. 1991-1992.

Yoga Teacher Certification

Yoga Center Toronto, 1979-1980.

Professional Experience

Private Practice

Specializing in the treatment of C-PTSD and Dissociative Disorders in adults, couples and families.

2003-Present.

Psychologist, Center for Student Development,

McMaster University, Hamilton, Ontario.

January 2002-December 2002.

Counsellor/Psycho-Educational Group Therapist

*Counseling & Learning Skills Services,
University of Toronto, 1992-2001.*

Behavior & Family Therapist - Residential Setting

Thistletown Regional Mental Health Center
for Children & Adolescents, 1982-1995.

Stress Management Group Trainer

Counseling & Development Centre. York U., 1986-87.

Academic Teaching

Theravada Buddhist Professor,

*Nalanda College of Buddhist Studies,
Toronto School of Theology/University of Toronto, Fall 2001*

Academic Preparation Instructor

*Counseling & Learning Skills Services,
University of Toronto, St. George campus. 1998-2001.*

Academic Writing

Dillon, P.G. (2005). *Bare Attention* Training in the practice of Vipassana Meditation: Implications for the Treatment of Circumscribed Social Phobia in University Students. Unpublished Doctoral Dissertation 1998.

Dillon, P.G. (2002). Vipassana Meditation Manual for University Students Coping with Public Speaking Anxiety: Student Study Guide and Home-Work Log

Unpublished Doctoral Dissertation 1998.

Invited Guest Speaker

British Columbia Association of Marriage & Family Therapy (BCAMFT),

Internet Psychotherapy, November 2018.

Canadian Psychological Association Convention,

Laval University, Ste.-Foy, Quebec, June 2001.

Canadian Association of College & University Student Services, McGill University, Montreal, June 2001.

International Holistic Education Conference

OISE at the University of Toronto, 1999.

International Alternative/Complementary Conference

Royal Ottawa Hospital/University of Ottawa, Fall, 1998.

Canadian Group Psychotherapy Association, Fall, 1998.

Artists' Health Centre, University Health Network

(Toronto Western Hospital), March, 2003.

Faculty of Medicine, Dept. of Occupational Therapy

University of Toronto, March 2002

Alternative Health Society,

McMaster University, March 2002.

Faculty of Medicine, Spirituality in Medicine Seminar,

Hart House, University of Toronto, Winter 2002.

Professional Affiliations

AEDP Institute, New York City.

AEDP Cascadia, Vancouver, B.C. Canada

American Association of Marriage and Family Therapy
(AAMFT), Alexandria, VA.

Andrew Weil M.D. Center for Integrative Medicine at U. Arizona.
Tucson, AZ.

British Columbia Association of Marriage and Family Therapy
(BCAMFT), Vancouver, B.C., Canada.

Canadian Association of Marriage and Family Therapy
(CAMFT), Tottenham, Ontario, Canada.

Canadian Yoga Alliance, Cobble Hill, B.C. Canada

The International Society for The Study of Trauma and
Dissociation (ISSTD), Arlington, VA.