

## CURRICULUM VITAE

**Richard W. Anton M.A.,  
Counseling and Health Psychologist  
Suite 3300, 205 – 5<sup>th</sup> Avenue S.W.  
Calgary, Alberta  
T2P 2V7**

Office (403) 263-5543

Facsimile (403) 264-1262

### **PROFESSIONAL CERTIFICATION**

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**Chartered Psychologist in the Province of Alberta, certificate # 011520, (2002 - Present)**

### **EDUCATIONAL HISTORY**

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- 1999                      **Awarded Masters Degree, Counseling Psychology**, Gonzaga University, Spokane Washington, U.S.A.
- 1995                      **Awarded Graduate Diploma, Education Psychology, (Specialization: Guidance)** University of Calgary, Calgary, Alberta, Canada.
- 1990                      **Awarded Bachelor of Arts Degree, (Major: Psychology; Minor: Law in the Liberal Arts)** University of Calgary, Calgary, Alberta, Canada.

### **Professional Enhancements**

- 10/2010                      **Coaching Skills and Practice Development**, Jeffrey E. Auerbach, Ph.D., MCC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **Executive Coaching: What You Need to Know**, Andrea Molberg, Ph.D., College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **Emotional Intelligence and Coaching**, Jeffrey E. Auerbach, Ph.D., MCC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **How to Use Assessments in Coaching**, Jeffrey E. Auerbach, Ph.D., MCC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **Appreciative Inquiry in Coaching**, Patricia Rachel Schwartz, MA, ACPEC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **Field Techniques in Executive Coaching**, Reldan S. Nadler, Psy.D., MCC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 10/2010                      **Coaching Competency and Feedback Seminar**, Patricia Rachel Schwartz, MA, ACPEC, College of Executive Coaching, Santa Barbara, California, U.S.A.
- 07/2010                      **Solution Enhanced Coaching**, Dwaine M. Souveny, M.Sc. Certified Professional Coach, Dynamic Development, Canmore, Alberta, Canada.

- 12/2005                   **The Calgary Pain Conference: Trends and Treatments – Treating Depressed Patients with Chronic Pain Problems**, Samuel Oluwadairo M.D. & Pamella Manning, M.D. The Calgary PAIN Interest Group, Faculty of Medicine, University of Calgary, Alberta, Canada.
- 10/2005                   **Improving Medical Outcomes With Improved Mental Health Referral & Treatment: The Collaborative Care Model** – Advanced Conference, Dr. Roger Kessler & **Improving Communication with Primary Care Providers and the Hypnotic Treatment of Medical Problems** - Dr. Roger Kessler, The Canadian Society of Clinical Hypnosis (Alberta Division) & Department of Psychiatry, University of Calgary, Calgary, Alberta, Canada.
- 10/2005                   **Sport Psychology and Peak Performance** – Dr. Lee Pulos, Psychologists’ Association of Alberta, Edmonton, Alberta, Canada.
- 05/2005                   **Habit & Anxiety Disorders & Some Forensic Potholes** - Advanced Conference, Dr. William Wester II., ED.D., A.B.P.P., A.B.P.H., The Canadian Society of Clinical Hypnosis (Alberta Division), Banff, Alberta, Canada.
- 01/2005                   **Diagnostic Assessment of Adults** – Dr. Deborah Dobson, Calgary, Alberta.
- 01/2005                   **Client-Directed, Outcome Informed Therapy** – Scott D. Miller, PhD, Calgary, Alberta, Canada.
- 05/2004                   **Evidence-Based Hypnotherapy for Depression** - Advanced Conference, Dr. Leora Kuttner (Hypnotherapy with Children & Adolescents), & Dr. Assen Alladin (Evidence-Based Hypnotherapy for Depression), The Canadian Society of Clinical Hypnosis (Alberta Division), Banff, Alberta, Canada.
- 03/2004                   **Resilience and Vulnerability to Psychological Trauma** - Steven Taylor, PhD, Gordon Asmundson, PhD, Terence M. Keane, PhD, Sheila Woody, PhD.
- 02/2004                   **Understanding Your Grief** - Alan D. Wolfelt, Ph.D., Calgary, Alberta, Canada.
- 01/2004                   **CPR-First Aid** - St. John Ambulance, Calgary, Alberta, Canada.
- 05/2003                   **Obesity, Diabetes, & Overeating in Children & Adults** - Dr. Derek D. Schramm, Biomed, Calgary, Alberta, Canada.
- 04/2003                   **Treating Depression with Hypnosis: Integrating Cognitive-Behavioural & Strategic Approaches** - Advanced Conference, Dr. Michael Yapko, Ph.D., & **Successfully Treating Treatment Failure: Utilizing the Patients Trauma Symptoms**, Dr. Marc Oster, PsyD., The Canadian Society of Clinical Hypnosis (Alberta Division), Banff, Alberta, Canada.
- 05/2002                   **Pain Control: Fibromyalgia, Migraines, Chronic Pain & Sore Feet** - Dr. Michelle Albers, Biomed, Calgary, Alberta, Canada.
- 04/2002                   **Treatment of Trauma, Loss, & Grief in Troubled Times** - Advanced Conference and Workshop, Dr. Claire Frederick, M.D., The Canadian Society of Clinical Hypnosis (Alberta Division), Banff, Alberta, Canada.
- 04/2002                   **Aging Brain Aging Mind: Latest Alzheimer’s Research** - Paul Nussbaum, PhD, Cortext, Calgary, Alberta, Canada.
- 04/2002                   **Therapist as Life Coach** - Patrick Williams, Ed.D. Institute for Life Coach

Training, Calgary, Alberta, Canada.

- 03/2002      **How to Use the DSM-TR: A Practical, Visual Approach -**  
Dr. Carlton Munson, Calgary, Alberta, Canada.
- 11/2001      **Stress and Disease -** Dr. Michael Meaney, Ph.D., Calgary, Alberta, Canada.
- 05/2001      **Helping the Difficult Patient: Transforming Therapeutic Failure into**  
**Success -** Dr. David Burns, Calgary, Alberta, Canada.
- 05/2001      **Psychologists' Association of Alberta Annual Conference -** Dr. Penny Hawe,  
Calgary, Alberta, Canada.
- 05/2001      **Pain Management -** Advanced Conference and Workshop, Mark Dimirsky,  
Ph.D., & Assen Alladin, Ph.D., The Canadian Society of Clinical Hypnosis  
(Alberta Division), Banff, Alberta, Canada.
- 03/2001      **Recent Advances in Cognitive-Behavioral Treatment of Depression and**  
**Anxiety Disorders -** Dr. Keith Dobson, Lethbridge, Alberta, Canada.
- 12/2000      **The Calgary Pain Conference -** The Calgary PAIN Interest Group, Faculty of  
Medicine, University of Calgary, Alberta, Canada.
- 1999      **Hypnosis & Habit Disorders -** Intermediate Conference and Workshop – Dr.  
Klemka, M.D., & **Hypnosis in General Practice: Anxiety, Pain Management**  
**& Depression,** Al Scott, Ph.D., The Canadian Society of Clinical Hypnosis  
(Alberta Division), Banff, Alberta, Canada.
- 1998      **Resilience in Practice -** Terry Jones & Shirley Smith, Interfaith Youth & Family  
Services, Calgary, Alberta, Canada.
- 1998      **Brief Solution Focused Counselling -** Maureen Leahey, Family Therapy  
Training Program, Calgary, Alberta, Canada.
- 1996      **Solution Focused Counselling, High Risk Youth, & Creative Intervention**  
**Strategies for Working with Families -** Home Connections and Mountain  
Plains Community Services, Calgary, Alberta, Canada.
- 1996      **Counselling the Bereaved -** Suicide Education and Intervention Council,  
Calgary, Alberta, Canada.
- 1995      **Suicide Intervention -** Alberta Alcohol & Drug Abuse Commission, & Suicide  
Prevention Training Program, Calgary, Alberta, Canada.
- 1992      **Non-violent Therapeutic Crisis Intervention -** William Roper Hull Community  
Services, Calgary, Alberta, Canada.
- 1992      **Victimizability -** William Roper Hull Community Services, Calgary, Alberta,  
Canada.

## **Volunteer Recognitions**

**Educator/Trainer,** Communication Skills Workshops, Calgary Continuing  
Education, & Young Offenders Centre (CYOC), Calgary, Alberta, Canada.

**Peer Supporter**, University of Calgary, Calgary, Alberta, Canada.

**Chairperson**, Staff Committee, Hull Community Services, Calgary, Alberta, Canada.

**Member**, Evaluation Review Committee, Hull Community Services, Calgary, Alberta, Canada.

**Psychiatric Aid**, Recreation Therapy, Foothills Hospital, Calgary, Alberta, Canada.

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## **FELLOWSHIPS / RESIDENCIES / INTERNSHIPS**

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| 09 / 2002 – 03 / 2003 | <b>POST GRADUATE FELLOWSHIP, Canmore Pain Clinic,</b><br>Canmore, Alberta, Canada.               |
| 05 / 2000 – 04 / 2001 | <b>RESIDENCY, Columbia Rehabilitation Centre (Pain Management),</b><br>Calgary, Alberta, Canada. |
| 01 / 1999 – 05 / 2001 | <b>RESIDENT &amp; INTERN, Calgary Counselling Centre,</b><br>Calgary, Alberta, Canada.           |

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## **PROFESSIONAL EXPERIENCE**

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| 10 / 2010 – Present   | <b>PROFESSIONAL COACH / PSYCHOLOGIST,</b><br><b>Anton Counseling &amp; Health Psychology,</b> Calgary, Alberta, Canada. <ul style="list-style-type: none"><li>• Coaching on various personal and professional issues, such as - emerging leadership issues, developing personal leadership style, addictive behaviors, communication and anxiety, work life balance, quality of life, stress, guilt, trauma, return to work, depression, anxiety, sleep &amp; weight, memory &amp; concentration, self-esteem &amp; relationships. Chronic pain and other chronic medical disorders.</li></ul> |
| 03 / 2003 – Present   | <b>PSYCHOLOGIST, Anton Counseling &amp; Health Psychology,</b><br>Calgary, Alberta, Canada. <ul style="list-style-type: none"><li>• Psychologically-based Counseling on quality of life, stress, guilt, trauma, homework balance, return to work, depression, anxiety, sleep &amp; weight, memory &amp; concentration, self-esteem &amp; relationships. Chronic pain and other chronic medical disorders. Therapeutic models include: Motivational Interviewing, Relationship-centered, Cognitive-behavioral, Multi-modal and Solution focus, Clinical Hypnosis.</li></ul>                     |
| 09 / 2002 – 03 / 2003 | <b>CHARTERED PSYCHOLOGIST, Case coordinator, Canmore Pain Clinic,</b> Canmore, Alberta, Canada. <ul style="list-style-type: none"><li>• Coordinated multi-disciplinary reports, Assessment &amp; Counselling on quality of life, return to work, depression, anxiety, anger, sleep &amp; weight, memory &amp; concentration, self-esteem &amp; relationships.</li></ul>                                                                                                                                                                                                                        |

Therapeutic models include: Motivational Interviewing, Relationship-centred, Cognitive-behavioural, Multi-modal and Solution focus.

05 / 2000 – 04 / 2001

**PROVISIONAL CHARTERED PSYCHOLOGIST, Columbia Rehabilitation Centre, Calgary, Alberta, Canada.**

- Counselling on quality of life (pain management), physical fitness (physical and functional) and return to work. Topics include: Sleep, self-esteem, anger, negative thinking, relationships. Therapeutic models include: Relationship-centered, client centered, solution focused, cognitive-behavioral models.

01 / 1999 – 05 / 2001

**PROVISIONAL CHARTERED PSYCHOLOGIST, Calgary Counselling Centre, Calgary, Alberta, Canada.**

- Counselling self-esteem, anxiety, family and relationship issues, depression and pain management, trauma, divorce and grief recovery, stress management, intimacy, and communication.

09 / 1997 – 12 / 2000

**IN-HOME SUPPORT WORKER, Interfaith Youth & Family Services, (COMPASS Program), Calgary, Alberta, Canada.**

- Assessing & counselling parents regarding parent/child relationships, marital difficulties, stress management, boundary issues, anxiety and panic disorders.
- Facilitate Anger Management workshops for parents and children.

11 / 1995 – 09 / 1997

**YOUTH AND FAMILY COUNSELLOR, (Relief) Wood's Homes, Calgary, Alberta**

- In-takes and assessments.
- Counselling youth and parents with self-esteem, family and relationship, as well as issues relevant to crime (e.g. drug abuse, violence and prostitution).
- Crisis counselling, regarding suicidal ideation, self-esteem, violence, drug abuse, personal boundaries, safety, neglect, abuse.

04 / 1996 – 09 / 1997

**YOUTH AND FAMILY COUNSELLOR, (Relief) Enviro, Calgary, Alberta**

- Counselling & assessing the parent/child interaction.

07 / 1996 – 09 / 1997

**SUPERVISED ACCESS/OUTREACH WORKER, (Contract) Community Living Alternatives Services, Calgary, Alberta.**

- Counselling & assessing the parent/child interaction.
- Counselling individuals experiencing cognitive impairments, regarding

vocational, social & residential development, emotional challenges, relationships & interpersonal communication.

09 / 1991 – 12 / 1993

**CERTIFIED COUNSELLOR**

**Hull Community Services**, Calgary, Alberta.

- Counselling personal and family issues, as well as intensive situations utilising the *"teaching - family model."*
- Researched and delivered presentation, entitled "The Importance of Emotional Expression," for the Teaching Family Association's Annual conference, Lawrence, Kansas.
- Promoted individual and family/group problem solving, relaxation, stress reduction and communication skills. Utilised a *guided visualisation intervention*.

1991

1991

**COUNSELLOR (relief)**

**Calgary Association for the Mentally Handicapped**, Calgary, Alberta.

- Promoted family co-operation and individual responsibility.

1985 – 1986

**CHILDCARE COUNSELOR**

**Children's Service Centre** (City of Calgary), Calgary, Alberta.

- In-takes and assessments.
- Counselling young adults and pre-adolescents.
- Modelling appropriate interpersonal interaction and problem solving. Promoted better understanding of self and others. Emphasized stress prevention through a balanced lifestyle.

**PROFESSIONAL MEMBERSHIPS & AFFILIATIONS**

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2004 - Present

**Full Member**, Canadian Sleep Society

2003 – Present

**Member**, Canadian Psychological Association # 10010025

2001 - Present

**Regular Member**, International Association for the Study of Pain

2001 – Present

**Regular Member**, The Canadian Pain Society

2001 – Present

**Regular Membership**, American Psychosomatic Society

2001 – Present

**Member**, American Psychological Association # 4193-5892  
Health Psychology Division 38 and Division 42

2001 – Present                    **Associate Membership**, American Society of Clinical Hypnosis 19904

2001 – Present                    **Member**, The Canadian Society of Clinical Hypnosis (Alberta  
Division)

2000 – Present                    **Full Member**, Psychologists’ Association of Alberta, ID # 011520

2000 – Present                    **Practicing Chartered Psychologist**, College of Alberta Psychologists,  
Certification # 2738

1997                                    **Member**, Canadian Guidance and Counselling Association

1994 - 1997                        **Board Member**, Association for Psychological Type

1992 – 1993                        **Member**, Teaching Family Association, Lawrence, Kansas

Richard W. Anton, M.A.  
CHARTERED PSYCHOLOGIST