

Dr. Carolyn Nesbitt
Integrative Health Consultant
PhD in Clinical Psychology

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Citizenship: Canadian

Experienced mental health practitioner and teacher with a demonstrated history of working in mental health care, including over 20 years of private practice. Currently, faculty member of Banmen Satir China Management Centre. Supervisor and international trainer (Canada, China, Ghana, Uganda, UK) for psychologists, psychiatrists, counsellors, social workers, to help them facilitate effective transformational change. Former member of Training Directorate for Satir Institute of the Pacific. Skilled in public speaking, teaching and practicing trauma treatment, depression treatment, anxiety treatment, stress management, and working with therapists, adolescents, adults, couples and families. Followed my passion through Masters and Ph.D. in Clinical Psychology from Simon Fraser University. Research focused on cognitive pathway for eating disorders (PhD); adult attachment issues in depression and anxiety (MA).

Education

Simon Fraser University, Burnaby, BC - PhD Clinical Psychology, 2000

Simon Fraser University, Burnaby, BC - MA Psychology, 1994

University of Waterloo, Waterloo, ON - Honours BA Psychology, 1990

University of Western Ontario, London, ON - Honours BA Ivey Business School, 1984

Professional Work

FACULTY: BANMEN SATIR CHINA MANAGEMENT CENTRE – 2015 - PRESENT

Lead, train and supervise mental health professionals (psychologists, psychiatrists, counsellors, social workers) to deepen their work through STST. International programs are experiential, with lecturettes, small group discussions, structured exercises, demonstrations, and skill practice sessions. (For elaboration, see Training section below.)

CLINICAL PRIVATE PRACTICE – 2000-2022

Work with clients who struggle with issues such as post-traumatic stress disorder (PTSD), panic, divorce, anxiety, obsessive-compulsive disorder, phobias, eating disorders (bulimia nervosa, anorexia nervosa), marriage issues, grief, traumatic brain injury and other issues. Majority of work using a combination of Satir Transformational Systemic Therapy (STST), Eye Movement Desensitization and Reprocessing (EMDR), body/somatic therapy for PTSD; Satir and Adlerian approaches for parenting and family therapy issues.

TRAINING DIRECTORATE, SATIR INSTITUTE OF THE PACIFIC– 2010 - 2022

Guiding the training programs for Satir Institute of the Pacific.

CLINICAL CONSULTANT: ADLER UNIVERSITY, VANCOUVER CAMPUS, BC – 03/2021 - 08/2022

Provide consultation and services to students in final year of PsyD program to ensure greater successful internship. Teach bi-monthly seminars on specific topics, such as ethics, trauma, facilitating change.

CLINICAL ASSOCIATE: SIMON FRASER UNIVERSITY, BURNABY, BC – 2006 - 2022

Provide supervision to students in the clinical psychology graduate program.

ONLINE THERAPEUTIC SERVICE CARE PROVIDER, EQUINOXE VIRTUAL CLINIC, QC – 2015-2019

Provide online psychological therapy for Northern BC residents.

SUPERVISOR AND CO-FACILITATOR FOR GROUP WORK, CARING CIRCLE, BOWEN ISLAND, BC – 2014-2016

Depression groups and anxiety groups, Cognitive-Behavioral base (CBT), 6-10 people.

CLINICAL PSYCHOLOGIST, BC CHILDREN'S HOSPITAL, VANCOUVER, B.C. – 2002-2005

Setting and population: Inpatient and outpatient wards for adolescents with eating disorders such as anorexia nervosa and bulimia nervosa.

Responsibilities: Provide counselling and psychological therapy. Enhance patients' motivations to cooperate in restoration of healthy eating patterns and to participate in treatment. Correct core maladaptive thoughts, feelings, and attitudes related to eating disorders. Treat associated psychological conditions, including depression, anxiety, dysfunctional mood regulating, self-esteem and behaviour. Help patients deal with traumatic past events.

Internship (PhD) Work Experience

ROYAL COLUMBIAN HOSPITAL, NEW WESTMINSTER, B.C. – 09/98-07/99

Setting and population: Inpatient psychiatric ward for adults with severe mental disorders. Outpatient facility for adults with less severe issues.

Responsibilities: Assessed inpatients using DSM-IV criteria. Worked with multi-disciplinary team during weekly rounds with Chief of Psychiatry. Patient diagnoses included Major Depression, Intermittent Explosive Disorder, Panic Disorder, Generalized Anxiety, Dementia, Obsessive Compulsive Disorder, the various Schizophreniform Disorders and Axis II Personality Disorders. Facilitated manualized CBT groups for outpatients with panic disorders. Provided individual therapy for outpatients. Some responsibility for supervision of Master's level practicum student.

SIMON FRASER UNIVERSITY COUNSELLING SERVICE, BURNABY, B.C. – 09/97-08/98

Setting and population: Campus Facility serving university students.

Responsibilities: Provided brief to medium length therapy. Worked with individuals dealing with such issues as severe as bulimia, anorexia, borderline personality disorder, severe sexual abuse, physical assault, paranoid delusions and other less severe issues. Facilitated an eating disorder group for eight months. Attended training and development seminars. Developed and ran an afternoon seminar for SFU's Fine Arts (Dance) faculty and students regarding disordered eating patterns, body image and success in dance.

THERAPIST, CLINICAL PSYCHOLOGY CENTRE, SIMON FRASER UNIVERSITY, BURNABY, B.C – 09/91-11/98

Setting and population: Training and facility serving child adolescent and adult outpatients.

Responsibilities: Conducted intake assessments. Provided medium length to long term therapy. Worked with individuals and couples dealing with such issues as bulimia, depression, sexual identity, underemployment, childhood sexual and physical abuse and low self-esteem.

Work experience (Prior to PhD)

NEUROPSYCHOLOGY TECHNICIAN, SPO4 – 09/95-12/95

RIVERVIEW HOSPITAL, PORT COQUITLAM, B.C. – 01/95-02/95

Setting and population: Inpatient psychiatric hospital for adults with acute or chronic mental disorders.

Responsibilities: Conducted neuropsychological assessments of inpatients using the WAIS-R, WMS-R, Halstead-Reitan battery and other tests. Wrote reports. Taught clinical psychology Ph.D. interns how to administer and score tests.

GROUP FACILITATOR: WORKED OUT OF PORT-COQUITLAM MENTAL HEALTH CENTRE, PAID BY POCO WOMEN'S CENTRE, BC. – 05/93-08/91, 09/94-12/94

Responsibilities: Facilitated and co-facilitated groups for women with eating disorders.

CRISIS INTERVENTION TELEPHONE COUNSELLOR VOLUNTEER: LIFELINE CRISIS AND INFORMATION CENTRE, COQUITLAM, B.C. – 04/90-04/91

Setting and population: Telephone crisis line for residents of the greater Vancouver area.

Responsibilities: Provided telephone crisis intervention.

Teaching

CONSULTANT FOR INTERNSHIP FACULTY: ADLER UNIVERSITY – 2021, 2022

Supervised, taught and evaluated PhD interns and MA practicum students; designed and taught seminars on Ethics, facilitating change, EMDR, Satir STST.

VISITING FACULTY: QUEST UNIVERSITY – SPRING TERM, 2021

Designed online curriculum, taught 3rd and 4th year students: Full course on *Psychology of Trauma: Intrapsychic, Interpersonal and Transgenerational Impacts of Trauma*.

Responsible for all aspects of syllabus design, online lectures, facilitation and evaluation.

GUEST LECTURER: TRINITY WESTERN UNIVERSITY – 2003, 2004

Lectured on symptoms, etiology and treatment of eating disorders.

TEACHING ASSISTANT: SIMON FRASER UNIVERSITY, BURNABY, B.C. – 1990-1997

Responsible for conducting tutorials and marking the following courses: Child Psychopathology, Introductory Psychology, Social Issues (AIDS), Research Design and Abnormal Psychology.

Training

INTERNATIONAL TRAINER: CANADA, CHINA, UK, GHANA, UGANDA – 2015-PRESENT

Elaboration of training that I lead, facilitate and supervise, mostly as faculty of Banmen Satir China Management Centre:

Advanced multiphase programs for those with MA, MSW, MD, PsyD or PhD. Participants are required to work in trios between sessions to practice what they have been learning in the program. Focus is on the therapeutic process, symptoms and dynamics, relationships, facilitating change, and other therapeutic issues. Supervised practice sessions during program. Supervised assistant facilitators, who supervised practice sessions in between phases:

- Level 1: Satir Transformational Systemic Therapy (Canada, China)
- Healing Trauma: Eight Pillars of Trauma Therapy (combining STST with body/somatic therapies and EMDR brain hemispheric activation); 3 phases over 14 months (China)

Advanced single phase programs for those with MA, MSW, MD, PsyD or PhD. Focus is on the therapeutic process, symptoms and dynamics, relationships, facilitating change, and other therapeutic issues. Supervised practice sessions during program:

- Joy Within, Joy Between: Helping your clients with Depression (China)
- Peace Within, Peace Between: Helping your clients with Anxiety and Panic (China)
- Calm Within, Calm Between: Helping your clients who are anxious parents (China)
- The Use of Self in Family Therapy (2017). Co-facilitator, Nanaimo, BC. 6 days

International single phase programs for general public. Focus is on personal growth:

- Leadership from the Inside Out . Tailored from 3 days to 21 days. (Business , NGOs, students - China, Ghana, UK)
- Serenity Within, Serenity Between: Meditation and Inquiry into the Self and Self in Relation. 5 days. (China)
- Radiance and Tranquility: Advanced Meditation for Connecting to and Residing in Universal Life Energy. 5 days. (China)
- From Suffering to Growth: Healing personal and intergenerational trauma (Online 6-week course for China)
- The Bully, the Bullied, the Bystander (Middle school intervention in Canada)
- Live Your Best Story (co-facilitated 3 personal growth weekend retreats each year for 5 years in Canada)
- Taming the Tiger: Decreasing anxiety workshop (2019). Facilitated for Whalley WorkBC, Employment Services Centre, Surrey, BC.

Research, Presentations and Papers:

- Nesbitt, C.J. (2021). Online conference seminar: Helping students with trauma. *Research and Application Forum for Family Therapy in University System, Shanghai Tech Company, Wudang, China.*
- Nesbitt, C.J. (2019). Keynote: Leadership from the inside out. *Leadership Conference, Shanghai Tech Company, Wudang, China.*
- Nesbitt, C.J. (2017). When Things Go Sideways: Protocols for teachers to turn difficult emotional exchanges into growth experiences. *Paper for middle school intervention.*
- Nesbitt, C.J. (2016). Workshop: Meditation and Satir Transformational Systemic Therapy: Opening, connecting and anchoring the inner work. *Satir International Conference: Becoming more fully human, Surrey, BC.*
- Nesbitt, C.J. (2000). Effects of media consumption, through guide elaboration and proportional valuation of self, on eating pathology in young women. *PhD. Dissertation, Simon Fraser University, B.C.*
- Nesbitt, C.J. (1993). Big Brother is watching you: The False Memory Syndrome Foundation and its implications for therapists. *13th Annual psychology Department convention, Simon Fraser University, B.C.*
- Nesbitt, C.J. and Cox, D. (1994). The paradox of athletes: eating disorders or disordered eating? *Canadian Psychological Association Annual Convention, Penticton, N.C., 35, 183.*
- Nesbitt, C.J. and Moretti, M.M. (1994). Self-representation and attachment: The importance of self-discrepancy. *Western Psychological Association, 74th Annual Convention, Hilo, Hawaii, 38.*
- Nesbitt, C.J. and Moretti, M.M. (1993). Self-representation and attachment: The importance of self-other discrepancy and contingency beliefs. *Canadian Psychological Association Annual Convention, Montreal, Quebec, 34, 332.*

Professional Development (Workshops and Conferences):

- 2024 (Current) Hypnotherapy Certification, Paul McKenna, Mindvalley. Online. 4 months.
- 2023 (Current) Holobody Coach Certification, Mindvalley. Online. 5 months.

- 2022 Multiple Diversity and Inclusion sensitivity training workshops at Adler University, focusing on counselling practices for Indigenous and LGBTQ2S+ groups
- 2021 The Advanced Master Program on the Treatment of Trauma. National Institute for the Clinical Application of Behavioral Medicine (NICABM). Online. 2 days.
- 2020 Residential Therapy Intensive: Jung, Sex and Power. Carlos de Leon, PhD. 6 days.
- 2019 China Satir International Conference. Xian, China. 4 days.
- 2018 Satir Master class (by invitation only) - The Fourth Birth: Consciousness. John Banmen, PhD, RPsych, RMFT. SFU, Burnaby, BC. 8 days residential.
- 2018 National Disaster Training Program: Emotional and spiritual care in disasters. Bowen Island, BC. 2days
- 2017 Energy Psychology Conference, Vancouver, BC. 5 days.
- 2016 Dharma, Four Foundations of Mindfulness and the Path of Mahamudra - Lama Mark Webber, Galiano Island, BC
- 2015 The Development of the Self through Life Stages - Maria Gomori, MSW, PhD, RMFT and John Banmen, PhD, RPsych, RMFT. Vancouver, BC. 2 days.
- 2014 Helping People Change Series: Healing from Trauma using STST - Kathlyne Maki-Banmen, MA, RPsych. 2 days.
- 2013 Master Class "Limitless within Limits" (by invitation) - John Banmen, PhD, RPsych, and Kathlyne Maki-Banmen, MA, RCC. Vancouver, BC. 8 days.
- 2012 The Work of Byron Katie - Getting Unstuck: Transforming limiting beliefs - Caitlin Frost, Bowen Island, BC. 3 days.
- 2009 EMDRAC - EMDR Canada Conference, Vancouver, BC. 3 days.
- 2009 Train the Trainer Certification - Harv Eker, Peak Potentials, Los Angeles, CA. 5 days.
- 2008 Integrating Therapeutic Mindfulness & Compassionate Presence into Clinical Practice - Bill Morgan, PsyD. *15th Annual Florida Symposia, New England Educational Institute, Naples, Florida.* 5 days.
- 2007 North American Society of Adlerian Psychology: 55th Annual NASAP Conference, Vancouver, BC. (Dan Siegel, Henry Stein, Betty Lou Bettner, Kevin O'Connor, Deb Bailey, Martin BrokenLeg, Alyson Schafer). 4 days.
- 2006 Testifying in Court: The Expert Expert Witness - Stanley Brodsky, PhD. BCPA, Vancouver, BC. 1 day.
- 2006 Treatment of Addictive Behaviours: Current status - Alan Marlatt, PhD. BCPA, Vancouver, BC. 1 day.

- 2005 Residential Advanced Family Therapy Training - John Banmen, PhD, RPsych, RMFT, and Kathlyne Maki-Banmen, MA, RCC. Surrey, BC. 7 days.
- 2002 Feeling Good: The new mood therapy - Cognitive-Behavioral Therapy (CBT) Training, David Burns, PhD. - Richmond, BC. 5 days.
- 2001 Satir's Systemic Brief Therapy Training Program, Level II - Dr. John Banmen, R.Psych. 10 days (December 9, 2000-April 8, 2001).
- 2000 Hypnosis Training Seminar - Canadian Society of Clinical Hypnosis. Two days.
- 2000 Emotionally Focused Therapy for Couples - Dr. Susan Johnson, Ph.D., Rr.Psych. One day.
- 1999 Systematic Training for Effective Parenting (STEP) - Kelly Nault. 7 sessions.
- 1998 Eye Movement Desensitization and Reprocessing (EMDR), Level II - Dr. Andrew Leeds. 3 days.
- 1998 Satir's Systemic Brief Therapy Training Program, Level I - Dr. John Banmen, R. pPsych. Ten Days.
- 1997 Eye Movement Desensitization and Reprocessing (EMDR), Level I - Dr. Andrew Leeds. 3 days.
- 1997 Psychotherapy - Thomas Szasz, M.D. One evening, one day, lecture and questions, Vancouver.
- 1997 The Path of the Soul: Life as a Creative Process - Christina Stack. Three day workshop, Whidbey Island.
- 1997 Centering, Grounding and Boundaries - Suzanne Kyra, M.A. One day workshop, Vancouver.
- 1996 Eating Disorder Examination Workshop - St. Paul's Hospital. One day workshop plus eight mornings over eight weeks to learn this assessment tool, Vancouver.
- 1996 Eating Disorder Conference - Two days of workshops and talks , Victoria.
- 1995 Eating Disorder Conference - Two days of workshops and talks , Victoria.
- 1995 Core Curriculum for Working with Refugees - Naomi Station. Five days workshop on working with multicultural populations and victims of torture and trauma, Vancouver.
- 1995 Neuropsychology and SCID Seminar for interns - Four months of training, Riverview Hospital, Port Coquitlam.
- 1994 Post-Traumatic Stress Disorder - Conrad Bowden, Ph.D. One day workshop, Vancouver.

- 1994 Working with Survivors: the Therapist's Journey - Sandra Butler, M.A. One day workshop on working with issues of trauma and abuse, Shalom Temple, Vancouver.
- 1994 Short-Term Intensive Psychodynamic Therapy - John Gyra. Vancouver.
- 1993 Guided Imagery - Suzanne Kyra, Ph.D. One-day workshop, SFU, Vancouver.
- 1992 Women Helping Women Conference - two days of workshops and talks, Calgary, Alberta.
- 1992 Therapy with Adult Survivors of Sexual Abuse - Sandra Butler, M.A. Two day workshop, Vancouver.

Professional Affiliations:

MEMBER, VIRGINIA SATIR GLOBAL NETWORK, USA – 2015-PRESENT

ASSOCIATE, CENTRE FOR RESTORATIVE JUSTICE AT SFU, B.C. – 2020-PRESENT

Employment History - Other:

**PROFESSIONAL ATHLETE - WATERSKIERS, WATERSKI SHOWS
INTERNATIONAL – 1987-1989**

North America and Europe. Acrobatic pyramids on waterskis, barefoot skiing, jumps, slalom, ballet on skis.

**MARKETING REPRESENTATIVE, IBM CANADA LTD., TORONTO, ONTARIO –
1984-1986**

With a team, sold large systems to the Ontario government. Taught 800 employees and customers in small classes how to use particular software packages. Helped develop a telephone messaging software package.

**SELF-EMPLOYED IN REAL ESTATE, CARDON REAL ESTATE, ONTARIO AND
ALBERTA – 1983-1994**

Bought, renovated, managed and sold apartment buildings and houses.