

MICHELLE LABINE

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couchofhope.com

EDUCATION

PhD Candidate Clinical Sexology

Modern Sex Therapy Institute
Current

Master of Arts Counselling Psychology

Yorkville University
2019

Bachelor of Adult Education

Brock University, 2 years
2008

Social Services Diploma

Conestoga College
1998

Bachelor of Arts in Psychology

Wilfrid Laurier University
1995

SUMMARY OF QUALIFICATIONS

Business and Clinic Management: Own and operate multi-location mental health counselling clinics, provide clinical assessment at intake, provide clinical consultation, facilitate continuing education credit courses, practice management including policies and manuals, and regulatory compliance. Develop and execute business plans, market strategies, and investment initiatives for growth and profitability.

Programming and Policy Development: Established and launched a non-profit counselling charity, Couch of Hope, develop and implement organizational strategies, policies, and programs. Fund development in the form of grant writing and donor relations.

Therapeutic Expertise: Provide individual, couples/partners, and family counselling. Areas of clinical training and focus are relational health, sexual health, intimate partner violence restorative approach, trauma reprocessing for relational trauma and sexualized violence.

Clinical Supervision: Oversee practicum placements for Master of Education (MEd) and Master of Arts in Counselling Psychology (MACP) students, provide direct observation, feedback, and regular face-to-face supervision to enhance clinical skills and professional development.

Leadership and Community Engagement: Lead the Halifax Regional Chapter of Canadian Tire Jumpstart, oversee fundraising initiatives, and manage a team of volunteers. Foster partnerships with community organizations, healthcare providers, and educational institutions.

Board and Committee Involvement: Serve in various leadership roles, including Board Member at Large and Vice Chair of the Nova Scotia College of Counselling Therapists, and public representative on multiple community non-profit organization boards and committees.

CURRENT WORK EXPERIENCE

Couch of Hope Healing Opportunities for People Everywhere Counselling Charity

192 Wyse Road, Dartmouth, NS

Founder (2021-Present)

- Established and launched Couch of Hope, a non-profit counselling charity dedicated to providing accessible mental health services to underserved communities.
- Develop and implement organizational strategies, policies, and programs to address the mental health needs of diverse populations, ensuring high-quality service delivery.

- Oversee fundraising efforts, including grant applications and donor relations, to secure financial support for the charity's operations and initiatives.
- Recruit, train, and manage a team of volunteer counsellors and support staff, providing leadership and mentorship to the Executive Director and practicum students.
- Foster partnerships with community organizations, healthcare providers, and educational institutions to expand the charity's reach and impact.
- Develop and refine programs and policies to enhance service delivery and organizational effectiveness, writing grants and reports to secure funding and demonstrate the impact of the charity's work.

ML Family Counselling Clinic

2020-Present

11 Bloom Lane, Bedford & 192 Wyse Road, Dartmouth, NS

Clinic Owner; Registered Counselling Therapist RCT-21-059; Registered Psychotherapist RP 14582; Canadian Certified Counsellor CCC 10002953; AASECT Certified Sex Therapist; Clinical Supervisor

- Own and operate a multi-location mental health counselling clinic offering comprehensive services to individuals, couples/partners, families, and groups.
- Provide therapeutic services as a Registered Counselling Therapist and Registered Psychotherapist specializing in relational health, sexual health, intimate partner violence restorative approach, trauma reprocessing for relational trauma and sexualized violence.
- Supervise and mentor counselling therapists, psychotherapists, and practicum interns, guiding their professional development and clinical practice.
- Develop and implement business processes, foster effective team communication, oversee hiring and onboarding processes.
- Lead marketing efforts to promote the clinic's services, handle business analysis to ensure the clinic's financial health and operational efficiency.
- Ensure business functions are in alignment with the clinic's vision, mission and values.

D&M Bouwman Retailing Ltd. Holding Company

2013-Present

Co-Owner

- Own and operate retail businesses under a holding company, overseeing diverse retailing interests and ensuring alignment with business goals.
- Develop and execute business plans, market strategies, and investment initiatives to drive growth and profitability.
- Lead process and policy building, health and safety initiatives, and manage business financials, including budgeting and performance analysis.
- Handle hiring, training plans, employee benefits, and provide leadership to upper management, ensuring strategic direction and effective business operations.

VOLUNTEER EXPERIENCE

Yorkville University

2021-Present

MACP Practicum Supervisor, Couch of Hope

- Supervise and mentor Master of Arts in Counselling Psychology (MACP) practicum interns, ensuring they receive appropriate client assignments based on their competency levels.
- Provide direct observation and feedback, facilitate group sessions and individual consultations to enhance students' learning experiences and professional development.
- Evaluate intern performance, offering constructive feedback, and ensuring adherence to practicum objectives and university standards.

Acadia University

2021-Present

MEd Practicum Supervisor, Couch of Hope

- Supervise and mentor Master of Education (MEd) practicum students ensuring they receive appropriate client assignments based on their competency levels.
- Provide direct observation and feedback, facilitate group sessions and individual consultations to enhance students' learning experiences and professional development.
- Evaluate intern performance, offering constructive feedback, and ensuring adherence to practicum objectives and university standards.

Canadian Tire Jumpstart

St Marys Chapter

2013-2016

Halifax Regional Chapter

2016-Present

Chair

- Chapter Chair for a national charity focused on providing access to sports and physical activities for children whose families face financial barriers.
- Oversee fundraising initiatives, community outreach, and community-based program implementation.
- Collaborate with local organizations, schools, and community groups to identify and address the needs.
- Manage a team of volunteers, coordination, and execution of chapter activities and events.

Partcon Canadian Tire Women's Leadership

2013-Present

Executive Member

- An initiative to support the professional development of partners of franchise owners through mentorship, learning opportunities, and networking.
- Plan and organize events and workshops.

Nova Scotia College of Counselling Therapists

2021-2023

Vice Chair (2021-2023), Board Member at Large (2021)

- Participated in governance and strategic planning.
- Committee chair for policy development, regulatory oversight, supported in decision making processes and provided leadership in the absence of the chair.
- Supported the board in decision-making processes and provide leadership in the absence of the chair.

County of Wellington Social Services

1999-2007

Appointed Public Representative

- Served on various boards and committees within community non-profit organizations.
- Represented public interests and provided input on social service programs and initiatives.
- Collaborated with other board members to address community needs and support vulnerable populations.

RELEVANT PAST WORK EXPERIENCE

Bridges Institute

2019-2021

676 Prince Street, Truro, NS

Various Roles: *Fund Development & Communications Coordinator; Counselling Therapist; Intern*

- Developed and implemented a comprehensive capital campaign strategy, successfully securing significant financial support for the Institute's programs and initiatives.
- Acted as the primary liaison with the local business community, fostering strong relationships with key stakeholders to enhance the Institute's visibility and reputation.

- Provided individual and couples therapy for clients affected by intimate partner violence, collaborated with child protection services, the Wellness Court, and the Domestic Violence provincial courts to receive client referrals and ensure seamless integration of services

Regional Municipality of Waterloo & Wellington County Social Services **1996-2007**

20 Weber St. Kitchener, ON, 150 Main St. Cambridge, ON, and 129 Wyndham St. Guelph, ON

Various Roles: *Social Services Case Manager; Social Services Special Services Case Manager; Social Services Corporate Training and Development Coordinator*

- Delivered comprehensive social assistance programs, facilitating educational workshops on parenting, living skills, behaviour management, and employment readiness.
- Managed specialized caseloads for victims of violence, homeless individuals, at-risk youth, and provided tailored support and counselling.
- Developed and implemented capital campaign strategies securing significant municipal funding.
- Developed, coordinated, and facilitated training programs for social services staff and management.
- Interpret the provincial act and legislation to develop local municipal policies.
- Served on the board of directors for multiple community organizations contributing to strategic direction and governance.

AWARDS AND MEDIA

Bhayana Family Foundation Invisible Champion **2023**

Honoured with the Bhayana Family Foundation Invisible Champion award in recognition of exceptional contributions and dedication to improving the community through volunteerism and professional efforts in mental health services.

CBC Interview **2023**

Featured in a CBC interview discussing the impact and importance of accessible mental health services, the role of Couch of Hope in the community, and personal insights on current mental health challenges and solutions.

Susan LeBlanc Members' Statement to the NS Legislature **2023**

Recognized by Susan LeBlanc with a formal statement to the Nova Scotia Legislature, acknowledging significant contributions to the community, leadership in mental health services, and the positive impact of Couch of Hope and ML Family Counselling Clinic.

Community Votes 2023 Platinum Award - ML Family Counselling Clinic **2023**

Awarded the Platinum Award in the Community Votes 2023 for outstanding services provided by ML Family Counselling Clinic, reflecting excellence in mental health counselling and community support.

Community Votes 2023 Gold Award - Couch of Hope **2023**

Received the Gold Award in the Community Votes 2023 for Couch of Hope, recognizing exceptional service and commitment to offering accessible mental health counselling to underserved populations.

CONTINUING EDUCATION

Clinical Training in Neurodiversity, General Mental Health Concerns, and Mood Disorders

- Advancements in the Management of ADHD: Medication & Psychosocial Treatment (2024)
- Changing the ADHD Brain (2024)
- Executive Functioning, ADHD, and Stress in the Classroom (2024)

- ODD, ASD, ADHD & Mood Disorders: Over 50 Techniques for Adolescents (2024)
- Identify, Diagnosing & Managing ADHD (2024)
- Manage ADHD in Adults by Targeting Executive Skills (2024)
- Changing the ADHD Brain—Beyond Medication (2023)
- Clinical Supervision Skills for Developing Counsellors (2023)
- Supporting Children Through COVID-19 (2020)
- Depression Workshop (2020)
- Anxiety Practical Intervention Strategies Workshop (2020)
- Borderline Personality Disorder—Understanding & Supporting Workshop (2020)

Trauma Training

- Treating Collective Trauma with Hakomi (2024)
- Sensorimotor Psychotherapy for Trauma and Attachment (2024)
- Helping Clients Who Can't 'Feel' (2024)
- EMDR Level 1 (2024)
- Accelerated Resolution Therapy 3 Day Level 1 (2022)
- Internal Family Systems Level 1 (2022)
- Applications for Clients who Experience Race-Based Stressors/Racial Trauma (2024)

Training in Specific Modality

- 5-Day Foundations Narrative Therapy Certificate, VSNT BC (2019)
- Sand Tray Therapy Certificate (2019)
- Living Works TASC Suicide Recognition and Resources (2020)
- Critical Incident Training (2022)
- Core Concepts and Interventions in EFT (2021)
- EFT Stages 2-3: Deepening Engagement & Consolidation (2021)
- EFT Stage 1: Reaching De-Escalation (2021)
- Impasses & Challenges in EFT (2021)

Grief & Loss Training

- Level 1 Grief & Loss Certification, Living Through Loss Society of BC (2018)
- Hospice Professional Volunteer Training & Certification (2018)

Intimate Partner Violence

- Overcoming Effects of Relational Abuse (2021)
- Canadian Domestic Violence Conference & 4-Day Workshops (2020)
- Tod Augusta Scott Training in Restorative Approach to Gender Based Violence (2019)

Relationship Therapy

- Assessment and Treatment of Couples using the Self-Awareness Framework (2024)
- Intimacy Skills: Communication, Conflict and Agreements (2024)
- Gottman Method Couples Therapy Clinical Training Level Two (2021)
- Gottman Method Couples Therapy Clinical Training Level One (2021)
- Hold Me Tight, Couples Emotional Focused Therapy Training (2020)

Sex Therapy and Sexual Health

- Diagnosis and Treatment of Female Sexual Dysfunction (2024)
- Consensual Non-Monogamy (2024)
- Somatic Sex Therapy (2024)
- Addressing Sexual Issues in EFT Couples Therapy (2024)

- Affirmative Sex Therapy with LGBTQ+ Clients (2024)
- Self as the Sex Therapist (2024)
- Pleasure & Childbirth (2024)
- Sex & Flow: The Erotic Connection (2024)
- History & Future of Sex Therapy (2024)
- Trauma-Informed Sex Therapy: Human-Existential Approach (2024)
- Erotic Self Expansion for Sexual Trauma Survivors (2024)
- Human Trafficking (2023)
- Sexuality & Disability (2023)
- Intimacy & Passion (2023)
- Bringing the Body into Therapy: Relationship Repair & Somatic Experiencing (2023)
- Sexual Addiction (2023)
- Sexual Offender Treatment I & II (2023)
- Risk Assessment with Sex Offenders I & II (2023)
- Socio-Cultural Factors Related to Sexual Values and Behaviours I & II (2023)
- Medical Factors Related to Sexuality and Sexual Functioning (2023)
- Developmental Sexuality I & II (2023)
- Interpersonal & Family Relationships I & II (2023)
- Victims & Victimology I & II (2023)
- Research in Sexual Disorders I & II (2023)
- Legal, Ethical & Forensic Issues in Sex I & II (2023)
- Porn and Internet Addiction (2022)
- Sexual Reproductive Anatomy and Physiology (2022)
- Sexual Abuse Treatment I & II (2022)
- 3-Day Sex Therapy Workshop: Transgender (2021)
- Substance Disorders and Sexuality (2021)
- Sexology Research (2021)
- Forming a Sexual Identity (2021)
- Learning Sex Theory (2021)
- Systemic Sex Therapy (2021)
- Sexual Diversity (2021)
- Sexual Development (2021)
- Sexual Anatomy (2021)
- Turned Onto Sex Therapy (2021)
- Sex Pleasure and the Brain (2021)
- What Every Mental Health Professional Should Know (2021)
- SAR Sexual Attitudes and Values (2021)
- PLISSIT Model Program (2021)
- Orientation and Gender (2021)
- LGBTQ+ Relationships (2021)
- History of Sexology (2021)
- Ethics in Sex Therapy (2021)
- Cybersex (2021)
- DSM5 and Women's Sexual Problems (2021)
- DSM5 and Men's Sexual Problems (2021)
- Foundations of Sexual Identity (2021)
- Cognitive Behavioural Therapy for Sexual Dysfunctions (2021)
- What's next for sex; AI considerations (2024)

- Out of Control Sexual Behaviour (2024)
- Queering Black Relationships (2024)
- Deconstruction of Purity Culture (2024)
- Practical Applications of Mindful Intimacy (2024)
- Diagnosis and Treatment of Male Sexual Dysfunction (2024)
- Moving Clients from Having Narcissistic Sex to Relational (2024)
- Beyond the Buzz Words: moving from 'Diversity Training' to a Liberatory Practice (2024)
- Kink in Color

World Professional Association for Transgender Health (WPATH)

- WPATH GEI Intersectionality and Diversity Workshop (2024)
- WPATH GEI Advanced Mental Health Course (2024)
- WPATH GEI Foundations Course (2024)