



**CAROLE GOUR**  
**Registered Occupational Therapist**  
**Registered Psychotherapist**  
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## **PROFESSIONAL SUMMARY:**

I have 24 years of clinical experience working in a hospital-based mental health setting and in community-based rehabilitation, predominantly with clients having sustained a brain injury, musculoskeletal injuries, or who are experiencing mental illness leading to functional impairments. During my profession, I have enjoyed teaching in various settings, such as university programs, hospital and most recently at Canadore College. I have also chaired a provincial occupational therapy group in developing resources, academic objectives and standards related to delivering occupational therapy to persons experiencing mental illness relative to return to work goals. I currently provide assessment, intervention and consultation within several sectors; such as the automobile insurance sector, long-term disability, Veterans Affairs and Workplace Safety & Insurance Board. I mentor OT's wishing to gain competencies in psychotherapy as well as a team of OT's in Northern Ontario.

## **AREAS OF EXPERTISE INCLUDE:**

- Functional assessments
- Home assessments
- Attendant care needs assessments
- Cognitive assessments
- Ergonomic assessments
- Assessments/Treatments to Restore Function, including return to work
- Risk assessment
- Redaction of medico-legal reports
- Education on symptoms management/wellness
- Psychoeducation facilitator
- Individual and Group Psychotherapy
- Client, Caregiver, Program and Student Education
- Case Management
- Mental Health Assessments/Treatment Modalities
- Mentorship to OT's to obtain competency in psychotherapy

## **CERTIFICATIONS:**

- Concussion Management (Evidence-based - e.g., Ontario Neurotrauma Foundation)
- Crucial Conversations
- Certification to administer the MoCA
- Dialectical Behaviour Therapy
- Motivational Interviewing
- Management of Aggressive Behaviours/Non-Violent Crisis Intervention
- Cognitive Behaviour Therapy
- C-CAT (FO) Certification from the Canadian Academy of Psychologists in Disability Assessment
- Worker Health and Safety Awareness in 4 Steps
- WHMIS, Infection Control Protocols
- Completion of Emergency First Aid CPR/AED Level C
- Stand Up Fall Prevention Facilitator Training

## **PROFESSIONAL AFFILIATIONS:**

College of Occupational Therapy of Ontario – Member in Good Standing

Ontario Society of Occupational Therapist – Member in Good Standing

College of Registered Psychotherapists of Ontario – Member in Good Standing

## **PROFESSIONAL EXPERIENCE:**

Current: Occupational Therapist, Abilities Rehabilitation and Counselling Services

- Conducting evaluations to assess function (physical, cognitive, mental health), home safety and accessibility, housekeeping needs, attendant care needs, return to work readiness
- Providing treatment and consultation to clients in the community, using a variety of modalities, including but not limited to: concussion management, recommending adaptive equipment for home or workplace, delivering cognitive remediation/compensatory rehabilitation as well as psychotherapy (including exposure therapy)
- Liaising with rehabilitation/medical team members to support collaborative rehabilitation goals
- Authoring medico-legal functional assessment reports
- Completing documentation to access funding sources - e.g., ODSP, OCF-18's, March of Dimes, BHSOL (VAC)
- Supervise OT and rehabilitation support team
- Develop and implement group presentations (VAC, concussions)

January 2015  
to April 2019

Occupational Therapist and Regional Team Leader, Source Rehab,  
TRAC Group, Sudbury, North Bay, Ontario

- Providing assessment, treatment and consultation to clients in the community, referred for private rehabilitation services, using a variety of modalities, including but not limited to: concussion management, adaptive equipment for home or office recommendations, cognitive testing and rehabilitation as well as psychotherapy. Completing referrals to providers as appropriate. Authoring extensive medico-legal functional assessment reports and documentation to access funding sources
- Marketing rehab services to potential customers in Northern Ontario - e.g., law firms, long-term care providers, physicians, hospitals
- Working independently in the Sudbury-North Bay-Barrie region; managing referrals, communicating with stakeholders like lawyers, adjusters, service providers and vendors
- Providing supervision, mentoring and leadership to interdisciplinary team members in Sudbury, North Bay and Barrie offices, including completing performance appraisals
- Program coordination and sessional professor at Canadore College; teaching 3 courses, maintaining alliances with placement sites

Casual/ongoing: Ontario Community Support Program – Capacity Builders

- Develop, implement and facilitate training modules for support staff of not-for-profit charitable organizations - e.g., lifts and transfers to PSW's, RSW's

July 2002 to  
November 2013

Occupational Therapist, London Health Sciences Centre, Adult  
Mental Health Care Program, Day Treatment Program,  
London, Ontario

- Providing case management, crisis intervention, psychotherapy and counselling to adult clients (16 to 65 years of age) diagnosed with a mental illness and/or addiction
- Completing intake assessments to determine suitability of clients for various programs and assess their rehab readiness
- Assisting the inpatient program with daily bed demands and flow by coordinating timely, responsive actions to admit patients to the Day Treatment Program
- Sharing timely information with team members and working collaboratively to meet the needs of the clients
- Practicing a variety of treatment modalities: Motivational Interviewing, Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Mindfulness, Psychoeducation and Self-Management Skills Building in individual and group settings
- Participating in professional activities, committees and program development, including LEAN methodology process
- Assisted in managing day-to-day operations in Day Treatment Services - e.g., supplies, meals, meds, staff scheduling

- Conducting panel interviews for in and outpatient staff - e.g., Occupational Therapists, Registered Nurses, Social Workers
- Completing peer and student performance appraisals
- Mentor and supervise students (O.T., R.N., Medical Residents)
- Developing and implementing program outcome measures
- Professional Practice Leader of mental health Occupational Therapists at LHSC

**COMMUNITY INVOLVEMENT:**

- Provision of educational sessions to rehabilitation professionals - e.g., GOSE, SABS to Community Health Centres
- Director on the Board of the Brain Injury Association of North Bay and Area (BIANBA) - 2017
- Presenter at the Parkinson's Annual Event - 2015
- Facilitated a free eight-week public program to develop mindfulness skills at the Greater Sudbury Public Library – 2014
- Port Stanley Food Bank – 2009-2013
- Member of the London Middlesex LHIN – francophone services' group – 2006-2007
- Canadian Cancer Society Canvasser 2002-2007