

# Anni Muhlegg

BSW, RSW, MA (SW REG in BC, Ontario & Saskatchewan)

(She, her, hers)

Integrative Developmental Trauma Recovery Therapist, Registered Social Worker,  
Clinical Supervisor & Integrative Experiential Facilitator

T. 250. 608. 4093 [anni@gracefulheartstherapy.com](mailto:anni@gracefulheartstherapy.com) Web: [gracefulheartstherapy.com](http://gracefulheartstherapy.com)

"Anni is one of the most mature healers I have had the honor of working with. Her commitment to deep personal work is a breath of fresh air, as she holds a beautifully balanced approach in working with the grace of each individual soul. Anni has that rare ability to create sacred space that allows others to step into unknown territory within themselves while safely exploring deep layers of healing and transformation." - Flora Aube, *Art of Allowing*

## SKILLS

Strength-based & Client-focused Integrative and Relational approach to Counseling,

- Conflict Resolution
- Over 10,000 Hours of Online facilitation (Ind counseling and group therapy)
- Motivational Interviewing
- Suicide Risk Prevention Training Certification
- Compassionate Inquiry
- Group Facilitation & Experiential learning & teaching
- Peer clinical Supervision
- Expressive Arts facilitation & Earth-Based Shamanic Practices & Ceremony
- Research, Knowledge Exchange & Advocacy
- Extensive experience managing a complex and engaging client base along with all clinical and administrative duties.
- Delivering trauma-informed client-centered care and trauma-specific recovery services. Specialties include Integrative counseling, cognitive Processing Therapy, Neuro Affective Relational Model of working with C-PTSD, clinical supervision, trauma recovery support to youth, adults, couples and families, couples counseling & addiction recovery counseling.
- Provide 1:1 and Group Therapy specifically for First Responders.
- Providing both solution-focused therapy as well as longer term depth-oriented psychodynamic therapy.
- Facilitating psychoeducational as well as process-oriented support groups in person and online (Behavioural therapy (CBT), Dialectical Behavioural therapy (DBT), Acceptance Commitment Therapy (ACT) and Mindfulness and Art Assisted Trauma recovery groups).

Clinical Supervision - Knowledge of CCPA codes of ethics applicable to clinical supervision. • Understanding the importance of multiculturally informed supervision. • Knowledge of several clinical supervision models. • Understanding potential issues, problems and conflicts that may emerge in clinical supervision and how to address them. • Importance of supervisor feedback, methods of providing feedback to Interns, students and peers.

- Facilitating intuitive painting workshops exploring identity, creativity and supporting clients move through limiting beliefs and narratives.

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- Certification/Training and Alliance with 2S – LGBTQ + Individuals and Families for Inclusion, safety and diversity.
- 13 years experience co-facilitating and assisting traditional Elders in wellness workshops and nature-based retreats and meditation programs/contemplative practices.

## KNOWLEDGE EXCHANGE

➤ Transformational Leadership for the dissemination and development of cultural safety, Trauma Informed Practice and leadership for the co-evaluation of cultural competency for Interior Health as an Organization as well as help bridge community resources and liaise with 8 Interior First Nations communities in BC. Leadership for the education, support and coordination of Trauma-Informed Practice, staff wellness initiatives and Mental Health & Substance Use Best Practices (MHSU).

## ADVOCACY

- Mental health and Harm Reduction support to marginalized populations, cultural competency education to service providers, trauma-informed counseling, cultural assessments, discharge planning, community resource linkages and health care system liaison.
- Advocacy, education and support to individuals and families.

## EDUCATION

- **Master's in Counseling Psychology** - MACP Yorkville University, Fredericton, NB., December 2015 (cumulative GPA of 3.79).
- **Bachelor of Social Work** – BSW [with Honours] University of Victoria, Victoria, BC, October 2009
- **Diploma in Human Services (Social Service Work Specialty)** – [with Honours] Selkirk College, Castlegar, BC, June 2007.

## CONTINUED EDUCATION (Selected)

Alberta Health Services – Suicide Prevention, Risk Assessment & Management (April 2024)

Online Training Program *Safer Spaces Self-Guided Learning 8 Modules, creating Institutional Inclusion for 2S-LGBTQ+* (April 2024).

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[NARM Institute](#) Neuro Affective Relational Model for working with Developmental Trauma – **Certified NARM therapist Level 2** - 21 Credits, 16 live - all day Level 2 trainings in addition to 20 experiential consults. (2022-23)

PESI Training with Kathleen M. Chard, 2 Days Live **Webinar Cognitive Processing Therapy: An Evidence-Based Approach to Treat PTSD and Related Conditions** (12.5 CE credits) (July 2023)

Adler Faculty of Continuing Education – Motivational Interviewing **Coaching for Change in the Therapy Room Certification** (18 Hrs, CE program, April 2023)

Yorkville University – *Practicum Supervisors Training* (Jan 2023)

Sanya's **Indigenous Cultural Safety Training** (in Partnership with PHSA) – Online, 8 Week training (April 2022)

Flora Aube, *Art of Allowing Facilitator Training* (September 2017- April 2018)

PESI online training *Repairing Attachment Trauma*, 10 modules (September 2017)

Provincial Health Authority Services, BC – *Post Training: Unpacking our Colonial Relationship*, (2014).

Provincial Health Authority Services, BC – *Post Training: From Bystander to Ally*, 2014.

Provincial Health Authority Services, BC – *Cultural Competency for Mental Health and Addictions*, 2013.

Provincial Health Authority Services, BC - *Cultural Competency, Post Training: Mental Health*, 2012.

*Healing and Treating Trauma, Addictions and Related Disorders* Conference, November 28 – 30 - 21 credit Hours.

Fundamentals of EAGALA Model Practice, Equine Assisted Growth and Learning Association – *Certificate of Completion training in safety and therapy in the use of horses to assist in mental health treatment and human development* (January 21-23, 2010).

## Work/EXPERIENCE (Selected)

➤ [Edgewood Health Network Canada](#) (EHN Canada) 2019 – Current

**Full Time Remote Counselor, Group Facilitator** Substance Use and Trauma Recovery intensive Outpatient Programs (IOP). Providing online Counseling & Group Facilitation providing and average of 5 (120mins) group sessions weekly and an average of 8 - 1 hr individual counseling sessions weekly and working within diverse and fast growing inter-disciplinary team.

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## ➤ Health Canada, 2016 - 2021

**Employee Assistance Program (EAP) Counselor**, providing solutions-focused counseling to individuals and families.

## ➤ Stroh Health Care Consulting Corp., 2015 – 2020. **Group Co-Facilitator** for the Castlegar preventing violence program (VAVIR).

## ➤ [Graceful Hearts Counseling & Wellness Consulting](http://gracefulheartstherapy.com) (2009 – Current)

Registered Social Worker, Counselor, Equine-Assisted facilitator, Wellness Retreat Coordinator & Certified Expressive Arts Facilitator and Therapist.

## ➤ Salmo Community Resources Society, Salmo, BC (2011 – 2013)

### **Clinical Consultant & Adult Mental Health and Substance Use Counselor**

## ➤ Interior Health Authority - **Aboriginal Research & Knowledge Exchange Lead**, Mental Health & Substance Use Network, Aboriginal Health Program. **Aboriginal Patient Navigator**, Aboriginal Health (2009-14)

- Mental Health & Addictions - Kootenay Boundary Multi-disciplinary team member (outreach support, case management, recovery groups facilitation (CBT and Relapse Prevention), Counselor, Aboriginal Patient Liaison, Knowledge Exchange and research team Lead, across regional health authorities.

### **AWARDS**

- President Award for Academic Excellence - School of Social Work University of Victoria, Victoria, BC, 2009
- Anna Gattering Scholarship Award for Academic Excellence Selkirk College, Castlegar, BC, 2007

### **MEMBERSHIPS** (Selected)

- **Registered Social Worker with the BC College of Social Workers (Since 2011)**
- Interprovincial Designations Since 2022
  - Registered Social Worker with the Ontario College of Social Workers
  - Registered Social Worker with the Saskatchewan College of Social Workers
  - Registered Social Worker with the Nova Scotia College of Social Workers (Pending)

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- BC Association of Social Workers (Since 2015)
- **Certified NARM Institute Level 2 Therapist** as well as a Reg Member of the NARM Learning Institute (2022-Current).

"The spontaneous movement in all of us is toward connection, health, and aliveness. No matter how withdrawn and isolated we have become...on the deepest level, just as a plant spontaneously moves towards sunlight is in each of us an impulse moving toward connection and healing." - Laurence Heller.