

Lee McLeod, MA, RCC

Professional History

- **THERAPIST**
Private practice in Victoria (Sept. 1999 - Dec. 2003, Oct. 2007 - present)
- **INSTRUCTOR**
Addictions Counselling Program, Medicine Hat College (July 2005 – June 2007)
I taught individual counselling theory and skills (Egan), addiction group-counselling theory and skills, and therapy theories, and co-instructed a 2nd-year practicum course—including site visits and academic supervision—in a unique, successful program offering the first 2 years of an Addictions Counselling BA with a diploma exit option.
- **COUNSELLOR**
Mental Health/Addictions, Vancouver Island Health Authority, Port Hardy, BC (Jan. 2004 to May 2005)
Counselled adult and teen substance abusers and adults with mental health issues such as anxiety and depression, both groups often dually diagnosed.
- **BRANCH ADMINISTRATOR**
Counsellor Training Institute, Nanaimo, Sept. 2001 to Jan. 2003
Responsible for managing on-going 450-hour Certificate-level counsellor training program. Duties included staff supervision and hiring, student advising and administration.
- **INSTRUCTOR**
Counsellor Training Institute, Nanaimo, Victoria, Terrace and Vancouver (Mar. 2000 to Jan. 2003)
Taught 30-hour courses in 'Treatment of Psychiatric Disorders,' 'Person-Centred Rogerian Counselling,' 'Addictions Counselling,' 'Clinical Skills,' Gestalt Counselling,' 'Group Therapy and Support Group Skills.'
- **SENIOR COUNSELLOR**
Victoria Life Enrichment Society, Victoria (Sept. 1997 to Dec. 1998)
As one of 6 counsellors staffing a 26-day residential program intended to promote lifestyle change and offered largely for substance abusing clients, I presented psycho-educational information and exercises on many aspects of addiction and life skills & facilitated daily group therapy sessions and a couples program. I was also involved in client screening and admission, in relevant testing of clients, in team meetings and consultation & supervision as needed, and in communicating by report, telephone and in person with referring counsellors.
- **CLINICAL COUNSELLOR**
The Suicide Prevention and Follow-up Program, Fraserside Community Services, New Westminster (Feb. 1996 to Aug. 1997)
I provided urgent short-term clinical services for those who might be at risk of suicide—including intervention, risk assessment, collaborative treatment planning, short-term counselling, case management, referral and follow-up. I also co-facilitated a men's group for the Perspectives Alcohol and Drug Program at Fraserside.
- **LEADER, Panic Disorder Support Group**
Peace Arch Community Services, White Rock (Dec. 1995 to Aug. 1997)
I facilitated the group bi-weekly and was responsible for screening and individual consultation, publicity, budget administration, and reports to Peace Arch and the funders, Mental Health.

Professional History (Cont'd)

- **INSTRUCTOR, Counselling Skills**
Vancouver Community College, 1994-96
I taught 12 sections of two pre-requisite courses in the skills of empathic counselling, evaluating my students' readiness to advance to VCC's Certificate programs in Counselling Skills, Alcohol and Drug Counselling Skills, and Multi-cultural Settlement.
- **FACULTY MEMBER**
The Vancouver Gestalt Experiential Training Institute (Sept. 1994 - present)
I teach the theory of Gestalt therapy.
- **INSTRUCTOR, Psychology 444**
Simon Fraser University, 1995
I gave this 5-credit senior undergraduate course in psychopathology as depicted in films and literature.
- **SUPERVISOR, Lay Counsellors**
Surrey Community Services, 1994-95
As a volunteer professional, I supervised three lay counsellors weekly.
- **INTERN**
Maple Ridge Assaultive Husbands Program, 1994
I assisted in facilitating a 16-week anger-management group for court-referred men.
- **COUNSELLOR, GROUP FACILITATOR**
MIND, London, U.K., 1989-93
At this community mental health centre in Greenwich, I did intake and crisis work, and longer-term 1-1 counselling. I also organized and facilitated a men's group, co-facilitated a support group for agoraphobic people, facilitated a Gestalt therapy group, and offered Gestalt training.
- **THERAPIST, GROUP FACILITATOR**
Private practice, London, U.K., 1989-93
I worked with adult clients 1-1 for 5 to 50 weekly sessions each, facilitated or co-facilitated 8 therapy groups and workshops, and offered counselling skills instruction to community college and adult education students.
- **FACILITATOR**
Writing Therapy groups, Calgary, Vancouver, London, 1984-95
I created this psycho-educational workshop for those who experience serious writing anxieties and blocks, offering it to graduate students, psychotherapy trainees, and the public.
- **SESSIONAL LECTURER**
English, University of Calgary, 1981-88
I taught 25 full courses of literature and composition at 1st, 2nd and 3rd year levels.
- **TELEPHONE COUNSELLOR**
Calgary Distress Centre / Drug Centre, 1980-86
As a Senior Volunteer, I offered phone counselling to suicidal and other distressed people and helped train and supervise new volunteers.
- **FREE-LANCE WRITER AND BROADCASTER**
Calgary, 1972-78

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Education

- MA, The Psychology of Therapy and Counselling
Antioch University at Regent's College, London, U.K., 1991
- PhD & MA, English
University of Calgary, 1981 & 1975
I won major awards: the I.W. Killam Memorial Scholarship, 1976-77, and Canada Council/ Social Sciences & Humanities Research Council Doctoral Fellowships, 1978-80.

Psychotherapy Training

- *metanoia* Psychotherapy Training Institute, London, U.K., 1992-93

Selected Workshops Attended

- Introduction to Clinical Practice, Alcohol and Drug Services, March 1998
- Trans-theoretical Model of Change, Victoria Life Enrichment Society, 1997
- Critical Incident Stress Debriefing, Level I, Justice Institute, 1996
- Suicide Assessment & Intervention, Justice Institute, 1996
- Emotion Focused Therapy, Individuals and Couples Training, 2007
- Clinical Supervision: Innovative Practices, Justice Institute, 2008

Professional Association

- **Registered Clinical Counsellor**
And former member, Ethics Committee, **BC Association of Clinical Counsellors**,
Committee responsible for re-drafting BCACC's Code of Ethical Conduct

Publication

- "The Self in Gestalt Therapy Theory," *British Gestalt Journal* , 2 (1993), 25-40.
(Honorable Mention, **Nevis Prize for Outstanding Writing in Gestalt**, 1993
and reprinted in *The 1993-1995 Edwin C. Nevis Prize Articles*, GIC Press
Monograph Series, ed. Robert G. Lee, Gestalt Institute of Cleveland Press,
1996.) Also translated in France as "Le Self et ses vicissitudes dans la théorie
de la Gestalt-thérapie," in *Revue Gestalt* , No. 9 (December 1995), pp. 9-47.

References Available