

# CATHERINE L. POTTER

M.A., RP, PH.D. CANDIDATE

## EDUCATION

EXPECTED GRADUATION: 2025

**PH.D. COUNSELLING, PSYCHOTHERAPY, AND SPIRITUALITY**

SAINT PAUL UNIVERSITY, OTTAWA, ONTARIO, CANADA

JUNE 2022

**M.A. COUNSELLING, PSYCHOTHERAPY, AND SPIRITUALITY**

SAINT PAUL UNIVERSITY, OTTAWA, ONTARIO, CANADA

APRIL 2010

**B.S. PUBLIC HEALTH EDUCATION**

BRIGHAM YOUNG UNIVERSITY, UTAH, USA

## WORK AND VOLUNTEER EXPERIENCE

2024

**PART TIME PROFESSOR**, SAINT PAUL UNIVERSITY

- Winter 2024: Practicum Individual Counselling (IPA 6136)
- Fall 2024: Practicum Individual Counselling (IPA 6135)

2009-2024

**TEACHER'S ASSISTANT**, SAINT PAUL UNIVERSITY

- Spring/Summer 2024: Practicum for Individual and Couple's Counselling, Internal and External, French and English cohorts (IPA 6541, 6141, 7128, 6137)
- Fall 2023: Theories of Individual Counselling (IPA 6120)
- Winter 2023: Thèmes particuliers en relations humaines et spiritualité Guérison et autonomisation (IPA 4524)
- Fall 2022: Psychopathology (IPA 4122/6108)
- Winter 2021: Theories of Individual Counselling (IPA 6120)
- Winter 2009: Infectious Disease at Brigham Young University, Dr. Eugene Cole

JANUARY 2024 - PRESENT

**PSYCHOTHERAPIST**, LDS FAMILY AND WELFARE SERVICES

WINTER AND FALL 2023

**CLINICAL ASSISTANT, SAINT PAUL UNIVERSITY**

**APRIL 2022 – OCTOBER 2022**

**YOUTH COUNSELLOR/PSYCHOTHERAPIST (QUALIFYING)**

NEPEAN, RIDEAU, OSGOODE COMMUNITY RESOURCE CENTER

**RESEARCH ASSISTANT**

SAINT PAUL UNIVERSITY AND BRIGHAM YOUNG UNIVERSITY

- Spring 2022: ABC lab, Dr. Yuanyuan Jiang
- Winter 2020: Center for Religious Education and Catechesis, Dr. Carol Kuzmochka
- Fall 2009-Winter 2010: Business Case for Breastfeeding, Dr. Len Novilla

**2014-2019**

**PRESIDENT OF THE REGIONAL YOUNG WOMEN'S ORGANIZATION**

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

**2014-2019**

**WELLNESS ADVOCATE AND EDUCATOR, DOTERRA INTERNATIONAL**

**2011-2014**

**COUNSELOR FOR REGIONAL CHILDREN'S ORGANIZATION**

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

**2009-2019**

**PARENTAL LEAVE**

**2009**

**YOUTH DEVELOPMENT PROFESSIONAL, INTERN**

BOYS AND GIRLS CLUB, PROVO, UTAH, USA

## SCHOLARSHIPS AND AWARDS

- Ontario Graduate Scholarship recipient (OGS): 2022, 2023, 2024
- 2023 Saint Paul University Research Committee Graduate Support Program Award
- 2022 Saint Paul University Counselling and Spirituality Achievement Award Medal
- 2022 Saint Paul University Academic Scholarship, PhD
- 2021 uOGRADflix, 3<sup>rd</sup> place winner, cash prize
- 2021 SSHRC nomination to national competition for Doctoral Awards Competition 2022-2023, Saint Paul University
- 2020-2022 Saint Paul University Academic Scholarship, M.A.
- 2009 Health Science Department Academic Gift Scholarship
- 2008-2010 Academic Scholarship, Brigham Young University
- 2005-2006 Academic Scholarship, University of Ottawa
- 2003-2004 Academic Scholarship, Brigham Young University, Idaho

## TRAININGS AND CERTIFICATIONS

- Registered Psychotherapist, College of Registered Psychotherapists of Ontario (CRPO) (2022)
- Fluent in the English and French languages, speaking, reading, and writing
- NICABM trauma training (2022)
- ASIST training certification (2022)

## CONFERENCES, PUBLICATIONS & REVIEWS

- Armstrong, L., Watt, E., Potter, C., Epperson, B. (2024). *Meaning Mindset Theory: A Transdiagnostic Approach to Mental Health Promotion & Intervention for Children*. [Manuscript submitted for publication].
- Workshop co-presenter and poster presentation, Canadian Psychological Association Conference, June 2023
- Armstrong, L. L., & Potter, C. L. (2022). Measuring child coping in times of societal crises: Pilot development, reliability, as well as mental health and meaning mindset convergent validity of the children's crisis coping scale (3Cs). *Frontiers in Psychology*, 13.

## RELEVANT ACTIVITIES

- Youth seminary teacher for youth ages 14-18. 2020 – 2024
- Stress management workshop teacher at Longfield's Davidson Heights Secondary School, June 2022
- Elevatus foundation: Humanitarian efforts through fundraising campaigns and our family travelling to Madagascar to help build a school and train employees, 2017-present
- Ottawa Carleton Association for people with Developmental Disabilities (OCAPDD): Volunteer work at the garlic farm and Christmas gift wrapping stations to raise money for organization, 2004-present
- Guest Workshop presenter at 'For the Strength of Youth' conference for the Church of Jesus Christ of Latter-Day Saints at the University of Calgary, August 2023.

- Guest Workshop presenter at 'For the Strength of Youth' conference for the Church of Jesus Christ of Latter-Day Saints at Carleton University, August 2022
- Stress management guest lecturer at Algonquin College, April 2022