

Nicole Marcia (She/Her) MA, MC, RCC, C-IAYT

Registered Clinical Counsellor & Yoga Therapist

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www.finebalanceyoga.ca

EXPERIENCE

Founder, Director

Fine Balance Counselling & Yoga Therapy, Vancouver, BC 2004 - Present

Oversee day-to-day operations of a small, independent business responsible for facilitating 1-1 clinical counselling and Yoga therapy sessions, therapeutic classes, wellness retreats and training Yoga and health care professionals in trauma-informed Yoga theory and techniques.

Registered Clinical Counsellor

Brian Dean Williams & Associates, Vancouver, BC 2022 - 2024

Assisting clients living with experiences of anxiety, depression, substance use issues, trauma, chronic pain and difficulties in relationships utilizing Narrative Therapy. My approach is collaborative, strengths-based, and rooted in a commitment to equity and justice.

Shivani Wells-Shaw Clinical Counseling, Vancouver, BC 2023 - 2024

Working with clients with a variety of needs from a trauma-informed, feminist, LGBTQ2+ affirming, culturally sensitive, anti-racist lens. Being supervised in the utilization of EMDR (Eye Movement Desensitization and Reprocessing) therapy with clients living with the aftermath of traumatic experiences.

Curriculum Developer & Educator

Langara College Continuing Studies, Vancouver, BC 2012 - 2021

Instructor responsible for designing and delivering the Therapeutic Yoga for Trauma and Resilience, Therapeutic Yoga for Pain Management and the Professional Practice and Mentorship Programs.

Vancouver School of Healing Arts, Vancouver, BC 2012 - Present

Instructor and mentor responsible for the design and delivery of courses including Trauma-Informed Yoga Therapy, An Introduction to Trauma-Informed Yoga and The Therapeutic Alliance in Yoga Therapy.

Ajna Yoga, Victoria, BC 2010 - Present

Instructor and mentor responsible for designing and delivering courses including Yoga for Mental Health and Addiction, The Therapeutic Relationship and Yoga, Psychology, and the Mind.

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COUNSELLING & YOGA THERAPY

Simon Fraser University Continuing Studies, Burnaby, BC 2023-Present

Instructor in the First Responders Trauma Prevention Certificate Program. Responsible for the facilitation of the Introduction to Addictions course in this online program explores how trauma in the workplace impacts mental health.

Yoga Therapist

Boreal Wellness Centre, Vancouver, BC 2019 – 2021

Provided therapeutic Yoga programming and individual sessions to public safety personnel, first responders and military veterans diagnosed with PTSD in the 10-week Resilient Living™ Trauma Day Treatment Program.

Deborah's Gate, The Salvation Army, Vancouver, BC 2018– 2022

Provided therapeutic Yoga programming to international and domestic women who had been trafficked into situations of sexual and/or labour exploitation.

Tupper Nova and the Vinery, Vancouver School Board, Vancouver, BC 2018 – 2023

Facilitated therapeutic Yoga programming for youth with serious mental health issues, who were emotionally fragile and/or who had not experienced success in a mainstream school setting.

Onsite Detox & Transitional Housing Program, Vancouver, BC 2007 – 2018

Provided therapeutic Yoga programming to individuals in various stages of recovery who lived with significant degrees of marginalization in the Downtown Eastside.

Research & Writing

Health and Wellness Equity Research Group, Carleton University, Ottawa, ON,

February 2023-Present Educator and yoga therapist in this research initiative which focused on leveraging trauma- and violence- informed physical activity to improve the quality of life of self-identified women and their families.

Combining Narrative Therapy and Trauma Center Trauma Sensitive Yoga (TCTS) in the Treatment of Complex Posttraumatic Stress Disorder 2023, City

University, Vancouver, BC A capstone submitted in partial fulfillment of the requirements for the Degree of Master of Counseling (MC).

Trauma-Informed Care & Yoga - A Guide for Survivors & Healing Professionals,

the Breathe Network, 2022 Co-author of this guide that was designed for both healing professionals and trauma survivors to explore the profound ways in which yoga can support healing.

Expanding safe spaces: Practices and perspectives of trauma and structural violence-informed care, the University of British Columbia, Faculty of Medicine, Vancouver, BC 2019 - 2021 Interviewed experts from diverse professional backgrounds, with experiences of practicing trauma and structural violence-informed care to translate knowledge about these practices with a focus on women's health services. Data collection and community outreach.

Vancouver Injection Drug User Study, British Columbia Centre on Substance Use, Vancouver, BC 2013 - 2016 Interviewed study participants for a longitudinal research project exploring the lived experiences of +4000 persons with a history of drug use, persons living with HIV and un-housed youth. Data collection, entry, and community outreach.

Using Yoga for Stress Reduction in Health Service Workers - Master's Thesis, 2009 Master of Arts Degree in Independent Studies in Yoga Therapy Studies Lesley University Graduate School of Arts and Social Sciences.

The Imaginative Education Research Group (IERG), Simon Fraser University, Department of Education, Burnaby, BC and Cluj, Romania 2002-2004 Conducted research into teaching pedagogy in a daycare in Romania serving underprivileged children with this group which was dedicated to showing how learners' imaginations can be routinely engaged in everyday classrooms through storytelling.

Jump Step Intervention Study, The University of British Columbia and The Mood Disorders Association of BC, Vancouver, BC 2015 Collaborated to deliver a 14-week program within a Group Medical Visit (GMV) setting designed to support people with depression to engage in regular physical activity.

Program Director & Coordinator

The Burnaby Centre for Mental Health and Addictions & Riverview Hospital, Provincial Health Services Authority, Burnaby/Coquitlam, BC 2010 - 2017 Developed and delivered a comprehensive Yoga therapy program for adults living with severe, complex, and concurrent substance addiction and mental health disorders.

Director of Teacher Training & Mentorship, Yoga Outreach, Vancouver, BC 2006 - 2023

Responsible for the design, delivery, and ongoing development of trauma-informed Yoga training for this non-profit organization which placed volunteer Yoga teachers in social service settings.

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COUNSELLING & YOGA THERAPY

Program Coordinator, Langara College Continuing Studies, Vancouver, BC 2019 – 2021

Planned, scheduled, organized, and evaluated educational programs from start to finish. Prepared contracts and negotiated revisions and additions to the curriculum. Hired and supervised faculty and advised students.

Guest Lecturer & Facilitator

Delivering presentations, therapeutic yoga sessions and professional development workshops since 2011 at City University, Adler University, Stenberg College, Copeman Health, Child and Youth Mental Health Services, the Ministry of Child and Family Development, the Vancouver Foundation, Peter A. Allard School of Law at the University of British Columbia, Cameray Youth and Family Services, the Annual Canadian Energy Psychology Conference, the BC First Responders Mental Health Conference, the Dalai Lama Center for Peace & Education, the BCGEU, S.U.C.C.E.S.S., the End the Violence Association of BC, Repose Therapy, Canuck Place, Housing First Toronto, the Health and Wellness Equity Research Group, Air Canada, the BC Society of Transition Houses, the Health Employees Union and CUPE.

EDUCATION

Master of Counseling, City University of Seattle, Vancouver, BC

2020-2023

Master of Arts Degree, Yoga Therapy Studies, Lesley University, Cambridge, MA, USA

2007- 2009

Eastern European Cultural Studies, Charles University, Prague, Czech Republic

2001-2002

Bachelor of Arts Degree, English Literature, Simon Fraser University, Burnaby, BC

2000-2002

Arts & Sciences Diploma in Classical Studies, Langara Community College, Vancouver, BC 1997-2000

Basic Counseling Skills Certificate, Vancouver Community College, Vancouver, BC 1996

CONTINUING EDUCATION

AEDP™ Essential Skills Course June - February 2026

AEDP™ Psychotherapy Immersion Course with Diana Fosha Ph.D. January 2025

EMDR Basic Training Online with Jasmine Alexander PsyD, RCC, CCC 2023 - 2024

Occupational Awareness Training for Therapists: Understanding First Responder Trauma, Levels 1 & 2, the BC Professional Fire Fighters Association and First Responder Health, Vancouver, BC 2019

Trauma Center Trauma-Sensitive Yoga Facilitator Professional Certification, the Trauma Centre at the Justice Resource Institute, Brookline, MA, USA 2017

San'yas online Indigenous Cultural Safety Training, Provincial Health Services Authority 2017

New Frontiers in Trauma Treatment, the Justice Resource Institute of British Columbia, with Dr. Bessel van der Kolk 2013

Advanced Webinar in Complex Trauma & Dissociation with Janina Fisher, PhD 2012 -2013

Mindfulness-Based Stress Reduction (MBSR) Professional Training with John Kabat-Zinn, Mount Madonna, CA, USA 2006

VOLUNTEER

Specialized Victim Assistance Program, Abbotsford Community Services 2020

Women Against Violence Against Women (WAVAW), Vancouver, BC 2007

The Kettle Friendship Society, Vancouver, BC 2002

Battered Women's Support Services (BWSS), Vancouver, BC 1995 - 1997

REFERENCES AVAILABLE UPON REQUEST