

PROFESSIONAL SUMMARY

Melody Hazelton is a Master Therapeutic Counsellor & Registered Counselling Supervisor (#2503) with the Association of Cooperative Counselling Therapists of Canada (ACCT) and a Counselling Therapist (#1055) with the Association of Counselling Therapy of Alberta (ACTA). Melody is a Certified Health & Wellness Coach, Positive Discipline Educator, and Keeping The Joy in Relationships Facilitator. She is a seasoned professional and she has been helping individuals, couples, and parents meet and exceed their therapy goals since 2018.

Melody was an instructor for all 3 levels of Practitioner training, a three-year counselling training program with Clearmind International from 2020 - 2023. She has also created and facilitated several personal growth workshops and classes based on Adlerian Psychology and Forward Facing principles - Empowering Parents with Positive Discipline, Keeping The Joy in Relationships, and Forward Facing Me: Personal Engagement Group.

Her main areas of expertise are addictions, anxiety, boundaries, depression, grief, life coaching, life transitions, marriage, parenting, relationships, self-esteem, self-worth, stress, trauma, and women's issues.

THERAPEUTIC MODALITIES

Accelerated Resolution Therapy, Adlerian Psychology, Bowen Family Systems Theory, Brainspotting, Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Gestalt Therapy, Humanistic - Existential Therapy, Internal Family Systems (IFS) Mindfulness, Narrative Therapy, Person-Centered, Positive Psychology, Psychodynamic Therapy, Somatic Therapy, Transpersonal Psychology.

PROFESSIONAL EXPERIENCE

Master Therapeutic Counsellor, Registered Counselling Supervisor & Private Practice Owner, Empowered Life Counselling

Oct 2018-Present

Therapeutic counselling for individuals, couples families & youth. Committed to helping clients achieve their mental health goals by developing the skills they need. Excellent writing, task management, relationship building, and communication skills. Attend monthly supervision and participate in regular continuing education.

Master Therapeutic Counsellor, Steadfast Counselling

Dec 2021- Present

Therapeutic counselling for individuals, couples families & youth. Committed to helping clients achieve their mental health goals by developing the skills they need. Excellent writing, task management, relationship building, and communication skills. Attend monthly supervision and participate in regular continuing education.

Instructor of Counselling Psychology, Clearmind International Institute

Oct 2020- Sept 2023

Instructing/Co-facilitating Classes. Ethical and effective delivery of the therapeutic elements of the program. Class administration – students files, attendance,

communication, student forums. Staying in a caring relationship with students and tuning into their personal curriculum.

Sponsor/ Workshop Producer, Clearmind International Institute

March 2018- Sept 2023

Promoted, produced, and organized a therapeutic workshop (The Awakening) for Clearmind International in Calgary, AB. Effective service & sales representative. Built & fostered relationships with team and participants. Assisted with marketing and logistics. Managed the flow of the workshop and the assistant team. Excellent organizational skills, leadership, problem-solving, and ability to adapt.

EDUCATION & PROFESSIONAL DEVELOPMENT

- Supervision for the Supervisor: Complex Case Clinic, Karen Goodfellow, MTC, RCS, Magicore Counselling, 2025
- Documentation in Supervision, Blythe Shepard, PhD, CT, ACTA, 2025
- Polyvagal Theory: Pathways to Stillness, Deb Dana, PESI Inc, 2025
- Ethics Series #3D - Consent & Documentation Issues When Working With Youth & Parents, Dawn Psychological Services - Supervision, Training, & Therapy Services, 2025
- 2025 Suicide Summit, Mental Health Academy, 2025
- 2025 Grief Summit, Hosted by David Kessler, MA, RN, FACHE, PESI Inc, 2025
- Overcoming Perfectionism: CBT Tools for Mastering the Art of Self-Acceptance, Feeling Good Institute, 2025
- Canadian Counselling & Psychotherapy Association (CCPA) 2025 Annual Conference, 2025
 - Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence, Blythe Shepard, Lori Rudniski
 - An Introduction to the Indigenous Mental Health Continuum Framework, Dr. Restoule & Dr. Hopkins
 - Bridging the Gap: Faith Inclusive Mental Health Practices for Immigrant Communities
 - Bringing the Mystical into Therapy: Transpersonal Modalities to Support Depression Management, Saira Sabzaali
 - Working Together to be a Strong Voice for Alberta Regulation, Laura Hahn, Nicole Imgrund, Nicholas Renaud
 - Navigating the Mental Health Landscape: The Role of Private Practitioners, Paul Yeung, Corrine Hendricken-Eldershaw, Linda Storm, Veronika Loffreda
 - Closer Together: Knowing Ourselves, Loving Each Other, Sophie Grégoire

Trudeau

- Finding Light in the Dark: Working with Suicide in a Hopeful Way, Chelsea Hobbs, M.Ed, R. Psych & Jonathan Dubue, PhD, R. Psych
 - How to Respond When Suicide is a Concern, Martine Lopez
 - The “S” Word: Working with Suicidal or Self-Harming Teens, Kim Leifso
 - Return to Centre: Simple Strategies to Navigate Distress, Depression & Disconnection, Patricia Morgan
 - Intergenerational Resilience Method for Families Impacted by Intergenerational Trauma, Barbara Woods, PhD., CCC
 - The Healing Canvas: Listening to the Body’s Wisdom Through Therapeutic Drawings That Move Beyond Talk Therapy, Dr. Dawn McBride
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- Support Sixties Scoop Survivors, Lorraine Champagne and Daniel Campbell, SSISSA, ACTA, 2025
 - Ethics Series # 3B - Risk & Safety - Consent & Charting Issues, Dawn Psychological Services - Supervision, Training, & Therapy Services, 2025
 - Ethics Series # 3A - Legal Requests & Testifying, Dawn Psychological Services - Supervision, Training, & Therapy Services, 2025
 - Ethics Series # 2 - Informed Consent Form & Process, Dawn Psychological Services - Supervision, Training, & Therapy Services, 2025
 - Ethics Series # 1 - Writing Useful, Ethical & Efficient Counselling Session Notes, Dawn Psychological Services - Supervision, Training, & Therapy Services, 2025
 - IS-ART 2025 Conference – ART, Trauma and Beyond, 2025
 - The Seasoned Clinician's Notebook: Increasing Adaptive Racial Socialization for Black Boys: A Psychodynamic Analysis, Dr. Huey Hawkins, PhD, LCSW, 2025
 - Don't Delay! Anti-Procrastination CBT Strategies to Help You and Your Patients, Feeling Good Institute, 2025
 - Indigenous Awareness Training Pt1 & Pt 2, Leigh Sheldon PSYCH, ACTA, 2025
 - Accelerated Resolution Therapy Basic Training, Rosenzweig Center for Rapid Recovery, LLC, Home of Accelerated Resolution Therapy (ART), 2024
 - Accelerating Inclusion Training Program - Stream 1 GEDI Principles, Women’s Economic Council, 2024
 - Get Unstuck! Overcoming Resistance in Therapy, Feeling Good Institute, 2024
 - Ethical Boundaries in Counselling, Dr. Simon Nuttgens, R. Psych, ACTA, 2024

- LGBTQIA+ Affirmative Care Summit, *Intersectional Perspectives to Successfully Cultivate Inclusive Therapy Practices*, PESI Inc., 2024
- Clinical Supervision: Providing Effective Supervision, Navigating Ethical Issues and Managing Risk, George Haarman, PsyD, LMFT, PESI Inc., 2024
- Creating a Pathway for Better Understanding Stoney Nakoda Tsuut'ina Health Competencies, Margo Dodginghorse and Tessy Big Plume, ACTA, 2024
- Keys For Effective Treatment of Anxiety: Interoceptive Exposure and Safety Behaviors, Feeling Good Institute, 2024
- A Relational Ethics Primer, Dr. Simon Nuttgens, R. Psych, ACTA, 2024
- CBT for Insomnia, Feeling Good Institute, 2024
- Clinical Applications of Internal Family Systems Therapy, PESI Inc., 2024
- Ethical Decision Making: When to, Why to, and How to, Dr. Simon Nuttgens, R. Psych, ACTA, 2024
- Adlerian Series, Positive Discipline Association, 2024
- Forward Facing Health & Wellness Coach Re -Certification, Forward Facing Institute, 2023
- Mind Over Matter: Using CBT to Conquer Temptation and Establish Healthy Habits, Feeling Good Institute, 2024
- Anxious Grief: Strategies for Working with the Missing Stage of Grief, PESI Inc., 2024
- Supervision Training Level 1 & 2, Karen Goodfellow MTC, RCS, Magicore Counselling, 2024
- Forward Facing Me Certification Training, Forward Facing Institute, 2023
- How to Become an Anti-Racist and Anti-Oppressive Practitioner, ACTA, 2023
- Forward Facing Health & Wellness Coach Certification, Forward Facing Institute, 2023
- Certified Clinical Trauma Professional (CCPT), Evergreen Certifications, 2023
- Trauma Competency for the 21st Century, Forward Facing Institute, 2023
- Forward Facing Professional Resilience, Forward Facing Institute, 2023
- Ethics - Informed Consent Form & Process, Dawn Psychological Services, 2023
- Forward Facing Trauma Therapy, Forward Facing Institute, 2023
- Documentation, ACTA, Dawn Psychological Services, 2023
- Forward Facing Freedom, Forward Facing Institute, 2023
- Optimizing Our Relationships, Forward Facing Institute, 2023
- Brainspotting Therapist, Phase 2, Brainspotting International, 2023

- Certified Clinical Trauma Professional (CCPT), Evergreen Certifications, 2022
- How to Treat High-Conflict and Conflict-Avoidant Couples, Mind, Body, Training Institute, 2022
- Brainspotting Therapist, Phase 1, Brainspotting International, 2022
- Treating Complex Trauma with Internal Family Systems, PESI Inc., 2022
- Dialectical Behaviour Therapy (DBT) Certification Training, PESI Inc, 2022
- Black Liberation as a Path to Collective Wellness & Healing, R. Cassidy Seminars, 2022
- Release Stress & Trauma Through Listening To Your Body, Holistic Life Navigation, 2022
- Emotional Freedom Techniques & Thought Field Therapy (EFT/TFT tapping) Master Practitioner, The Priority Academy, 2022
- Basic Principles of Somatic Experiencing, Somatic Experiencing International, 2022
- Certified Positive Discipline Classroom Educator, Positive Discipline Association, 2021
- Trauma Conference: The Body Keeps the Score Trauma Healing with Bessel van der Kolk, MD, PESI Inc., 2021
- Navigating White Privilege Constructively as a Counsellor, ACCT, 2021
- Clinician's Suicide Prevention Summit, PESI Inc., 2021
- Radical Anti-Bias Education: Cultivating True Comrades in Struggle, White Awake, 2021
- Certified Keeping the Joy in Relationships Educator, Positive Discipline Association, 2021
- Adlerian Series, Positive Discipline Association, 2021
- The Art of Facilitating, Positive Discipline Association, 2021
- Happy Family Conference, Mindful Parenting & Mental Awareness, 2020
- Positive Discipline Conference & Think Tank, 2020
- Certified Positive Discipline Parent Educator, Positive Discipline Association, 2019
- Managing Children's Mental Health in Primary Care: Assisting Transgender Children & Youth: Building Conceptual Frameworks for Affirming Care, Alberta Health Services, 2018
- Transpersonal Therapeutic Counsellor Training Program, Clearmind International Institute, 2018
- Bachelor of Arts, Athabasca University, 2005

