

Abbreviated Curriculum Vitae of

Raneeta Gopal

EDUCATION

Master of Arts Adler University Vancouver, BC	Counselling Psychology Supervisor: Dr. Asa Sophia Maglio, PhD Thesis: <i>The Therapeutic Aspects of the Bhagavad Gita</i>	Sep 2007 – May 2011
Bachelor of Arts University of B.C. Vancouver, BC	Major: Psychology	Sep 2003 – Jun 2006
General Arts & Science Langara College Vancouver, BC		Sep 2001 – Jun 2003
French Studies Universite du Quebec a Trois-Rivieres Trois, Rivieres, QC		June 2002 – July 2002

WORK EXPERIENCE

Adler University <i>Adjunct Faculty</i>	Sep 2022 – present
Raneeta Gopal Counselling Services <i>Registered Clinical Counsellor</i>	July 2016 – present
Chimo Crisis Services <i>Crisis Line Instructor</i>	Jan 2022 – Aug 2023
Fraser Health Authority <i>Eating Disorders Therapist</i>	Nov 2012 – 2023
Boucher Institute of Naturopathic Medicine <i>Counsellor & Faculty Instructor</i>	Jan 2013 – May 2021

Ministry of Children and Family Development <i>Child & Youth Mental Health Clinician</i>	Nov 2011 – Sep 2012
Ministry of Children and Family Development <i>Child Protection Social Worker</i>	Jul 2011 – Feb 2011
Ministry of Children and Family Development <i>Social Program Officer Assistant</i>	Jul 2007 – Feb 2011
Family Services of Greater Vancouver <i>Family Counsellor</i>	Jul 2008 – Jan 2010
University of British Columbia Student Counselling Services <i>Student Counsellor</i>	Sep 2008– Apr 2009
Chimo Crisis Services <i>Crisis Line Volunteer</i>	Nov 2005 – Sep 2007
Vancouver Rape Relief & Women’s Shelter <i>Women’s Support Worker Volunteer</i>	Jul 2004 – Feb 2005
Elizabeth Fry Society <i>Residential Women’s Support Worker</i>	Jun 2007 – Aug 2007
UBC Anxiety Disorders Clinic Research Assistant	May 2005 – Aug 2006

CLINICAL WORKSHOPS AND CONTINUING EDUCATION

Sensorimotor Psychotherapy for Trauma Themes Level 1	May 2024
<ul style="list-style-type: none"> • Ninety-six hour training offered online with live instruction. • Skills to notice and process the traumatic experiences that are held in clients' bodies. • Led by Rebeca Farca, PhDc., LMFT 	
Gottman Method Couples Therapy Levels 1 & 2	Oct 2024
<ul style="list-style-type: none"> • Thirty-six hour training offered online and in person. • Therapeutic assessments and interventions specific to the Gottman Method. • Led by Lawrence Stoyanowski, RCC, MSc, MFT, CGT and Darren Wilk, RCC, MA, CGT 	

Clinical Supervision Levels 1 & 2

Jun & Sep 2023

- Forty-eight hour training offered through the Justice Institute of BC
- Developed deeper awareness of intrapersonal and interpersonal processes to provide effective supervision and to confidently guide supervisees on how to relate to codes of ethics and legal obligations.
- Led by Glen Grigg, PhD., RCC and Michelle Mann, PhD, RCC

The Sexually Competent Therapist

Oct 2022

- Thirty-hour training offered through the Allura Centre
- Topics covered include: uncovering biases, assessment & sexual history taking, understanding and addressing common sexual functioning concerns, ethical non-monogamy, BDSM & kink, gender identity and sexual orientation.
- Led by Diana Sadat, MCP, RCC, CST

Emotion-Focused Couple Therapy Externship

July 2019

- Twenty-eight hour externship at the Vancouver Couples and Family Institute
- Witnessed the EFT change process through taped and live sessions
- Focused on the framework and clinical techniques required to move through the 9 steps
- Participated in skill training exercises
- Led by Veronica Kallos-Lilly, PhD and Yolanda von Hockauf, MEd

Foundations of Instructional Practice

Aug 2014

- Twenty-four hour course at the Justice Institute of British Columbia
- Focused on instructional design for adults and the process of developing concrete learning objectives which meet the needs of various types of learners
- Practiced how to develop and present a lesson plan
- Led by Gina Buchanan, MEd

Dialectical Behaviour Therapy

Nov 2012

- Thirty hour training program hosted by the Ministry of Children and Family Development
- Focused on strategies to assist individuals in practicing mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation
- Led by Paul Enns, MC, Allison Wray, MA, Neil Mercer, RCC, Sarah Andres, RN, and PJ Lewis, MA

Dialectical Behaviour Therapy Strategies

Feb 2010

- Full day workshop presentation offered by the DBT Centre of Vancouver, Inc.
- Focused on strategies to balance acceptance and change with multi-problem clients
- Led by John R. Wagner, PhD, R Psych

PROFESSIONAL MEMBERSHIPS

British Columbia Association of Clinical Counsellors
Membership #3620 2012 – present

South Asian Therapists Organization 2021 – present

British Columbia Association of Clinical Counsellors
Approved Clinical Supervisor 2023 - present