

# Raneeta Gopal

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## EDUCATION

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

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## WORK EXPERIENCE

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

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

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## **CLINICAL WORKSHOPS AND CONTINUING EDUCATION**

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<b>Lessons in Love Leader Training</b>	May 2025
<ul style="list-style-type: none"> <li>• Seven and a half hour live training offered online.</li> <li>• Learned how to provide relationship tools, explain dating process and present the Gottman Seven Principles adapted for singles in both in-person and virtual formats.</li> <li>• Led by Stacy Hubbard, LMFT, CGT</li> </ul>	
<b>Sensorimotor Psychotherapy for Trauma Themes Level 1</b>	May 2024
<ul style="list-style-type: none"> <li>• Ninety-six hour training offered online with live instruction.</li> <li>• Skills to notice and process the traumatic experiences that are held in clients' bodies.</li> <li>• Led by Rebeca Farca, PhDc., LMFT</li> </ul>	

**Gottman Method Couples Therapy Levels 1 & 2**

Oct 2024

- 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 &amp; 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**

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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