

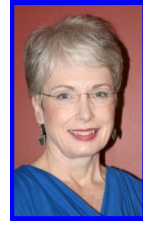


# Armstrongs' Counselling Services

Telephone: (780) 444.4399  
Fax: (780) 489.6389  
Email: dmarm@telus.net

10027 - 166 Street  
Edmonton, Alberta T5P 4Y1  
Websites: ArmstrongsCounselling.com  
VoiceDialogueEdmonton.com

## Donna C. Armstrong Resume As of January 2016



### Personal Information

Date & Place of Birth: August 28, 1951 in Fairview, Alberta, Canada  
Marital Status: Married in 1971 to Murray J. Armstrong  
Family Status: Mother of two Adult Daughters & two Son-in-Laws  
Grandmother to five Grandchildren

### Academic History

1985 - 1989 **University of Alberta**  
Edmonton, Alberta  
Completion of the Bachelor and/with an Advanced Education Degree;  
Majoring in Business Education in Advanced Adult Education

1971 **Grande Prairie Regional College**  
Grande Prairie, Alberta  
Awarded Diploma in Secretarial Science. Passed Government Certification  
Exams: Secretarial Level III (Highest Level - Legal & Medical Profession)

1970 **Fairview Agricultural/Vocational College**  
Fairview, Alberta  
Successfully completed the one-year Business Education Program  
Awarded Scholarship to Grande Prairie Regional College,  
for further study.

1969 **Fairview Senior High School**  
Fairview, Alberta  
Graduated Grade 12; High School Diploma with Honours.

### Publications

June, 2003 Self-published with Murray Armstrong, a three level teaching curriculum in the 'Basic Concepts of Voice Dialogue' (Introductory, Intermediate and Advanced Levels). Used around the world for training therapists in the Voice Dialogue, Psychology of the Selves and the Aware Ego Process.

*“Creating Deeper Connections for Individuals and Relationships”*



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### **Employment History**

- 2001 - 2016 (15 years) - present      **Armstrongs' Counselling Services**  
Self-employed, Private Practice in Edmonton, Alberta  
Facilitator/Counselor & Co-Owner of a Counselling Centre
- 1989 - 2001 (12 years)      **Instructor & Curriculum Developer at Nor Quest College**  
10215 - 108 St., Edmonton, Alberta  
Senior Instructor, Coordinator, and Curriculum Developer for  
Business Education Programs at Nor Quest College.
- 1985 - 1989 (Summers)      **Secretary for a Office Services Agency**  
Edmonton, Alberta  
White attending University of Alberta, as a full-time adult student
- 1984 - 1985      **Alberta Career Centre, Manpower Division**  
Edmonton, Alberta  
Receptionist/Switchboard Operator/Stenographer
- 1975 - 1984      **Owner & Operator - "Clay Haven Ceramics"**  
O'Leary, Prince Edward Island  
Self-employed potter, creating functional stoneware
- 1975 - 1984 (Evenings)      **Canada Manpower/Government of Prince Edward Island**  
O'Leary, Prince Edward Island, Canada  
Pottery & Ceramics Instructor at Community College
- 1973 - 1975 (Evenings & Weekend)      **Parks and Recreation Department**  
City of Grande Prairie, Alberta  
Pottery & Ceramics Instructor at the City's Recreational Centre  
Teaching to adults (evening and weekend courses).
- 1974 - 1975      **Alberta Power Limited**  
Grande Prairie, Alberta  
Administrative Secretary
- 1973      **Alberta Mental Health Services**  
Grande Prairie, Alberta  
Senior Stenographer for the Director & Supervisor of Three Clerk-Typists
- 1971 - 1973      **Domtar Construction**  
Halifax, Nova Scotia  
Administrative Secretary & Supervisor of Clerk-Typist  
**Children's Aid Society** (evenings & weekends)  
Substitute Group Home Worker for adolescents in residence

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### **Employment History** - continued

- 1974 - 1975                      **Alberta Power Limited**  
Grande Prairie, Alberta  
Administrative Secretary
- 1973                                **Alberta Mental Health Services**  
Grande Prairie, Alberta  
Senior Stenographer for the Director & Supervisor of Three Clerk-Typists
- 1971 - 1973                      **Domtar Construction**  
Halifax, Nova Scotia  
Administrative Secretary & Supervisor of Clerk-Typist
- Children's Aid Society** (evenings & weekends)  
Substitute Group Home Worker for adolescents in residence

### **Publications**

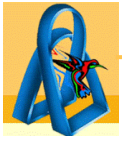
- June, 2003                      Co-wrote with Murray J. Armstrong & published three levels of a teaching curriculum, (Introductory, Intermediate and Advanced Levels), Approved by the founders of Voice Dialogue, Drs. Hal & Sidra Stone 'Basic Concepts of Voice Dialogue'
- 2006 - present                      Wrote and Individually Facilitate a Woman's Program: "Speak-Up and Speak-Out; accessing the wisdom of your inner selves"
- 2003 - Present                      Individually and/or co-operatively facilitate approximately ten workshops per year over an above counseling private practice clients.

### **Psychological Approaches**

*Below is a summary of the major approaches I incorporate into my private practice.*

- 2012 - present                      Emotionally Focused Therapy for Couples, Families & Individual's
- 2007 - still active                      Advance Integrative Therapy (Seemorg Matrix)
- 2004 - still active                      Individualized Energy Psychology
- 2000 - sill active                      Re-Creation of the Self Model
- 1999 - 2001                        Inca Shamanic Training
- 1989 - still active                      Voice Dialogue, Psychology of the Selves and the Aware Ego Process

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## Therapy Training

Since 1989, I have averaged about 60 hours of therapy training each year.

Below is a detailed list the therapy approaches that I have studied through out the years from 1989 to present.

## Detailed List of Therapy Training

<u>Month</u>	<u>Year</u>	<u>Length</u>	<u>Subject</u>	<u>Presenter</u>
November	2015	2 days	Emotionally Focused Therapy Stage Two Change Events Training Getting Clearer, Going Deeper	Dr. Marlene Best Kathryn Rheems
October	2015	2 days	Emotionally Focused Therapy 'Gaining Traction, Get to Softening in EFT'	Jim Thomas EFT Trainer
October	2015	4 days	Voice Dialogue Convergence	Tamar Stone
September	2015	2 days	Emotionally Focused Family Therapy	Gail Palmer George Faller
June	2015	2 days	Emotionally Focused Therapy - Core Skills 4	Dr. T. Leanne Campbell
May	2015	1 day	Emotionally Focused Therapy, Stage One Steps 1-4, 'Under the Microscope'	Murray J. Armstrong
April	2015	2 days	Emotionally Focused Therapy - Core Skills 3	Dr. T. Leanne Campbell
February	2015	2 days	Hold Me Tight Workshop for Couples	Dr. Sue Johnson
February	2015	2 days	Emotionally Focused Therapy - Core Skills 2	Gail Palmer
January	2015	1 day	Emotionally Focused Therapy, Stage One Steps 1-4, 'Under the Microscope'	Murray J. Armstrong
November	2014	2 days	Emotionally Focused Therapy - Core Skills 1	Gail Palmer
November	2014 - present		Emotionally Focused Therapy Individual Supervision of Therapy Skills	
November	2014 - present		Emotionally Focused Therapy Group Supervision of Therapy Skills	

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### Detailed List of Therapy Training - continued

<u>Month</u>	<u>Year</u>	<u>Length</u>	<u>Subject</u>	<u>Presenter</u>
September	2014	2 days	Emotionally Focused Therapy Attachment Injury Resolution Model Workshop	Lorrie Brubacher
May	2013	4 days	Emotionally Focused Therapy Externship	Lorrie Brubacher
April	2012	14 hours	Trauma, Neuroplasticity and the Development Of Addictive Behavior	Dr. Gabor Mateo
December	2011	21 hours	Advanced Integrative Therapy Attachment Treatment	Dr. Asha Clinton
November	2011	21 hours	DARe-Module 1 - Healing Early Attachment Wounds: Embracing the Authentic Self	Dr. D. Heller-Poole
May	2010	2 days	Healing Emotional and Physical Pain	Dr. Maggie Phillips
April	2010	4 days	Advanced Integrative Therapy Emotional Triggers Workshop	Dr. Asha Clinton
March	2009	4 days	Advanced Integrative Therapy Anxiety Disorders Assessment and Treatment	Dr. Asha Clinton
October	2009	4 days	Voice Dialogue Convergence The Art of Building Community	Tamar Stone
October	2008	3 days	Advanced Integrative Therapy Mastering AIT Practice	Dr. Asha Clinton
May	2008	3 days	Re-Creation of the Self, Workshop #5	Jon Eisman
April	2008	3 days	Advanced Integrative Therapy Psychogenic Illness Treatment #1	Dr. Asha Clinton
December	2007	3 days	Advanced Integrative Therapy Matrix – Depths	Dr. Asha Clinton
November	2007	3 days	Advanced Integrative Therapy Matrix – Healing the Wounded Spirit	Dr. Asha Clinton
October	2007	3 days	Re-Creation of the Self, Workshop 4	Jon Eisman
September	2007	5 hours	Advanced Integrative Therapy Matrix Tele-conferencing (Presence)	Dr. Asha Clinton

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### Detailed List of Therapy Training - continued

<u>Month</u>	<u>Year</u>	<u>Length</u>	<u>Subject</u>	<u>Presenter</u>
July	2007	3 days	Advanced Integrative Therapy Matrix – Presence	Dr. Asha Clinton
April	2007	3 days	Advanced Integrative Therapy Matrix - Basics	Bari Banister
February	2007	3 hours	Re-Creation of the Self Supervision	Beth Falch-Nielsen
January	2007	3 days	Re-Creation of the Self Workshop 3	Jon Eisman
November	2006	3 hours	Re-Creation of the Self Supervision	Beth Falch-Nielsen
September	2006	2 days	Luminosity	Maureen Grey
September	2006	3.5 days	Re-Creation of the Self - Workshop 2	Jon Eisman
August	2006	3 hours	Re-Creation of the Self - Supervision	Beth Falch-Nielsen
July	2006	2 days	Couples workshop	Char & Rich Tosi
June	2006	3 hours	Re-Creation of the Self - Supervision	Beth Falch-Nielsen
May	2006	3 hours	Re-Creation of the Self - Supervision	Beth Falch-Nielsen
April	2006	3.5 days	Re-Creation of the Self - Workshop 1	Jon Eisman
December	2005	3.5 days	Re-Creation of the Self - Couples Workshop	Jon Eisman
November	2005	4 days	Voice Dialogue Advanced - Partnering	Drs. Hal & Sidra Stone
September	2005	5 days	Voice Dialogue Advanced - Couples	Drs. Hal & Sidra Stone
June	2005	3 hours	Re-Creation of the Self - Supervision	Beth Falch-Nielsen
May	2005	3 days	Re-Creation of the Self - Into Couples Work	Jon Eisman
April	2005	2.5 days	Voice Dialogue - Couples Work	Martha-Lou Cohen
April	2005	2 days	Integrated Energy Psychology	Barbara Stone
October	2004	2 days	Individualized Energy Psychology # 2	Dr. Dorothea Kramer
July	2004	2 days	Voice Dialogue Couples Intensive	Martha-Lou Cohen

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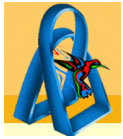
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### Detailed List of Therapy Training - continued

<b><u>Month</u></b>	<b><u>Year</u></b>	<b><u>Length</u></b>	<b><u>Subject</u></b>	<b><u>Presenter</u></b>
April	2004	2 days	Individualized Energy Psychology # 1	Dr. Dorothea Kramer
January	2003	5 days	Voice Dialogue Training	Drs. Hal & Sidra Stone
July	2002	5 days	Voice Dialogue Training	Drs. Hal & Sidra Stone
June	2002	3 days	Hakomi Advanced Couples Training	Jon Eisman
September	2001	5 days	Voice Dialogue Training	Drs. Hal & Sidra Stone
April	2001	4 days	Inca Shamanic Training	Jose Herrera
December	2000	5 days	Voice Dialogue Training	Drs. Hal & Sidra Stone
July	2000	5 days	Voice Dialogue Training	Drs. Hal & Sidra Stone
June	2000	4 days	Inca Shamanic Training	Joe Herrera
January	2000	4 days	Inca Shamanic Training	Jose Herrera
September	1999	4 days	Inca Shamanic Training	Alberto Vilado
February	1999	4 days	Inca Shamanic Training- Intro	Alberto Vilado

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## **Workshops and Trainings Developed and Offered**

- 2012 - present Co-facilitated with Murray Armstrong, an Emotional Focused Therapy program for EFT therapists: 'Under the Microscope, Stage One, Steps 1-4'.
- 2007 - 2013 Co-written and co-facilitated with Murray Armstrong, couples therapy program: 'Creating the relationship you want to come home to'.
- 2005 - 2010 Written and offered two programs for Women's Group Therapy: 'Speak up and Speak Out' and 'Women Empowering Women'.
- 2003 - present Co-facilitate with Murray Armstrong, approximately 10 workshops training therapists in the Voice Dialogue, Psychology of the Selves and the Aware Ego Process.

## **References**

Person	Position	Context Known	Location	Phone Number
Mrs. Kim Wall	Voc. Dia. Facilitator	Colleague since 1998	Comox, BC	250 - 339 - 9747
Mr. Larry Lambert	Retired Vice-Principal	Friend since 1971	Edmonton, AB	780 - 436 - 1438

## **Professional Affiliations**

- Member since 2016: International Centre for Excellence in Emotionally Focused Therapy (ICEFT)
- Member since 2016: Edmonton Emotionally Focused Therapy Community (EEFTC)
- Member since 2007: Potter's Guild Association, Edmonton, AB
- Member since 2006: Business Association of Edmonton, AB
- Member since 1989: Alberta Teachers Association
- Member since 1989: Alberta Business Education Association
- Member since 1986: Woman Within International

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