



KARYL POPE BScN, RN

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905-639-4529

EDUCATION

Credit Courses:

1971 - 1974 McMaster University, School of Psychology: Day Student, 3d and 4th year
Credit Courses in Behavioral and Cognitive Psychology

1961 - 1962 McMaster University Divinity College: Diploma

1952 - 1957 McMaster University School of Nursing, BScN, RN, PhN

2007-2010 NICABM Online Credit Courses: Energy Psychology, Trauma and the Body, The Neuroscience of Psychotherapy, The Psychology of Stress, mind Body Medicine, The Sedona Method extensive online course, Online course Magnificent Mind at any Age by Dr Daniel Amen (and others)

Non Credit Courses and Training:

2007-2010 - 10 week course in yoga and meditation with Dr Pradeep Kumar: Online courses: Healing With The Masters -14 weeks, Genpo Roshi on Eckert Tolle 2 hours; Ken Wilber and others, (14 weeks of 2 hour lectures and video's) Melding of East and West Philosophy and Spirituality, Cause of Suffering; The new Feminine, Healing with the Masters, and many others.

2001 2007: Studying Energy Therapies: EMDR, Tapas Acupressure Technique, Emotional Freedom Therapy, Dynamic Core Healing, Meditation techniques, Yoga, Energy Psychology, Healing With The Masters,

1960 – Present: voracious reader

1980 – Present: Professional Conferences & Workshops on many subjects related to psychotherapy, holistic healing & spirituality.

1993 - 2001 Toastmasters Club CTM+ : Past President 2000, 2001; President 1999; VP Public Relations 1998; VP Membership 1997; Secretary 1996; Sergeant of Arms, 1995

1993 Toronto School of Art: Art Therapy, One-Week Experiential Course: Several other weekend courses in Art Therapy

1990 - 1994 Reiki - Levels I & II: Cranial Sacral Therapy – Level I

1986 - 2002 Teleos Institute, California and Arizona: Dream Analysis, Theatre of Life, Four 2 week intensive programs: Numerous 3 - 4 day workshops: Numerous Audio-tape courses

1961 - 1991 McMaster University, University of Toronto, OISE,

York University, Mohawk College, Sheridan College and others: Numerous short courses, workshops and professional conferences

1979 - 1985 Institute for Bioenergetics Analysis, Toronto: Bioenergetic analysis - Individual work; group work; training group.

1982 - 1984 Centre for Psychodrama and Sociometry, Toronto: Psychodrama and Family Systems: One Week, Ten Day and Weekend Intensives

1980 - 1984 Est, now renamed The Forum (an International Training Organization): Standard Training: Several Ten Week Courses: Several long Weekend Workshops .

1975 - 1980 Southeastern Centre for Transactional Analysis, Florida : Transactional Analysis: Extensive, Intensive Training - individual work; group work; training group: Many 10, 14 and 3 day workshops. One 30 day intensive course.

1976 - 1977 Canadian Centre for Psychosynthesis, Ouebec, Canada: one 14 day intensive program: several long weekend courses (3-4 days).

1975 North Eastern Centre for Psychosynthesis – Vermont: Two week intensive course

1976 Mohawk College: Life Skills Coach Training (certificate) (30 day course, all day each day)

1965 - 1975 Five Oaks Retreat Centre: Numerous 14,10,7 day and long weekend courses in: Dream Analysis, Art Therapy, Movement Therapy, Psychodrama, Psychosynthesis, Bioenergetics, Transactional Analysis, Progoff's Personal Journaling,

1972 McMaster University: one week course on death and dying with Elizabeth Kubler Ross

1965 - 1974 York University EGO Program (Early Growth Opportunities). Encounter and Sensitivity Groups: 14 day intensive program plus numerous weekly and weekend courses

1962 - 1965 University of Toronto, McMaster University, CBC Radio: Courses in literature, poetry, philosophy

PROFESSIONAL AND BUSINESS EXPERIENCE

1978 - 2006 Founder and Director of Karyl Pope & Associates - a private counselling agency which offered personal growth courses; couples and parenting workshops; stress & anxiety management courses; support groups; long term psychotherapy groups; and private counselling for teens, adults, couples and families. Also provided exclusive EAP services for Butler Inc. And for Gentek Inc from 1996 to 2006.

1976 - 1987 University of Toronto, McMaster University, Mohawk College, Sheridan College, Seneca College, Humber College, Hospitals, School Boards, organizations and Businesses: Developed and taught practical courses and workshops on a wide variety of topics related to mental and physical health, communication and personal effectiveness in the family, the workplace and the community.

1980 - 1987 Management and Staff Consulting for Hospitals, Organizations, and Business : Conflict Management for Executive Staff, managers and workers.

1985 - 1983 Taught Life Skills for Salt Fleet Campus, Mohawk College

1975 - 1979 incl. Taught Psychology and Sociology, Mohawk College.

1972 - 1975 Private duty nursing for dying patients and their families.

1969 - 1971 Taught Sociology and Psychology at Hamilton General School of Nursing

1961 – 1974 Co-Founder and Co-Director of Brant Arts Dispensary, Lab and Surgical Supply, Burlington, and Pharmashield Dispensary and Surgical Supply in Niagara Falls

1957 - 1969 Various positions in nursing including: Red Cross Outpost work . Public Health. VON. local hospitals in various departments including Intensive Care Unit.

1957 - 1959 Charge Nurse, Red Cross Outpost Hospital; Missinabie, Ontario. served all towns and villages from Chappleau to White River on the CPR Main Line and a section of the ONR (Ontario Northland) – no doctors, no roads or phones, only morse code and bush planes for emergencies. Also served Renabie Gold Mine 14 miles into the bush and Nadeau's Lumber Camp 18 miles into the bush.

MEMBERSHIPS

- Ontario Society of Psychotherapists: Clinical Member, Vice President local branch (Hamilton and surrounding cities, 1994-1996): Burlington Chamber of Commerce: St Paul's United Church in Dundas On
- OACCPP 1998_ present

SPECIAL ACTIVITIES AND INTERESTS

- Avid reader of world politics. Active member of several global movements for peace and non-violence. Also an active advocate of environmental responsibility.
- Nominated Woman of the Year, Hamilton & District, 1984, 1986 and 1990 for outstanding work helping individuals, couples and families
- Published articles in Different Drummer, (Canadian Mental Health Association) and Canadian Nurse, (Canadian Nurses Association). Also articles for several sites on the Internet. Often called on by local reporters for information on articles they are writing.
- Public speaking for Organizations, Service Clubs, Businesses, Conferences
- Appearances on many radio and television talk shows including: Betty Kennedy, Tom Cherrington, Dan McLean, John Hardy, Con Stevenson, plus many cable shows
- Co-Founder Burlington Association for Children with Learning Disabilities in 1966 and served on local and provincial executives for several years. This organization is still active.
- Established Burlington Red Cross Home-Making Services in 1958. Assessed a need in the community which was not being met. This organization is still active.