

# ANIK LAPOINTE-SMITH

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## Professional Profile

An *empathic, passionate, and reliable* Master's student in Counselling Psychology seeking a practicum placement to fulfill degree requirements and to improve my counselling skills, with the goal of supporting and empowering people throughout their healing process. I am an exceptional *team player* with a natural gift for *helping others* in a compassionate, accepting, and respectful manner, while also possessing diligence and a strong work ethic.

## Education & Professional Development

### Master of Arts in Counselling Psychology

Expected Graduation: 2023

Yorkville University, Fredericton, NB

- GPA: 4.0

### Bachelor of Arts and Science

2020

University of Calgary, AB

- Major in Art History and Psychology
- *Relevant courses:* Basic Concepts of Psychology; Brain and Behaviour; Abnormal Psychology; Loss, Grief, and Bereavement
- GPA: 3.2

## Relevant Skills & Selected Accomplishments

### Interpersonal and Communication

- *Empathy* - Demonstrated a noteworthy ability to find and accurately reflect feeling and meaning in client's words during university counselling role-play sessions, which conveyed my understanding of, and respect for their unique circumstances.
- *Compassion* - Consistently demonstrates a genuine concern for and desire to support each Caller while volunteering as a Distress Line Listener. This was shown throughout the calls I took on the Lines, in which I was able to provide supportive listening along with referrals to community resources to Callers in crisis.
- *Oral/Written Communication* - During the final year of my undergraduate degree, I wrote and delivered an exceptional presentation in a course on the psychology of choice, which is still used by my former professor as a demonstration to his students of an exemplary presentation.

### Relationship Building and Teamwork

- *Rapport Building* - Exhibits an exceptional ability to establish connections quickly and effectively with Callers on the Distress Line through matching Callers' energy, having a warm voice tone, and being genuine and non-judgmental throughout every interaction.
- *Helping Characteristics* - Trained in the use of various helping characteristics from Distress Line training. These include being genuine, empathetic, empowering, non-judgmental, and assertive; all of which are incorporated throughout my work as a volunteer for the Distress Line, as well as in my training to be a counsellor.

- *Group Coordination* - Worked alongside fellow student leaders and was directly involved in coordinating and facilitating meetings and fundraising projects for global causes such as the Clean Water Project, which raised money to provide 100, 000 people with access to clean water; and local causes such as facilitating various fundraising opportunities for our local food bank and women's shelter.

### **Problem Solving and Adaptability**

- *Initiative* - Increased workplace productivity by taking the initiative to come in on my own time to practice and master new skills that were necessary to work independently as well as part of a team during my time as a baker. This helped me adapt to the new environment easily and seamlessly.
- *Maintaining Composure* - Ability to remain calm and grounded in high-stress situations, demonstrated when I appropriately handled my first Suicide-in-Progress call on the Distress Line. Despite having little experience with such high-risk calls, I was able to keep my composure in order to make sure the Caller received the appropriate care and help they needed.
- *Perseverance* - Overcame challenges in the workplace while working as a landscaper by making every effort to adapt to an environment I had never worked in before. This was accomplished through perseverance and my ability to learn from my mistakes and respond constructively to feedback.

## **Volunteer Work**

### **Support Stream Volunteer**

**Jan. 2021 - Present**

*CASA Child Adolescent and Family Mental Health, Edmonton, AB*

- Assist with tasks related to programs, research, donor stewardship, fundraising events, etc.

### **Distress Line Volunteer**

**Mar. 2019 - Jun. 2021**

*Canadian Mental Health Association, Calgary, AB*

- Provide supportive listening, prevention, intervention, and community resource referrals to Callers in crisis and/or distress.

## **Work History**

### **Practicum Student**

**Sept. 2022 - Dec. 2022**

*Calgary Counselling Centre, AB*

### **Early Morning Baker/Sales Associate**

**Oct. 2017 - Jun. 2022**

*COBS Bread, Calgary, AB*

### **Laborer**

**May 2015 - Sept. 2017**

*Choice Yard Care, Lethbridge, AB*

## **Professional Memberships**

**Student Member, Psychologists' Association of Alberta**

**2022 - Present**

**Student Member, Canadian Counselling and Psychotherapy Association**

**2021 - Present**