

# CR19-171 Community Wellness

Presented By: Dr. Jody Carrington

**Date(s):**

Wednesday, April 17, 2019  
7:00 PM - 9:00 PM

**Session Location:**

Two Hills Mennonite School  
Box 720, Two Hills, AB

**Registration Fee:**

Free

**Audience:****Grade Level:****About the Session:****About the Presenter(s):****Dr. Jody Carrington**

Jodi's "story" of becoming a psychologist started at Red Deer College. She transferred to the University of Alberta, where she earned her Bachelor of Arts with distinction in 1998. Jody then completed a year-long internship with the Royal Canadian Mounted Police (RCMP) and became very passionate about police work and the significant toll that trauma can take on people. She was also lucky enough to spend some time working with some amazing families through Ronald McDonald House and volunteered with Victim Services. Jody continued her studies at the University of Regina with the thought of pursuing a career in Police Psychology. Although she loved that work, her passion began to shift to families, especially those who had experienced trauma. She completed her pre-doctoral residency in Nova Scotia in 2006 where she trained primarily in Cognitive-Behavioural and Narrative approaches. Jodi completed rotations both with adults and children and learned that she really enjoyed understanding the "stories" of children—particularly those who had difficult experiences. She returned home to Alberta and accepted a job at the Alberta Children's Hospital in Calgary on the Inpatient and Day Treatment Units, a position that would forever change the course of her career. She quickly learned her "cognitive-behavioural skills" were not enough for kids and families with long and often traumatic stories with multi-generational influences. Jody needed to connect in order to have any significant impact. Desperate to learn more about attachment, she set off on a quest for mentors who "got it" and have been very lucky to have been influenced by some of "the greats".

Community Wellness

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 available to the presenter(s) and/or the participants of this workshop.

**\* REGISTER EARLY AS PROGRAMS FILL QUICKLY \***

All participants who have been duly registered will receive a confirmation prior to the session.

Cancellations must be received 3 working days prior to the session to receive a full refund.