



t +1.778.588.9520 ext. 4
e jaime.baruta@coastality.ca
w www.coastality.ca

JAIME BARUTA

BA, MA (Hons), RCC

PROFILE

For over 15 years I have been providing counselling services in public and private clinical settings in the Nanaimo area. While managing a complex caseload of clients with a wide range of needs, I have gained significant experience in areas such as group facilitation, family therapy, and individual counselling for issues such as mood and anxiety disorders, life transitions, grief and loss, parenting, divorce and separation, relationship issues, co-dependency, interventions, and chemical dependencies or substance use/misuse. I greatly enjoy working with clients to address and meaningfully heal the wounds created by these issues and celebrating in their ultimate success in overcoming those obstacles. I currently reside in Nanaimo with my family and enjoy providing virtual services, as well as occasional in-person services in Victoria.

RELATED PROFESSIONAL EXPERIENCE

COMMUNITY-BASED SERVICES

- skill-building and personal development for individuals and groups.
- diverse range of services provided and issues addressed such as mild mood and anxiety disorders, life transitions, grief and loss, parenting, divorce and separation, and relationship issues.
- facilitation of inpatient and outpatient group and family services.
- assessments and reporting and supervision of practicum students and referrals.

CASE MANAGEMENT & CONTINUUM OF CARE

- extensive knowledge of available programs and services within the community at large when managing cases and the continuum of care post-treatment.
- working with family members and others to provide education and support for their loved ones receiving clinical services.
- preparation of case notes, progress reports, and implementation of evidence-based treatment methodologies/modalities.

EMPLOYMENT HISTORY

Ladysmith Resource Centre

Volunteer Registered Clinical Counsellor (Ladysmith, BC)

2014 - 2016

Edgewood Health Network (EHN)

Chemical Dependency Counsellor (Nanaimo, BC)

2017 - 2023

EDUCATION

Master of Arts - Honours (MA) Counselling Psychology
Yorkville University

Bachelor of Arts (BA) Psychology
Vancouver Island University

Self-Compassion in Psychotherapy
Center for Mindfulness Self-Compassion

Group Process & Effective Interpersonal Communication Skills
University of Victoria

PROFESSIONAL DEVELOPMENT & APPROACHES

COMPASSION-
FOCUSED THERAPY

EMOTIONALLY-FOCUSED
THERAPY

PERSON-CENTERED
THERAPY

INTERNAL FAMILY
SYSTEMS THERAPY

ACCELERATED
RESOLUTION
THERAPY (ART)

EYE MOVEMENT
DESENSITIZATION &
REPROCESSING THERAPY
(EMDR)

STRENGTH-BASED
THERAPY

MINDFULNESS-
BASED COGNITIVE
THERAPY/
MINDFULNESS SELF-
COMPASSION