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FIONA WALKER

MSc, BScPN, BScN, BSc (Hons), RCC

PROFILE

In both the UK and Canada I have been providing individual, couples, and family counselling support for over 20 years. My work has spanned various mental health settings including child and adolescent inpatient psychiatric units, adult and youth community mental health teams, and private practice. My interests are in working with couples and families on relationship difficulties, including parent/child conflict and couples counselling, though I also support individuals experiencing anxiety, low mood, stressful life events, or other issues. I take a systemic approach to clinical service, integrating various approaches and modalities with a focus on promoting connection and strengthening bonds. I believe that this fosters physical and emotional wellbeing and cultivates resiliency in my clients. I currently reside in Kelowna and offer virtual services across British Columbia.

RELATED PROFESSIONAL EXPERIENCE

HOSPITAL & COMMUNITY-BASED SERVICES

- extensive experience in both leadership and practical roles in hospital and community-based settings both developing and implementing services and ongoing iterations of service supported by evidence-based standards and best practices.
- training, supervision, and complex care experience in several environments including adolescent psychiatry, early psychosis intervention, eating disorders and substance use.

FAMILY, COUPLES & RELATIONSHIP THERAPY

- additional training and credentials in marriage and family counselling.
- experience in providing services to address a wide range of presenting concerns affecting relationships in the family unit.

NEEDS ASSESSMENTS & INDIVIDUALIZED TREATMENT PLANNING

- assessing medical and psychosocial needs, formulating and evaluating care plans for both individuals and groups, and complex case management.
- working independently and as part of an interdisciplinary team, particularly across service providers, to enhance the quality of life for clients and their families.

EMPLOYMENT HISTORY

Private Practice
Registered Clinical Counsellor (Kelowna, BC/Remote)

2018 - PRESENT

Foundry Central Office & Virtual Team Clinical Counsellor & Various Leadership Roles (Kelowna, BC/Remote)	2016 - PRESENT
Youth Forensic Psychiatric Services Clinic Coordinator/Team Lead (Kelowna, BC)	2016 - 2021
Kelowna Hospital Adolescent Psychiatric Unit Registered Psychiatric Nurse/Registered Nurse (Kelowna, BC)	2007 - 2010 / 2016 - PRESENT
Willowview STEPP & Vernon Step Up/Down Stabilization Unit Registered Psychiatric Nurse/Registered Nurse (Kelowna, BC)	2016 - PRESENT
Kelowna Mental Health & Substance Use Registered Psychiatric Nurse/Registered Nurse (Kelowna, BC)	2016 - PRESENT
Kelowna Hospital In-Reach Urgent Response Registered Psychiatric Nurse/Registered Nurse (Kelowna, BC)	2017 - 2020
Child & Youth Mental Health (CYMH) Individual & Group Counsellor/Early Psychosis Intervention Nurse (Kelowna, BC)	2010 - 2016
Coventry Eating Disorder/Child & Adolescent Mental Health Services Eating Disorder Liaison Counsellor (Warwickshire, UK)	2005 - 2007
Birmingham Children's Hospital Child & Adolescent Mental Health Staff Nurse & Deputy Ward Manager (Birmingham, UK)	2000 - 2005

EDUCATION

Master of Science (MSc) Marriage & Family Counselling/Therapy
Capella University

Bachelor of Science (BSc) Psychiatric Nursing
Douglas College

Bachelor of Science (BSc) Nursing
Grand Canyon University

Bachelor of Science - Honours (BSc) Mental Health Studies
University of Central England

PROFESSIONAL DEVELOPMENT & APPROACHES

MARRIAGE & FAMILY
THERAPY

DIALECTICAL BEHAVIOUR
THERAPY

COGNITIVE BEHAVIOUR
THERAPY

SOLUTION-FOCUSED
BRIEF THERAPY

MOTIVATIONAL
INTERVIEWING