

MICHELLE MOAR, MSW, LCSW

Curriculum Vitae

Summary of Qualifications

- *Highly skilled and qualified mental health professional with 25 years of experience providing counseling and mental health services to children, adolescents, and adults.*
- *Obtained Clinical Social Work designation (LCSW Alaska)*
- *7 years of experience providing clinical and administrative supervision to a diverse, multidisciplinary mental health team.*
- *3 years of experience teaching a variety of social work classes in an academic setting*
- *EMDR Certified Therapist.*
- *Anti-oppressive, inclusive, and research-based practice methods.*
- *Demonstrated success working with individuals, families, couples, and groups.*
- *Excellent communication, organization, and supervisory skills.*
- *Effective team member and well-versed in working with multi-disciplinary teams.*
- *Experience facilitating a wide variety of educational activities and programs.*

Teaching/Education/Facilitation

- Experience instructing university-level social work classes.
- Curriculum planning and development experience.
- Extensive experience providing health promotion and education to varied groups of individuals on various topics within education and health forums.

Counseling/Mental Health Skills

- Individual, family, couples, and group counseling skills with extensive experience, including working with adult, children, adolescent, and geriatric populations.
- Experience with a wide variety of populations, including Indigenous Peoples, LGTQIA2S+, military communities, and other multicultural groups.
- Experience and successful practice with a wide variety of mental health concerns, including PTSD, anxiety, depression, OCD, and disordered eating.
- Trained and practiced in several counseling modalities, including EMDR, CBT, DBT, PE, CPT, Brief-Solution Focused, and Motivational Interviewing.
- Extensive experience in mental health assessments, crisis intervention, and risk assessments.

Supervision & Administrative Skills

- Effectively provided clinical and administrative supervision of a mental health clinic with interdisciplinary staff for 7 years.
- Successfully supervised a staff of 10 educational assistants in a school setting to implement behavioral plans.

Program Development

- Development and oversight of a clinical supervision program for mental health clinicians.
- Development and oversight of a local system to assist in caseload management and performance metrics. The system is endorsed nationally by the Department of National Defense.
- Development of Family Violence response and programming for military base.
- Development and training of Code White Program for a hospital clinic with over 80 staff.
- Development and facilitation of group counseling services for military members; groups developed and facilitated include CBT-Insomnia, emotion regulation, distress tolerance, anger management, and disordered eating.
- Development and facilitation of a group counseling program for high-risk students. The program included 10 concurrent groups for social skills, anger management, anxiety, and attention skills, according to students' needs.
- Development and supervision of behavioral programs for over 30 high-risk students yearly over 4 years.
- Development and initiation of a pilot project to establish groups for individuals with Early-Stage Alzheimer's Disease.

Advocacy

- Advocated for students within the school system for appropriate mental health and educational support.
- Advocated for military members within the military and community for resources, support, and specific needs.
- Experience advocating for individuals and groups within small, rural communities with limited resources.

Education & Qualifications

D.S.W. – University of Kentucky, expected graduation Spring 2028
M.S.W, Health Concentration, Dalhousie University
B.S.W, University of Regina
B.A.H. in Psychology and Women's Studies, Queen's University

Honors & Awards

- 1 Health Services Group Commander's Commendation, 2019
- Surgeon General Commendation, 2015

Professional Affiliations

- LCSW State of Alaska Licensure, October 2023
- Member, National Association of Social Work
- Alberta College of Social Workers, Registered Social Worker # 7288
- Alberta College of Social Workers, Registered Clinical Social Worker # 20701
- EMDR Certified Therapist, Awarded July 2021
- Member, EMDRIA/EMDR Canada
- Crisis Prevention Institute, Non-violent Crisis Intervention Certified Trainer – 2014-2023

Teaching Interests

- Generalist Social Work Practice, Direct Social Work Practice Skills, Social Work Practicum

Teaching Experience

Clinical Assistant Professor

Aug 2025 - Present

Department of Social Work, College of Public Service
University of Colorado at Colorado Springs

Clinical Assistant Professor

Aug 2023 – June 2025

School of Social Work, College of Health
University of Alaska Anchorage
Classes Taught:

Spring 2025 (Currently Teaching)	SWK 340 – Social Work Practice with Families and Groups (BSW) SWK 243 – Diversity, Equity and Inclusion Through Community Service Learning (BSW) SWK 632 – Practice with Families and Groups (online) (MSW) SWK 695D – Advanced Generalist Practicum II (online) (MSW)
Fall 2024	SWK 330 – Social Work Practice with Individuals (BSW) SWK 429 – Trauma and Crisis Intervention in Social Work Practice (BSW) SWK 630 – Practice with Individuals (MSW) SWK 695C – Advanced Generalist Practicum I (online) (MSW)
Spring 2024	SWK 243 – Cultural Diversity and Service Learning (BSW) SWK 430 – Practice with Families and Groups (BSW) SWK 643 – Human Diversity in Social Work Practice (online) (MSW) SWK 647 – Advanced Generalist Practicum II (online) (MSW)
Fall 2023	SWK 343 – Human Behavior and Development in the Social Environment (BSW) SWK 646 – Advanced Generalist Practicum I (online) (MSW) SWK 629 – Advanced Practice with Individuals (online) (MSW)

Social Work Instructor

Aug 2022 – June 2023

Community Social Work Program (Diploma in Community Social Work)
Portage College
Classes Taught:

Winter 2023	SOCW 217 – Social Policy SOCW 111 – Practicum
Fall 2022	SOCW 219 – Community Development SOCW 110 – Practicum SOCW 133 – Social Work Interviewing SOCW 215 – Group Work

University Service

UAA School of Social Work

2023-2025 – MSW Program Committee
2023-2025 – BSW Program Committee
2023-2025 – School of Social Work ADEI Committee
2023-2025 – MSW Practicum Team Committee

Research Experience

Student Research Assistant

Apr. 1998 - Jan. 1999

Faculty of Social Work, University of Regina

- Conducted interviews and compiled data for a research project exploring the experiences of part-time workers in comparison to labor standards in Saskatchewan

Practice and Work Experience

Clinical Assistant Professor

Aug 2025 - Present

Department of Social Work, College of Public Service
University of Colorado Colorado Springs

Clinical Assistant Professor

Aug 2023 – June 2025

School of Social Work, College of Health
University of Alaska Anchorage

Social Work Instructor

Aug 2022 – June 2023

Community Social Work Program (Diploma in Community Social Work)
Portage College

Clinical Social Worker

Sept 2021 – Aug 2022

Mental Health Services
22 Canadian Forces Health Services Centre

- Mental health assessment and treatment of individuals, couples, and groups in a military setting.

Mental Health Program Manager

Oct 2013 – Aug 2021

Mental Health Services
22 Canadian Forces Health Services Centre

- Administrative and clinical supervision of an interdisciplinary military mental health department. Responsible for the ongoing daily management of the mental health program, client triage and assignment to caseloads, clinical supervision, and administrative supervision, including staff performance reviews.

Clinical Social Worker

Feb 2010 – July 2011

Mental Health Services
22 Canadian Forces Health Services Centre

- Mental health assessment and treatment of individuals and groups in a military setting.

Therapist & Clinical Supervisor

May 2018 – June 2023

Private Practice

- Provided individual counseling to clients in a private practice setting.

Staff Counsellor

March 2013-June 2013

Shepell-FGI
Scarborough, ON

- Provided individual and couples counseling.

Crisis Triage/Mental Health Therapist

Feb 2009 – Feb 2010

Cold Lake Mental Health, Alberta Health Services

- Crisis triage and assessment for outpatient mental health services. Provided individual counseling to an assigned caseload. Responded to admitted and emergency patients to provide assessment and short-term therapy.

Dalhousie University, Social Work Practicum

Sept 2008 – April 2009

Mental Health Services
22 Canadian Forces Health Services Centre

- Completed my MSW practicum in a military mental health clinic.

Student Advocacy Counsellor

March 2004 – Feb. 2009

Nelson Heights School
Northern Lights School Division #69

- Provided individual, family, and group counseling to students. Created and supervised behavioral plans for students with behavioral needs. Provided psychoeducation to students.

Mental Health Therapist

June 1998 – Oct. 2003

Five Hills Regional Health Authority
Community Youth Services, Mental Health

- Provided individual counseling to students. Supervised youth at a drop-in center. Provided psychoeducation in classroom settings.

Support Coordinator

May 1999 – May 2000

Alzheimer Society of Saskatchewan

- Counseling and support for families and individuals with dementia and Alzheimer's Disease. Facilitated family support groups. Facilitated early-stage support groups for individuals with Alzheimer's Disease. Provided education to professionals working with patients with dementia.

University of Regina, Social Work Practicum

Sept. 1998 – Dec. 1998

Sexual Abuse Treatment Program
Regina Social Services

- In this BSW practicum, I provided individual and group counseling for children who had been impacted by sexual abuse.

University of Regina, Social Work Practicum

May 1998 – Aug. 1998

Regina Pioneer Village
Alzheimer Society of Saskatchewan

- In this BSW practicum, I provided counseling and support for families and individuals with dementia and Alzheimer's Disease.

Further Training/Professional Development

Moral Injury Trauma: The Many Faces of Alienation from Spirit and Self, Sandra Paulsen/Steve Frankel Group, June 2025

Haunted: EMDR for First Responders and Professionals in the Trenches, Robbie Adler-Tapia/Steve Frankel Group, June 2025

Transgenerational Transmission of Trauma, Andre Monteiro/Steve Frankel Group, June 2025

EMDR Bridging the Gap: From Protocol to Practice Part 2: Phases 3 through 7, David Ibrahim/Steve Frankel Group, June 2025

EMDR Bridging the Gap: From Protocol to Practice Part 2: Phases 1-2, David Ibrahim/Steve Frankel Group, June 2025

Dinayetr (the Breath of Our People): The ethical importance of supporting Alaska Native language revitalization, NASW, May 2024

Telehealth: Practicing with High Ethical Standards, NASW, May 2024

Ethics and Telehealth: What Every Social Worker Should Know, NASW, May 2024

Working with Clients who are Chronically Suicidal, NASW, May 2024

Fearful and Distracted in School: Predicting Bullying Among Youth, NASW, May 2024

AI and Social Work Ethics, NASW, May 2024

Recovery in a Digital World: Evaluating the Options, NASW, May 2024

Recovery is a Process, Not an Event: Stigma, Language & Advocacy, NASW, May 2024

Let's Start Talking about Pre-Addiction for Social Workers, NASW, May 2024

Assessment and Therapy with Alaska Native People, NASW, May 2024

Understanding the Pros and Cons of Medication Assisted Treatment: Perspectives of Social Workers and Addiction Practitioners, NASW, May 2024

Affirming Our Identities: Awareness to Action, Affirming Consultants and Coaches, May 2024

Teaching Online: No Set Time, Jan 2024

Quality Matters, Nov 2023

NASW Alaska Conference, Oct 2023

CSWE Conference, CSWE Oct 2023

WPATH – Foundations, WPATH, Mar 23

Teaching international Students, Portage College, Sept 2022
Foundations in Teaching (FiT), Portage College, Aug 2022
Simplifying Complex PTSD: New Treatment Approaches and EMDR 2.0, Mark Nickerson, Mar 22
Integrating Somatic Therapy with EMDR, Natural Processing Part One, Craig Penner, Feb 22
Clinical Social Work Supervision, University of Calgary Continuing Education, Nov 21
EMDR in the Treatment of Chronic Pain, Mark Grant, 18 Nov 21
Introduction to the Integration of Structural Dissociation, Ego State Therapy and EMDR Therapy, Farnsworth Lobenstine, 6-7 Nov 2021
Healing Survivors of Childhood Sexual Abuse, Robin Shapiro, 29 Oct 21
Nonviolent Crisis Intervention Facilitator Training, Crisis Prevention Institute, Recertification, July 2021
EMDR Annual Conference, April 2021
Calming the Inner Critic: Working with Punitive Introjects, Ego States & Dissociative Parts, Kathy Steele, MN, CS, 20 Feb 21
Counselling Ethics – Writing Ethical, Useful & Efficient Session Notes, Dawn McBride, PhD, 18 Jan 21
Clinical Hypnosis: Practice Basics, University of Toronto School of Continuing Studies, Jan 2021
Cognitive Processing Therapy: An Evidence-Based Approach to Treating PTSD and Related Conditions, Kathleen M. Chard, 17-18 Dec 2020
EMDR therapy and DBT for Trauma Focused Care, Jamie Marich, Nov 2020
Somatic Psychology and EMDR Therapy: Interventions to Enhance Embodiment in Trauma Treatment, Arielle Schwarz, Oct 15-17, 2020
Brief Focused Counselling Skills – Strategies from Leading Frameworks, Sheri Coburn, Crisis & Trauma Institute, Sept 17-18, 2020
Master Class: Core Skills in DBT, Annie McCall, 16 hours April to Sept 2020
EMDR Consultation with Dr. E.C. Hurley, 12 hours 2020
Treating Early Attachment, Laura Parnell, May 2020
Mastery in Mental Health Documentation & Medical Necessity – Beth Rontal, MSW, April 2020
Reconnecting with the SELF: Reprocessing Early Trauma and Neglect in Implicit Memory with EMDR, Katie O'Shea, Nov 29&30, 2019
Treating First Responders and Military with EMDR: Foundations for Effective EMDR Treatment, Dr. EC Hurley, Oct 19-21, 2019
Understanding and Applying the DSM-5 in Healthcare Practice, Bow Valley College, June 2019
Memory Reconsolidation, the Flash Technique and EMDR, Webinar, Philip Mansfield, July 2019
CBT for Suicide, Marjun Holloway, Beck Institute, CFB Edmonton, May 27 & 28, 2019
Easy Ego States: Advanced EMDR Training, Robin Shapiro, Calgary AB, April 24-26, 2019
Introduction to DBT, Susan McGowan, March 25 & 26, 2019
Nonviolent Crisis Intervention Facilitator Training, Crisis Prevention Institute, Recertification, March 2019
Internal Family Systems Theory, PESI, Frank Anderson, March 2019
Memory Reconsolidation, the Flash Technique and EMDR, Philip Mansfield, July 2018
Introduction to Complex Trauma, Part 1 & 2, International Society for the Study of Trauma and Dissociation, 2018
EMDR Consultation with Andrew Leeds, 20 hours from 2016-2018
Suicide in the Canadian Armed Forces, March 2017
CBT – Insomnia, Dr. Colleen Carney, June 26-28, 2017
Nonviolent Crisis Intervention Facilitator Training, Crisis Prevention Institute, Recertification, May 2017
First Responder to Sexual Assault and Abuse Training Program, March 8-9, 2017
Externship in Emotionally Focused Therapy, Nov 15-18, 2016
Enhanced Emergency Sexual Assault Services Training, AASAS, April 2016
CBT for Depression, Beck Institute for Cognitive Behavior Therapy, Oct-Dec, 2016
Essentials of CBT: The Beck Approach, Beck Institute for Cognitive Behavior Therapy, Oct 2016
Violence, Victimization & Trauma: Complexity of Trauma Responses, Dr. Lori Haskell, April 25 2016
Motivational Interviewing, Dancing Gecko Training, Jan 20-21, 2016
Prolonged Exposure, Nov 2015
Road to Mental Readiness, Phase 1 & 4 Facilitator Training, DND, Nov 24-28, 2014
Core Management Skills for Managers, G601, Pubic Service of Canada, Oct 28-31, 2014
Advanced Applications in Cognitive Behavioral Therapy: 4 Day Intensive Training, David Burns, M.D/Jack Hirose & Associates, Jul 2-5, 2014
Transforming Depression through Connections, CDRIN Conference, March 27, 2014
EMDR Refresher Course, Sue Genest, Life Journey Counselling, March 20, 2014
Mindfulness for Personal and Professional Resiliency, The Centre for Mindfulness Studies, Feb 6, 2014
Nonviolence Crisis Intervention Facilitator Training, Crisis Prevention Institute, Nov 18-22, 2013
Painful Emotions: The Clinical Treatment of Anger and Shame, Dalhousie University Continuing Education, Fall 2013
Gottman Institute Couples Counselling, Levels 1 & 2, Dec – Mar 2011
Managing Aggressive and Violent Behaviour, Train the trainer course, DND, Oct 5-7, 2010

Alcohol, Gambling and other Drugs Awareness Levels I and II, Train the Trainer course, DND, Nov 2010

Eye movement and Desensitization Training (EMDR), Basic and Advanced, BC School of Professional Psychology, May 28-30 & Sept 23-26, 2010

Motivational Interviewing, Alberta Addictions Services, Sept. 2009

Concurrent Disorders Curriculum, ACDC100, Addiction Centre, May-Aug, 2009

Introduction to Play Therapy, Rocky Mountain Play Therapy Institute, April 29 &30, 2009

Threat Assessment Seminar, Learning Network, Mar. 2008

Narrative Therapy, Learning Network, Feb 14 &15, 2008 and Feb 15 & 16, 2007

Motivational Interviewing, AADAC, Sept 18 & 19, 2007

Managing Children's Mental Health Issues in Primary Health Care, Winter 2007 Online Modules – Healthy Minds/Healthy Children

Managing Children's Mental Health Issues in Primary Health Care, Fall 2006, Online Modules – Healthy Minds/Healthy Children

Intervening with Individuals who Self-Mutilate, May 2005

Brief Solution – Focused Counselling – Level I, Jan. 2005

Brief Solution- Focused Counselling - Level II, Aug. 2002

Behavior Analysis & Intervention Skills, June 2000

Proactive Solutions for Difficult Behaviour, Apr. 2000

Wrap-Around Case Management Training, Dec. 1999

Reality Therapy – Advanced Intensive Week, Nov. 1999

Peer Helping Training Certification, Mar. 1999

Living Works Suicide Intervention, Feb. 1999

Reality Therapy - Basic Intensive Week, Jan. 1999

Crisis Response Training, June 1995 - Kingston Community Crisis Centre

Adolescent Depression and Suicide Intervention Skills Training, Oct. 1995 - Kingston Community Crisis Centre