

Margaret Rose Mauger

Registered Counselling Therapist (RCT)

CONTACT

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AREAS OF EXPERTISE

Survivors of sexualized assault,
violence, abuse and trauma

Individual & Group counselling

Trauma counselling

Client-centered

Presentations and public
speaking

Advocating for equity for all
genders

PROFESSIONAL MEMBERSHIP

Nova Scotia College of
Counselling Therapists

Canadian Counselling &
Psychotherapy Association

World Health Organization Global
Clinical Practice Network

Colchester-East Hants Sexualized
Violence Community Network

EDUCATION

Masters of Education
Counselling
Acadia University
Wolfville NS

Bachelor of Arts – Honors
Psychology/Major Philosophy
Saint Mary's University
Halifax NS

PERSONAL SUMMARY

A qualified trauma-informed counselling therapist with extensive experience in the area of sexualized violence and trauma. Knowledgeable and experienced with a variety of therapeutic approaches and interventions to best serve each individual client's needs. Adheres to the highest ethical standards and conduct while offering a safe, supportive and empowering space for clients to facilitate their healing journey. Embraces diversity and the uniqueness of each person and the issues they bring to counselling. A passionate human rights advocate who protects and promotes human rights for fair and equitable treatment for all genders and people.

WORK EXPERIENCE

Co-founder & Trauma Counselling Therapist After Trauma Empowerment Network (ATEN) Shubenacadie, NS	Jan 2020-present
Consultant and developer Nova Scotia Government Training Project, Halifax NS	Nov 2015-Jan 2017
Counselling Therapist Private Practice, Milford NS	March 2013 - Present
Trauma Counselling Therapist & Educator Colchester Sexual Assault Centre, Truro NS	Oct. 2010 – Nov. 2019
Executive Director Colchester Sexual Assault Centre, Truro NS	Oct. 2010 – July 2017
Student Success Counsellor Intern Nova Scotia Community College, Truro NS	Jan. 2010 – May 2010

HIGHLIGHTS OF PROFESSIONAL EXPERIENCE

Extensive experience with therapeutic counselling, individual/group counselling, childhood and adult trauma, sexual assault/abuse, violence/abuse, crisis intervention/counselling and other mental health issues.

Specialist knowledge in three areas: sexualized violence, trauma, and human trafficking and sexual exploitation.

Highly experienced in development, direction, management and operation of non-profit organizations including strategic development, fundraising, stakeholder engagement, board governance and public education/awareness.

Extensive experience working with all genders and people from diverse ethnic and cultural backgrounds, socio-economic status, and ability who have experienced trauma, violence and abuse.

Development and facilitation of numerous presentations/workshops on various topics.

CORE COMPETENCIES

Ethical conduct and professionalism

Committed to life-long learning & development

Diversity and cultural sensitivity

Effective oral and written communication

Collaboration and network building

Interpersonal rapport

Dedicated to empowering others

Evidence-based decision making

Leadership

Planning and organizing

Self motivation and drive

Presentation development and facilitation

Effective and engaging speaker and educator

Record keeping

Report writing

Person and client centered

AWARDS & RECGONITION

Saint Mary's University
Award of Academic
Excellence (May 2004)

Dr. Burnley Allan "Rocky"
Jones Human Rights Award,
Nova Scotia Human Rights
Commission (December 2013)

RESOURCE WRITING & DEVELOPMENT

Developed and created several resource tools and booklets for people affected by sexualized violence distributed to clients and the community.

Sexualized Violence (2010)

After Sexualized Violence: Healing and Recovery (2016)

Supporting Someone After Sexualized Violence (2016)

Consent, Boundaries and Relationship Rights (2016)

How to Respond to Disclosures of Sexual Assault Within 72 Hours (2016)

How to Respond to Disclosures of Sexual Assault After 72 Hours (2016)

After Sexualized Violence: Reporting to Police (2017)

Consent & Sexual Assault poster for Bathroom Blitz Community Campaign for Sexual Assault Awareness Month (2017)

Clear Lines: A Sexualized Violence Prevention Project for Youth. Video and Discussion Guide (2017)

Sexual trauma and addiction. *SOS Safety Magazine*, (June 2017)

Get outta my space: personal boundaries. *SOS Safety Magazine*, (November 2017)

PRESENTATIONS

Developed and facilitated numerous presentations/workshops delivered several times throughout each year to high school students and faculty, youth groups, community agencies, local service providers, and general public.

Burnout and Self-care for Service Providers

Clear Consent (for Vulnerable Populations)

Clear Lines: A Sexualized Violence Prevention Project for Youth

Healthy Relationships & Healthy Youth Relationships

How to Respond to Sexual Assault

How to Respond to Disclosures of Sexual Assault for Community Service Providers

How to Support Someone Who has Experienced Sexualized Violence

Rape Jokes: A Conversation with Youth

Sexual Assault/Sexualized Violence

Sexual Diversity and Respect in the Workplace

Sexuality and Disabilities for Youth Care Workers

The Impact of Hypersexualization on Youth in our Communities

Workplace Bullying

ADVANCED TRAINING & PROFESSIONAL DEVELOPMENT

Companioning the Bereaved, Acadia University (2009)

Healing the Wounded School, Acadia University (2009)

Stewards of Children: Adults Protecting Children from Sexual Abuse, Acadia University (2010)

Canadian Red Cross RespectED: Violence and Abuse Prevention Facilitation Training in:

Healthy Youth Relationships (2010)

It's Not Your Fault (2011)

Walking the Prevention Circle for Aboriginal Communities (2011)

PTSD, Trauma and Structural Dissociation, Dalhousie School of Social Work (2011)

safeTALK Suicide Alertness Training, Canadian Mental Health Association (2011)

Small Acts of Living: Violence, Resistance and Power of Language, Allan Wade (2012)

Trauma: Strategies for Resolving the Impact of Post Traumatic Stress, CTRI (2012)

Beyond Trauma: A Healing Journey for Women facilitator training, Stephanie Covington (2013)

Start By Believing: A Conference to Address Issues of Sexualized Violence, various presenters (2013)

Board Governance Workshop Training, Pictou (2012)

Acting Together: A Workshop for Community Organizations and Service Providers, Department of Health and Wellness (2013)

Understanding and Assessing Adolescents Who Have Sexually Abused, David Prescott (2013)

Adolescent Sexual Behaviour in our Technological Age, David Prescott (2013)

Violence, Victimization & Trauma: The Complexity of Trauma Responses, Lori Haskell (2014)

Resiliency: Hope-filled Engagement, Gray Poehnell (2014)

Getting Grounded: An Experiential Workshop for Direct Service Providers Who Work With Clients Who Are Overwhelmed, Helpless and Scared, Michel Jones (2014)

Labour Standards, Occupational Health & Safety, and Human Rights, The Community Sector Council of Nova Scotia and Department of Labour and Advanced Education (2014)

Recognizing Resistance: Community Responses to Sexualized Violence, Allan Wade (2014)

Victims no Longer: Practice Skills for Working With Male Survivors of Child Sexual Abuse, Mike Lew (2014)

Hope-filled Engagement Through Mattering, Gray Poehnell (2014)

Sexual Violence Prevention Symposium, Nova Scotia Department Health & Wellness (2015)

Persons Against Non-State Torture, Linda MacDonald & Jeanne Sarson (2017)

Human Trafficking, Simon Haggstrom (2017)

PROFESSIONAL CONTRIBUTIONS

Trauma-informed practice in different settings and with various populations A Discussion Guide for Health and Social Service Providers, *Nova Scotia Health Authority* (March 2015).

Recognizing and responding to the effects of trauma. A Discussion Guide for Health and Social Service Providers, *Nova Scotia Health Authority* (May 2015).

Trauma-informed approaches: An Introduction and Discussion Guide for Health and Social Service Providers, *Nova Scotia Health Authority* (May 2015).

Implementing a Trauma-Informed Practice Framework in Nova Scotia for the Mental Health and Addictions Services System, *Nova Scotia Health Authority* (June 2015).

MEDIA APPEARANCES

Numerous interviews and appearances on television and radio news broadcasts since 2011.

Challenging the way journalists report sexual assault, *J Source: The Canadian Journalism Project*, March 2012.

Trauma training for front- line staff to better assist victims of sexual violence, *Truro Daily News*, 11 May 2013.

Activist and Promoters of Human Rights Recognized at Celebration, Government of Nova Scotia News Releases – *Human Rights Commission*, 6 December 2013.

Keynote Speaker, Day of Remembrance in Truro, Nova Scotia, 6 December 2013.

Honouring human rights, *The Chronicle Herald*, 10 December 2013.

RESOLUTION NO. 658 Re: Margaret Mauger’s “Rocky” Award For Sexual Abuse Work, Truro-Bible Hill MLA Lenore Zann. 13 December 2013.

Debunking myths, telling truths, and helping victims, *The Weekly Press*, 2 April 2014.

Public Consultation for Sexual Violence Strategy Begins, *Nova Scotia Government New Releases – Department of Community Services*, 4 June 2014.

Sexual assault testing lacking in parts of Nova Scotia: advocates, *CBC Investigates, CBC News*, 23 March 2015.

Rehtaeh Parsons, Dalhousie and the wait for justice in Nova Scotia, *Macleans*, 10 April 2015.

Male sexual assault victims facing a lack of support in Nova Scotia, *CBC News*, 10 April 2015.

Panel Spokesperson for *Innovation in Action – A Women’s Journey* in Truro, Nova Scotia, 31 March 2016.

Guest Speaker, Central Nova Women’s Resource Centre Annual General Meeting ,Truro, Nova Scotia, June 2016.

Surprised by stats on 'unfounded' sexual assaults, Truro police launch audit, *CBC News*, 13 February 2017.

“CSAC director addresses sexual violence reporting,” *Nova News Now*, 16 February 2017.

Nova Scotia judge under fire for claiming ‘a drunk can consent’ in sex-assault case, *The Globe and Mail*, 2 March 2017.

Director of Colchester Sexual Assault Centre finds Halifax case unsettling, *Amherst News Citizen-Record*, 2 October 2017.

Sexual assault survivor calls for funding as N.S. counselling grants expire, *CBC News*, 18 February 2018.

For Small-Town Canadians, Sex Assault Is ‘Normal’ Part Of Life: Survivor, *Huffington Post*, 11 March 2018.

Locals rally in support of Truro rape survivor, *The Chronicle Herald*, 16 September 2018.

How a quilt is offering hope amid tragedy in Nova Scotia, *CBC*, 28 August 2020.

New centre in Shubenacadie offering services, support to those who've experienced trauma, *The Hub Now*, 13 October 2020.

ATEN providing support to residents experiencing trauma in the Shubenacadie area, *The Laker*, 14 October 2020.

NS Strong quilt fundraiser giving newly opened Shubenacadie centre a boost, *The Laker*, 14 October 2020.

How human traffickers use 'corridors' to isolate victims, evade police. *CBC*, 23 February 2021.

Trauma counselling therapist volunteers time to help Nova Scotians during pandemic, *CBC Mainstreet*, 18 May 2021.