



Jill Fenaughty

COUNSELLING AND PSYCHOTHERAPY
FOR PROFESSIONALS

Qualified, Competent, Experienced Therapist, Consultant and Writer

Presenter at the Ontario Bar Association's International Award Winning **The Mindful Lawyer CPD Series**
Providing Lawyers with Skills to Better Manage their Mental Health.

BACKGROUND AND QUALIFICATIONS

Credentials

- Master of Social Work, University of Windsor, Faculty of Social Work
- Juris Doctor, University of Windsor, Faculty of Law
- Master of Arts in Criminology, University of Toronto
- Honours Bachelor of Arts, University of Toronto, Victoria College

Professional Associations

- Admitted to Law Society of Alberta
- Admitted to Law Society of Upper Canada
- Ontario College of Social Workers and Social Service Workers
- Ontario Association of Social Workers
- Member Ontario Bar Association
- Member Canadian Bar Association
- Member International Centre for Excellence in Emotionally Focused Therapy

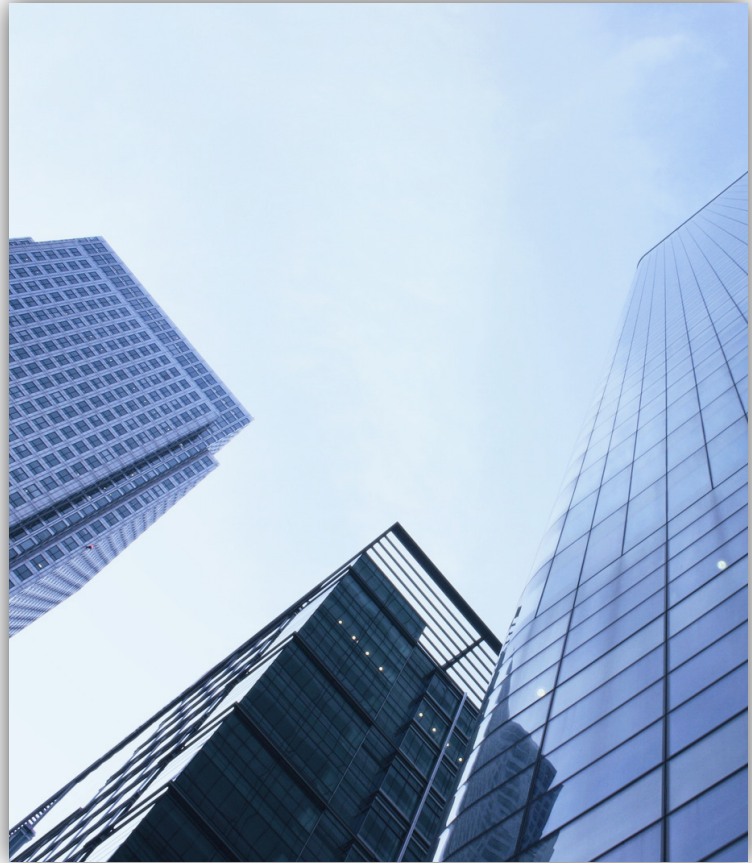
Qualifications and Experience

- Practiced law in one of the country's largest law firms
- Corporate experience fast moving biotech start up
- Director of human resources large biotech company
- In depth understanding of legal culture and Law Society's legislation and policies
- Current knowledge of health resources available to legal professionals in need
- In depth knowledge of variety of health issues affecting legal professionals
- Knowledge of call for transparency/accommodation on mental health issues in legal culture
- Presenter at The OBA's Mindful Lawyer CPD Series Module 5
- First- hand knowledge of pressures in managing a family and legal career in a two child, two professional household – know it, lived it.
- Staff Counsellor and Case Manager at the Ontario Lawyers' Assistance Program (OLAP)
- Co-facilitated the Lawyers' Group at OLAP for several years
- Designed, implemented and facilitated Women Lawyer's Forum for OLAP
- Internship The Hospital for Sick Children, Eating Disorders Program, Departments of Pediatrics and Child Psychiatry
- Informed emerging trends in legal culture and industry and health field
- Health and fitness
- Externship Emotionally Focused Couples Therapy

WHAT I CAN DO FOR YOUR FIRM

As a former practicing litigation lawyer, married to a lawyer, working for years in lawyers' assistance, I am attuned to the challenges lawyers face and am trusted and accepted more readily by legal professionals than non-lawyer counsellors.

- Support lawyers on an individual basis in developing a healthier lifestyle and stress management regime for optimum performance
- Counselling of lawyers to improve resiliency when challenged by career setbacks
- Assistance to lawyers in crisis
- Counselling of lawyers to improve firm's retention of lawyers
- Provide a safe and trusted source for lawyers to consult about anxiety, depression, substance abuse, stress, burnout & women's issues
- Counselling of lawyers on an individual basis to employ exercise, nutrition and balance to improve performance
- Counselling of lawyers to assist with transition as they move closer to retirement. Addressing roadblocks.
- Relationship issues, marriage & divorce
- Source for referrals for other complex mental health matters requiring access to a psychiatrist or other specialist for a lawyer or family member
- Consulting on design of new and improved mental health initiatives for your firm
- Consulting to firm HR staff on evolving legal issues
- Guidance on accommodation – Human Rights Commission



CONTACT

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