

RUTH BAAH-GYEBI, M.Sc. RP

Milton, ON | Tel: 1-647-928-1413 | E: ruth@elpizocounselling.com

ACADEMIC APPOINTMENTS

McMaster Divinity College — *Adjunct Professor*

2025–Present

- Develop and teach graduate-level course integrating psychotherapy, multicultural counselling, and faith-informed clinical practice.
- Design course syllabi, learning outcomes, assessments, and grading rubrics aligned with graduate-level expectations and professional competencies.

TEACHING, SUPERVISION & MENTORSHIP EXPERIENCE

Elpizo Counselling Services Inc. — *Executive Director & Clinical Supervisor*

2016–Present

- Provide clinical supervision and professional mentorship to graduate-level counselling interns and early-career therapists across Counselling Psychology, Marriage and Family Therapy (MFT), and MSW programs.
- Support professional identity formation, ethical decision-making, and clinical competence through reflective supervision and case consultation.
- Bridge theory and practice by guiding supervisees in case conceptualization, treatment planning, documentation, and evidence-informed intervention.
- Contribute directly to the preparation of practice-ready therapists equipped to serve diverse clinical, community, and faith-based settings.

Seneca College — *Instructor, Social Service Worker Program*

2013–2017

- Taught courses in counselling skills, counselling models, advocacy, case management, and professional practice.
- Designed curriculum, assignments, and applied learning activities aligned with program outcomes.
- Supervised and evaluated student field placements, facilitating reflective integration of academic learning and professional practice.

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Seneca College — *Part-Time Program Coordinator*

2015–2016

- Recruited, and oriented instructional staff in Continuing Education.
- Approved curricula and ensured consistency across program delivery.
- Served as academic advisor to students and collaborated with institutional stakeholders to maintain program quality.

CLINICAL LEADERSHIP & PRACTICE

Elpizo Counselling Services Inc. — *Executive Director & Registered Psychotherapist*

2002–Present

- Provide psychotherapy to individuals and couples presenting with complex trauma, PTSD, anxiety, depression, family violence, sexual abuse, and crisis-related concerns.
- Conduct comprehensive assessments, develop individualized treatment plans, and engage in ongoing evaluation of client progress.
- Collaborate with healthcare professionals, community agencies, and faith-based organizations to deliver holistic, coordinated care.
- Liaise with referral sources and community partners to support continuity of care and client advocacy.

COMMUNITY, CHURCH & CORRECTIONAL EDUCATION

Volunteer Life Skills Facilitator — *Maplehurst Correctional Centre*

2014–2022

- Developed and facilitated psychoeducational workshops focused on communication, assertiveness, emotional regulation, and cognitive restructuring.
- Mentored participants in conflict resolution, interpersonal effectiveness, and pro-social skill development.

Trainer & Workshop Facilitator (Churches & Community)

2005–Present

- Deliver training and workshops on mental health, relationships, trauma recovery, and Christian counselling.

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- Programs include:
 - Healing Communities Through Christ
 - Elpizo Marriage School
 - Prepare/Enrich
 - Anger Management
 - Advanced Certificate in Basic Counselling Skills
 - Mental Health First Aid
- Provide consultation and supervision to faith leaders and organizations.

AREAS OF CLINICAL EXPERTISE

- Trauma-Informed Psychotherapy
- Marriage and Family Therapy
- Multicultural & Faith-Informed Counselling
- Clinical Supervision & Mentorship
- Ethics and Reflective Practice

Therapeutic Approaches Include:

CBT, TF-CBT, Cognitive Processing Therapy, DBT, Narrative Exposure Therapy, Prolonged Exposure Therapy, Imaginal Rescripting, Rapid Resolution Therapy, Solution-Focused Therapy, Family Systems, Gottman Method, Creative and Integrative Therapies.

EDUCATION

PhD in Guidance and Counselling (*in progress*)

Expected Completion: **2026/27**

Postgraduate Diploma in Traumatology & PTSD — Berkshire, UK

MA – Counselling Studies — Scotland, UK

BA (Hons.) Social Sciences — London, UK

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CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

- Clinical Supervisor
- Prepare/Enrich Trainer & Practitioner
- Canadian Mental Health First Aid Trainer
- Dialectical Behaviour Therapy (DBT)
- Rapid Resolution Therapy (RRT) (USA)
- ASIST – Applied Suicide Intervention Skills Training
- Diploma in Brief Solution-Focused Therapy & Couple Counselling (UK)
- Cognitive Behaviour Therapy (UK)
- Part Inner Child Therapy (PICT) (UK)
- Certificate in Advanced Christian Counselling (UK)

PROFESSIONAL MEMBERSHIPS

- Registered Psychotherapist — College of Registered Psychotherapists of Ontario (CRPO)
- Ontario Association of Mental Health Professionals (OAMHP)