

MARY-DORA BLOCH-HANSEN

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EDUCATION

University of Toronto

Master of Social Work, Summa Cum Laude

Toronto, ON

Field of Study: Mental Health & Health Specialization

June 2024

Laurentian University

B.A., Psychology Specialization, Thesis, Cum Laude

Sudbury, ON

Canadian Psychological Association Award: Academic Excellence

June 2022

Toronto Metropolitan University

Toronto, ON

B.F.A., Performance Dance

June 2013

PROFESSIONAL EXPERIENCE

Somatic Movement Coach and Consultation

Toronto, ON

Breakaway Community Service, Part-Time / Occasional

August 2023 – Present

GLoW Initiative: Grief, Loss and Wellness

- Offering support to frontline workers (including peers and community members who are not formally employed in frontline positions), community-facing management and coordinators, and community supporters who have been impacted by the trauma and overwhelming loss of the overdose crisis.
- 1-1 somatic movement support and coaching offered free of charge.
- Providing trauma-informed, non-judgmental and person-centered holistic support, meeting clients where they are at.

Somatic Practitioner, Doula & Childbirth Educator

Toronto, ON

www.somaticpractice.ca, Part-Time / Occasional

January 2019 - Present

- Offering private somatic movement therapy, education and coaching to clients aiming to improve overall mind-body functioning, working with movement, breath, visualization, and sound healing tools.
- Offering birth and postpartum holistic doula support, childbirth education and reproductive health navigation.

- Providing holistic support to strengthen bodily awareness, posture, movement patterns, aid in chronic pain or injury, and support overall mental health and wellness.
- Providing an anti-oppressive, trauma-informed and person-centered approach to birth work, somatic therapy and psychoeducation.

Yoga, Sound Meditation and Fitness Practitioner

Toronto, ON

Part-time, Contractor

December 2014 – Present

- Facilitated group and private classes at various private studios and corporate organizations such as Downward Dog Yoga Centre, YOGASPACE, IAMYoga, The League, Deloitte, Uber and University Health Network, among others.
- Currently contracted at Good Space Toronto, providing yoga/pilates, dance aerobics and pre & post-natal movement and workshops to the community.
- Offering trauma-informed and inclusive classes for individuals at various levels of physical abilities.
- Designing, creating, and facilitating special workshops to meet the needs of the community.

Culture Worker/Performance Artist

Toronto, ON

Freelance, Multi-disciplinary, Part-Time

April 2009 – Present

- Independent creator, collaborator, choreographer and performer for various performance and multi-disciplinary projects with local and international independent artists.
- Create and present work in live performance festivals, art installations, residencies, film festivals, music videos and photoshoots.
- Founding member and collaborator with a local dance company (Rock Bottom Movement) from 2009 to 2020 with performances opportunities, residencies and touring locally and abroad.
- Self-marketing and promotion, creating archival video content for grant applications, writing and applying for grants for project funding.
- Leading and planning movement research workshops and classes within the community, at various high schools and universities in Toronto.

Trauma Counsellor, Advanced Practice

Toronto, ON

Clinical Outpatient & Reaching Out to Women (ROW)

October 2023 – April 2024

Jean Tweed Centre, MSW Placement (500 hr)

- Provide individual trauma-informed and person-centered mental health and/or substance use counselling services, psychotherapy and system navigation support to women who are accessing shelters, drop-in centers or who are involved with the justice system.
- Co-facilitate weekly open-group counselling and psychotherapy for women accessing Jean Tweed's outpatient programs with the aim to build skills and resilience in navigating their mental health and/or substance use recovery.
- Participate in weekly clinical individual and group consultation/supervision.
- Edited and facilitated a pilot training program for Jean Tweed's clinical outpatient team on problem gambling impacts and risks.
- Utilizing client data system (Catalyst) to monitor client progress, record case notes and maintain case load.

Gender Affirming Counsellor

Canadian Mental Health Association (CMHA)

Gender Affirming Health Clinic, MSW Placement (500 hr)

York/South Simcoe, ON

January - June 2023

- Supporting clients, aged 16+, exploring all topics related to gender identity, gender expression and sexual orientation through counselling/therapy and light case management.
- Working with a multidisciplinary team, alongside the Nurse Practitioner, by preparing clients for medical transitions readiness by attending to psychosocial needs and mental health.
- Received individual weekly supervision and consultation.
- Support clients exploring gender identity, transition and resource navigation, education, collaboration, advocacy and referrals.
- Conducting assessment intakes, participating in treatment planning, ongoing mental health monitoring and support.
- Providing an eclectic approach to therapy/counselling including elements of relational therapy, psychodynamic therapy, mindfulness, and DBT, through a person-centered and trauma-informed lens.
- Co-created a six-module webinar for waitlist client's to increase their capacity and resilience while they await for life-saving gender transition services.

Birth & Postpartum Doula

Part-time / Birth Mark Toronto

Toronto, ON

June 2021- April 2023

- Working at local community agency serving vulnerable client's experiencing significant barriers in navigating perinatal and postpartum experiences and systems.
- Pursuing social change by assisting high-needs individuals and their families navigating the system of sexual health, reproductive health and infant care.
- Work with clients from vulnerable populations with various intersecting identities and experiences including 2SLGBTQQIA+, newcomers, clients living with disabilities, just to name a few.
- Providing trauma-informed and gender-affirming support to clients going through preconception, birth, postpartum, abortion and loss, including advocacy, emotional and informational support.
- Provide mentorship, counseling, attachment education and crisis support to clients throughout the perinatal period.
- Attend visitations and meetings with clients navigating child protective services.

Childcare Worker/Nanny

Toronto, ON

Independent Contractor, Part-time

March 2018 - November 2021

- Provided attachment centered, trauma-informed and client-centered childcare and infant support for families within the community.
- Fostering a child-led and healthy attachment environment that encourages learning through exploration, experimentation, and play.

Artist Mentor, Dance & Performance

Toronto, ON

Seasonal, TDSB Creates: Annual Art Festival

January 2014 – August 2022

- Provided mentoring and coaching for youth within the Toronto District School Board *Creates: Dance & Spoken Word Performance Festival*, an annual festival in partnership with Prologue to the Performing Arts, designed to provide under privileged students with opportunities to engage in expressive arts including dance, spoken word, visual and media art.
- Assist students in developing original dance routines and choreography to be performed in the final performance at the end of the season.

Barreworks Fitness & Yoga Instructor

Toronto, ON

Full-Time

June 2014 – December 2018

- Completed 200-hour training with the organization, achieving Barrework Certification.

- Instructed classes within the Barreworks method which focused on high-intensity, low-impact workouts, combining ballet barre with aerobics, yoga, pilates and strength-based exercises.

CONFERENCE PRESENTATIONS

“Chair Yoga & Somatic Movement”. Worker Wellness Conference for The Toronto Drop-In Network, Toronto, April 19, 2024.

“Mindfulness for Stress Reduction”. Wellness Month Conference for Enwave Energy, Toronto, May 11, 2023.

“Meditation and Movement Practice”. HEALTH Month Conference for Enwave Energy, Toronto, May 16, 2022.

WORKSHOPS & FACILITATION

“Somatic Movement for Mental Wellness”. Facilitator. The Actors’ Fund of Canada, Toronto/Canada, April 11, 2024.

“Bun in the Oven: 4-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, October/November, 2023

“Pride Ride Community Stretch”. Teacher. Good Space Yoga + Pilates Studio and Queer Bike Collective, Toronto, June 25, 2023

“Bun in the Oven: 4-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 2023

“Bun in the Oven: 5-Week Prenatal Movement Series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 19 – October 3 - 31, 2021.

“Queers + Allies: A monthly movement series”. Teacher. Good Space Yoga + Pilates Studio, Toronto, April 19 – August 16, 2021.

“Somatic Repatterining & Body Memory: Golden Nuggets Workshop”. Facilitator. Golden Chain Forever, Toronto, April 14, 2021.

“UNFURL: 21 Days of Collective Practice”. Somatic movement and sound meditation facilitator. Wild Body Somatics, Toronto, March 17, 2021.

“Monthly Worker Wellness Yoga”. Teacher. Canada Post Corporation, Toronto, March 15 – May 17, 2021.

“Body Wave: Sound Bath Meditation”. Facilitator. Good Space Yoga + Pilates Studio, Toronto, February 21, 2021.

“Somatic Practice Lab Week Intensive”. Facilitator. The Toronto Love-In Dance Community, Toronto, January 18 – 24, 2021

“Yoga & Movement 6-Week Worker Wellness Series”. Instructor. Enwave Energy, Toronto, December 14, 2020 – January 25, 2021.

“Pleasure Yawning, Tender Spines & Nervous System Regulation: Golden Nuggets Workshop”. Facilitator. Golden Chain Forever, Toronto, November 20, 2020.

“Yoga & Movement 12-Week Worker Wellness Series”. Instructor. Enwave Energy, Toronto, April 10 – July 30, 2020.

“Conscious Touch & Sound Bath”. Co-facilitator. Dandelion Initiative, Toronto, March 6, 2020.

RADIO & MEDIA APPEARANCES

“Why researchers are studying the health experiences of LGBTQ and heterosexual northern Ontarians”. Interview with Sam Juric for CBC Radio, Sudbury. January 27, 2022. [<https://www.cbc.ca/news/canada/sudbury/sudbury-health-equity-study-1.6327142>]

“Gender Empowerment Collective”. Interview for biweekly show ‘Intersections’, on gender empowerment and intersectional feminism, discussing gender within family structures. Hosted by CiTR Radio 101.9 FM at the University of British Columbia. April 5, 2022. [<https://www.citr.ca/radio/intersections/episode/20220405/>]

PUBLICATIONS & WRITING

Bloch-Hansen, M.D. (2023, July). *Navigating uncertainty in the entertainment and Performing Arts Industry*. The Actors Fund of Canada Helps. <https://afchelps.ca/resources/navigating-uncertainty/>

RESEARCH EXPERIENCE

Laurentian University, Honors Thesis
Department of Psychology

August 2021 - April 2022

- Mixed-method study looking at 2S-LGBTQ+ perspectives and experiences of health and social service accessibility in Northern Ontario.
- Research project in collaboration with Réseau ACCESS Network
- Recruited 300 participants, utilized internet survey for quantitative satisfaction questionnaire and one open-ended question qualitative question.
- Thematic analysis for data analysis and theme encoding.
- Defined the barriers and enablers to accessing health and social services so that providers may have an evidence-based resource when planning and implementing community health programs and services.

Laurentian University, Research Practicum

Department of Psychology

January 2021 - April 2021

- Qualitative study that explored the use of Somatic Experiencing® for treatment of trauma and stress related symptoms, from the practitioner’s perspective.
- Collected and analyzed data derived from two interviews with seasoned Somatic Experiencing® practitioners.
- Conducted semi-structured interviews, recorded, and transcribed using Thematic Analysis to analyze the data sets into themes to formulate a rich explanation and procedural model of how Somatic Experiencing® is applied in practice to support client’s ability to cope with trauma and stress related symptoms.

VOLUNTEER EXPERIENCE

Canadian Centre for Victims of Torture (CCVT)

Toronto, ON

Youth Mentor Program

August 2020 - 2021

- Provide mentorship and peer support for assigned youth (mentee) who are new to Canada, regarding ways to get more involved in their community, either through job hunts, social connections or community outings.
- Attend regular trainings and education seminars with CCVT program coordinators to learn about cultural sensitivity training.
- Assist with crowd funding and provide research assistance for conducting educational seminars.

Bloch Holdings Corporation

London, ON

Microboard Member, Case Manager

March 2019 - Present

- Provide oversight and case management for community member with permanent disability, includes setting up health care appointments and assisting in organizing weekly activities to promote well-being and socialization.
- Attend psychotherapy sessions with individual and provide support around their accessibility needs (comprehension, reading and writing).
- Assist client with therapy homework assignments and integration.
- Provide emotional and informational support and advocacy in navigating social services and mental health systems.
- Facilitate private yoga, movement and mindfulness classes.

Centre for Addiction and Mental Health

Toronto, ON

Mindfulness Instructor, Outpatient Clinic

June 2015 - September 2016

- Taught weekly drop-in accessible yoga and mindfulness.
- Offered gentle chair yoga and mindfulness instruction to clients of CAMH outpatient clinic in the East end, with the assistance from social workers and support workers.

TRAINING & CERTIFICATIONS

Integrative Complex Trauma Treatment Certification Training, (<i>Transformative Recovery with EMDR, IFS & Somatic Approaches</i>), Certified Clinical Trauma Professional Level II: Complex Trauma (CCTP-II)	Apr - Aug 2024
Topographies of (Dis)Connection: Re-membering Self, Community & Land, The Institute for the Developed of Human Arts (IDHA)	Jan – Aug 2024
<i>Born This Way?</i> Exploring Theories of the Etiology & Development of Kink Desires, The Alternative Sexualities Health Research Alliance	Feb 2024
Palestinian Liberation: Lessons in Solidarity for Mental Health Providers	Feb 2024
Decolonizing Social Work: Unveiling a Path Towards Equity & Empowerment, FIFSW, UofT, with Shane Young	Feb 2024
Indigenous Approaches to Grief & Loss, Ontario Association of Social Workers (OASW), with Mary Anne Caibaiosai	Sept 2023
Experiential Introduction to Acceptance and Commitment Therapy (ACT), OASW, with Peter Sheffield	Apr 2023

Modifying Social Work Practices for Neurodiverse Operating Systems, OASW, with Wendy McGuire	Mar 2023
Empowering Trans Clients Through Affirming Care: Guide for Social Workers Navigating Surgery Planning, OASW, with Nolan Blodgett	Feb 2023
2SLGBTQ Foundations Course, Rainbow Health Ontario (RHO)	Jan 2023
Empowering Trans Clients through Affirming Care: Guide for Social Workers Navigating Surgery Planning, OASW	Mar 2022
Supporting Trans & Non-Binary Clients with Transitioning, Gavrel Feldman	May 2022
Grief Literacy Training Certificate – Level 3, Being Here Human	Mar 2022
AODA Customer Service Standards Training, Réseau Access Network	Aug 2021
Crisis Intervention Training, Réseau Access Network	Aug 2021
Gender and Sexuality Diversity Training, Réseau Access Network	Aug 2021
HIV & Hepatitis C Basics Training, CATIE	Aug 2021
Racism & Privilege in Birthwork, Birthing Advocacy Doula Trainings (BADT)	Aug 2021
Queer & Trans Reproductive Support, BADT	Aug 2021
Understanding Microaggressions Training, Birth Mark, Nadia Bello	July 2021
Trauma Informed Therapy with Transgender Individuals, International Society for the Study of Trauma & Dissociation	June 2021
Trauma Counseling for Mental Health Professionals - Level 1, Sick Kids	June 2021
Childbirth Educator Certification Training, Whole Body Pregnancy	Apr - Aug 2021
Mental Health First Aid - Basic, Mental Health Commission Canada	Dec 2020
Gender Affirming Birth Work Training, Moss the Doula	Sept 2020

TENS Unit for Labour Certification, DONA International	Aug 2020
Birth Doula Certification Training, DONA International	Aug 2020
Movement for Trauma – Level 1, Jane Clapp	Mar 2020
Somatic Movement Educator Licensed Training, The School for Body-Mind Centering®, <i>Nervous & Endocrine System, Fluids & Fascial System, Muscles, Skeletal & Ligamentous System</i>	Apr 2018 - Nov 2020
Qigong Self Cultivation – Level III, Ontario College of Traditional Chinese Medicine	Sept 2019-Dec 2019
Reiki - Level 1, The Reiki Association	Sept 2018
Standard First Aid & CPR / AED - Level C	Sept 2018
300-Hour Yoga Teacher Training with prenatal, Downward Dog Yoga Centre	Sept 2014 - Dec 2014

PROFESSIONAL MEMBERSHIPS & ASSOCIATIONS

Ontario Association of Social Workers & Social Service Workers, OASWSSW	June 2024
World Professional Association for Transgender Health, WPATH	Jan 2023 – Present
Association of Ontario Doulas, AOD	Sept 2021 – Present
International Somatic Movement Education & Therapy Association, ISMETA	Sept 2018 - Present
Dancer In Transition Resource Centre, DTRC	Apr 2013 – Present

AWARDS & SCHOLARSHIPS

Dorothy Shekter Scholarship, University of Toronto (\$1,500)	Fall 2024
Eva Eileen MacLeod Scholarship, University of Toronto (\$4,093.84)	Winter 2023
Mentorship Program, Jaberri Dance Theatre (\$1,600)	Winter 2023
Certificate for Academic Excellent, Canadian Psychological Association	Spring 2022

Canadian Graduate Scholarship – Masters Program (\$17,500)	Spring 2022
Cum Laude, Dean’s Honour List, Laurentian University	Spring 2022
Dean’s Honours List, Laurentian University	Fall/Winter 2020/21
TO Artist COVID Response Fund, Toronto Arts Council (\$4,000)	Winter 2020
Research and Creation Grant: Explore & Create (individual), Canada Council for the Arts (\$16,000)	Summer 2019
Outstanding Ensemble Performance, Dora Award Nominee	Summer 2018
Research and Creation Grant: Explore & Create (ensemble) Canada Council for the Arts (\$15,000)	Fall 2018
Professional Development Support: Travel Grant, Canada Council for the Arts (\$1000)	Spring 2017
Professional Development Support: Travel Grant, Canada Council for the Arts (\$600)	Summer 2014