

Meredith Moore MSW, RSW



Professional Summary

Meredith is a registered clinical social worker and an experienced mental health professional. She has worked extensively in the social services field, with numerous Employee Assistance Programs, for almost 20 years. Meredith has extensive knowledge of and practice with CBT. She successfully works with diverse individuals providing them with understanding and assistance to deal with a wide range of issues. Meredith is very experienced with online video counseling and is dedicated to connecting with clients and motivating them to develop healthy coping mechanisms.

Professional Specialties

- Addiction
- Anger and Emotion Management
- Relationship Problems
- Anxiety/Depression

Education

- Master of Social Work - McMaster University
- Addiction Care Worker Diploma - McMaster University Continuing Education
- Bachelor of Social Work Degree (Dean's Honour List) - McMaster University
- Bachelor of Arts Degree (Sociology) - McMaster University
- Cognitive Behavioural Therapy Fundamentals Certificate
- Mindful Awareness Stabilization Training
- Risk Assessment for Sexual Offending Certificate
- Intimate Partner Violence Danger Assessment Certificate
- Critical Incident Stress Management Certificate

Professional Experience

In addition to being a TeleCBT therapist, Meredith has also been a Professor & Field Liaison at Sheridan College of Technology & Advanced Learning.



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