

Meredith Moore, MSW, RSW



Professional Summary

Meredith Moore is a Registered Master's level Social Worker, Psychotherapist and an Addiction Counsellor providing virtual individual counselling and psychotherapy services for clients in both Ontario and Nova Scotia, Canada. She is also a Community & Criminal Justice Professor and Program Coordinator.

Meredith assumes a respectful, flexible, and non-judgmental lens to counselling and psychotherapy. She utilizes a holistic approach, incorporating a variety of person-centred and evidence-based therapeutic interventions such as; Cognitive Behavioural Therapy (CBT), Mindfulness, Solution Focused Therapy, Trauma-

Informed Practice, and Strengths-Based Perspective. She is committed to ongoing professional development and training and to providing an emotionally safe, supportive, and honest environment for all of her clients

Professional Specialties

- Addiction
- Trauma
- Anger and Emotion Management
- Relationship Problems
- Anxiety/Depression
- Workplace/Critical Incident Stress

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



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Professional Experience

Meredith has worked extensively in the social services field since 1999 and as a Registered Social Worker since 2003. For over 25 years, Meredith has honed her skills as a mental health professional, assisting both adults and youth experiencing a wide range of issues (e.g., addiction, anger/emotions management, trauma, relationship issues, low mood, anxiety, grief/loss, gender-based violence, criminal behaviour, workplace stress, critical incident stress).



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