

Curriculum Vitae
Bernadine Wallis, RN, BN, MEd
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Post-Secondary Education

- 1994-1996 University of Manitoba
Master of Education
Thesis topic: "Potential Boundary Violations between Psychiatric Nurses and their Patients"
- 1982-1986 University of Manitoba
Bachelor of Nursing

Current Experience

2011-present

Instructor II

University of Manitoba Faculty of Nursing
Providing undergraduate education in Leadership, teaching learning, Mental Health, Counselling Skills, Senior Practicum and Independent Study, Academic Coaching and Blended Learning for Aboriginal Students

1996-Present - **Private Contracts**

Humanacare EAP

Ceridian Lifeworks EAP

Solareh EAFP-counselling, crisis intervention

Homewood Human Solutions 2011-present EFAP counseling, crisis, disability management, crisis intervention services

IERHA Mental Health Worker Education Series 2011-2013, 2015

Education and Counseling Services including contracts with Medical Services Branch for therapy in Aboriginal Communities including education for onsite staff. (1996-2000)

Manitoba Adolescent Treatment Centre: Mental Health Training Project coordination and evaluation (2002)

Winnipeg Regional Health Authority: Prevention is 9/10ths of the Law instructor (2002)

Interlake School Division training for school counselor's development and delivery of sessions on depression, anger management (2002)

Previous Experience

2005-2011

Clinical Nurse Specialist Mental Health

First Nations and Inuit Health Branch.

Providing consultation, education, development and research in all areas of mental health at the regional, national and community level. Consultation re:

programs and service delivery models direct patient management National education committee Education for nursing, community programs staff, FN community;

Community committees:

Provincial Trauma Leadership

Provincial Suicide Leadership

Provincial Youth Suicide Strategy Steering Committee

Working groups:

Enhanced education for C&A Mental

Enhanced C&A mental health services to remote communities

BRHA CSU advisory board 2009

1998-1999, 2006-2010 - **nil appointment** to University of Manitoba Faculty of Nursing
Guest Lectures and student advisor for independent studies

2002-2005 Psych health Centre, Health Science Centre
Nurse Therapist Child and Adolescent Outpatient Mental Health Services
Providing psychotherapy assessment and treatment for outpatients

2002-2005 Interlake Regional Health Authority
Clinical Education Coordinator
Providing clinical education for nurses and education for all employees in acute and community care, support services and administration.
Development and evaluation of curriculum.
Learning needs assessment to identify knowledge gaps and develop plans to address.
Clinical resource for staff.
Research and advice on the development of an Occupational Health program for the Health Authority.

1998-2002 Interlake Regional Health Authority
Community Mental Health Worker Child and Adolescent
Assessment and treatment of children and adolescents
Community education per requests – adolescent depression, parenting

1997-1998 Winnipeg Regional Health Authority (0.5 EFT term)
Community Mental Health Worker Adult

1994-2001; 2002 Psych health Centre (part time/casual)
Staff nurse/float nurse - All units in psychiatry

Awards and Honours

Selected as **Mental Health Commission of Canada, Knowledge Exchange Centre, Supporting Activated Research Knowledge (SPARK 2013) participant**

Recipient of the Student Teacher Recognition Award 2013- **Outstanding teacher in Nursing**

Recipient of the 1995 **Judy Hill Memorial Scholarship for Academic and**

Professional Achievement in Northern Nursing

Memberships

College of Registered Nurses of Manitoba
 Canadian Federation of Mental Health Nurses
 Canadian Counseling and Psychotherapy Association
 Sigma Theta Tau Nursing Honor Society
 EMDR Canada/EMDRIA

Teaching

University of Manitoba, Faculty of Nursing
 Nursing Leadership Issues and Practices
 Teaching-Learning
 Mental Health

Academic Coach- Aboriginal Nurse Cohort Initiative 2013 to present

-Providing one on one coaching for students 4-20 hours per week
 -collaboration with students, communications instructor, student advisor, Learning Assistance Centre, and Faculty

Scholarly and Creative Works

Writing

Muxlow, J & Wallis, B (In press) Chapter 6 The Clinical Nurse Specialist: Mental Health in *Advanced Practice Nursing: A Canadian Perspective*. Susan L Ray & Eric Staples RN PhD (Eds) Canadian Scholar's Press

Woodgate, R., Sigurdson, C., Demczuk, L., Tennent, P., Wallis, B., Wener, P.
 THE MEANINGS YOUNG PEOPLE ASSIGN TO LIVING WITH MENTAL ILLNESS AND THEIR EXPERIENCES IN MANAGING THEIR HEALTH AND LIVES: A SYSTEMATIC REVIEW PROTOCOL The JBI Database of Systematic Reviews and Implementation Reports, Volume 12 Number 9 (2014)

Mental Health Education Tool with Josephine Muxlow

FNIH Clinical Guidelines on Mental Health for Nurses in Primary Care with Josephine Muxlow

Proposal for the use of Mental Health first aid in outpost nursing 2009

Tool for Review and Assessment of Anxiety 2007

Tool for the Assessment and Management of a Suicidal Patient updated 2011

Proposal for Mental Health Nurse Pilot Project 2006

Workshop Review published in March 2005 *Collective Consciousness*

Proposal for IRHA Occupational Health Services Program 2004

Communicating for Results 2004

Learning From Conflict 2004

Restraints in Long Term Care 2004

Least Restraints in Acute Care 2004

Self-Learning Package for Blood Administration 2005

Summary Report of the Child and Adolescent Mental Health Training Project

Summary: *Potential Boundary Violations Between Psychiatric Nurses and Their Patients* 1996 published in fall 1996 RPNAM Newsletter

Research

Co-investigator: Workers' Experience with work related musculoskeletal disability (WRMSD and Worker's Perception of Organizational Policies and Practice: The implications for disability management and work absence. Ethics approval granted November 2012. Data collection completed December 2013

Mental Health Nurse Pilot Project Evaluation, Advancing the Role of the Mental Health Nurse in a FN Community March 2009

CNS/staff learning needs assessment 2008

Staff Learning Needs Assessment annually 2002-2005 IRHA

Potential Boundary Violations Between Psychiatric Nurses and Their Patients
1996

Community Mental Health Therapist Pilot Project 1993-1994

Respiratory Nurse Clinician satisfaction survey 1991

Cystic Fibrosis Patient Education Tool evaluation 1991

Speaking

Poster presentation : WRHA and MCNHR May 2014: Oranye, N, Wallis, B. Archer-Heese, G., Roer , K., Aguilar, Z. Do personal factors or types of physical tasks predict workplace injury?

MHCC Spark workshop Presentation:

Wallis, B. Knowledge is not enough: Using a KT plan to disseminate mental health information. June 12, 2014

Member of Panel at Distinguished visitor faculty of nursing:

Bullying what is happening and what needs to be done. Oct 6, 2014

Poster Presentation **Hawaii Nursing and Nurse Educator Conference:** Honolulu, HI. Knowledge is not enough: Using a KT plan to disseminate mental health knowledge. November 13-15, 2013

Education for Mental Health Workers: IRHA: Comprehensive Mental Health Assessment (February, May and October 2012, May and October 2013, April 2015) , Mini Mental and Mental Status, Psychopharmacology (February, May and October 2012, May and October 2013), Client Engagement (November 2013)

Canadian Federation of Mental Health Nurses Oct 2009 Advancing the Role of the Mental Health Nurse in a First Nations Community

Poster Presentation **International Council of Nursing/CAPN conference,** Implementation of the Role of the CNS: Breaking New Ground pending September 2008

Anxiety Disorders Assessment 2007

Maintaining Boundaries in Rural Communities 2005

Solution Focused Brief Therapy 2005;

Stress management 1999-2006

Speaker, **Native Nurses Association**: March 2007 Assessment and Management of Suicidal Adolescents

Speaker **Canadian Nurses Association**: Saskatoon, 2006 Implementation of the Role of the CNS

Speaker **Mental Wellness Well Being Learning Circle**: April 2006 Halifax Stress Management

Speaker **International Cystic Fibrosis World Congress**: Dublin Ireland, 1992
Patient Education Tool for Families with New CF Diagnosis

Winnipeg 1 School Division - series for students on reproductive health, STIs, and decision making. 1990

Committee Service

Mental Health Commission of Canada-Knowledge Translation (SPARK) volunteer mentor 2014, 2015-2016

Distinguished Visitor Faculty of Nursing University of Manitoba- 2012, 2013-2016

Mental Health Commission of Canada, Winnipeg Steering Committee 2009- 2012

Canadian Diabetes Association 2003-2005

Arthritis Association 1999-2000

Child and Family Services 1993-1994

Manitoba Lung Asthma Education Volunteer 1991, 1992

Professional Development

Workshops, Courses

2016 Cyber Counselling Level two Jan –April 2016-University of Toronto

2015 EMDR refresher course Sept, Dec 2015

Dr. Bruce Perry Neurosequential Treatment Model May 7, 8, 2015

Cyber counselling Level one Therapy on line 2015- University of Toronto

2014 Claire Payne- Trauma Care November 23, 24, 2015

SPARK Institute, Mental Health Commission of Canada, June 10-12, 2014
Winnipeg, MB

Wednesday Jan 29, 2014 CATL Blended Learning 3 hours

May 7, 2014 MHCC teleconference: Knowledge Translation 1 hour

2013 Joanna Briggs Institute: Conducting a Systematic Review Training in

Winnipeg, MB December 2-6, 2013

HQS Professional Development- DBT Training –Dr. L. Katz- April 29, 30 2013

Mental Health Commission of Canada, Knowledge Exchange Centre, SPARK 2013
Knowledge Translation Training, Victoria, BC July 2013

2012 HQS Professional Development- Responding to clients with complex PTSD
– Natalie Zlodre - Nov. 28, 29, 2012

September 2012 Distinguished Visitor – Dr. Elizabeth McGibbon- Social Justice
full day

2011 May 3 University of Manitoba Distinguished Visitor, Dr. Gabor Mate

Previous Mindfulness Based Stress Reduction Introduction 2009
Mindfulness Based Stress Reduction Retreat 2009
French Language Training 2002-2007
Designing Web Based Learning 2005
Solution Focused Family Therapy 2005
Cost Justification Workshop 2004
Dialectical Behaviour Therapy 2004
Writing Training Material 2003
Cognitive Behavioural Therapy 2002
Eye Movement Desensitization and Reprocessing 1997
The Psychology of Winning, La Jolla CA 2000
Learning for Leadership –Thompson, MB 1993
Counselling Theories 1993
Psychotropic Medications 1991
Working with Immigrant Families 1988
Working with Family Violence 1988
Mental Health Grand Rounds at HSC weekly as available

Conferences

Hawaii Nursing and Nurse Educator Conference: Concept based curriculum;
Writing NCLEX questions Honolulu, HI. November 13-15, 2013
NETNEP Nursing Education Conference: Changing the landscape for Nursing and
Healthcare Education- June 2012 Baltimore Maryland USA June 17-22, 2012
Pre conference workshop 4 hours June 17: Writing for Publication
Canadian Federation of Mental Health Nurses Conference - Halifax October 2009
CAAPN Conference 2008
C.N.A. Conference 2007
What Works: Promising Practices in Suicide Prevention - Vancouver 2007
FN Suicide Prevention Conference - Montreal 2006
Canadian Federation of Mental Health Nurses Conference - Winnipeg 2005
Workplace Trainers Conference 2004
Safe Work Conference 2004
Cystic Fibrosis International Congress - Dublin Ireland 1992
Respirology Conference - Arlington VA 1991

American Lung Association Conference Anaheim, CA 1990
Rehab Nursing Conference - Philadelphia 1986

Certifications

Cyber counselling 2016
EMDR level 2 2015
BCLS 1983-2010, 2012, 2014
BCLS Instructor 2002-2007
Critical Incident Stress Management/Community Trauma Postvention 1997
Certified Canadian Counselor 1996-2016
Certified Level one EMDR practitioner 1997
Nonviolent Crisis Intervention Instructor 2004-2006

Insurance: Marsh Professional Liability Insurance 2011-present