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Current Role

Volunteer Curator at: ***The Trauma Recovery Blog.***

[WebSite](#)

[Facebook](#)

Personal Summary

I am passionate about the human condition. Societal issues of inequality, politics, the environment, First Nations, and disability issues are extremely important to me. I value self-compassion, compassion for others, family, social justice, freedom, and cooperative democracy.

I work towards inclusiveness in the society, relative to issues of cultural-diversity and disability. I view issues of stigmatization imposed by society, related to persons with mental-health, addictions, and disability challenges, as key to perpetuating all such relative illness. I consider it part of my life's mission to rectify issues of stigma in Canada by doing what I can with what I have to offer from wherever I am in my life, whether that be working, volunteering, or in personal relationship with others.

I cherish the earth and my fellow-man. I dream to make a difference in the lives of others living with the consequences of psychological injury and trauma.

As a Metis citizen of Canada, I hold dear the complex history we've shared in building our nation. I view aboriginal heritage as highly-relevant to my personal identity as a Canadian. I support movement on all ninety-four recommendations offered Canadians by the Truth and Reconciliation Commission Of Canada: <http://www.trc.ca/websites/trcinstitution/index.php?p=890>

I believe historical and inter-generational trauma issues are central to all social issues currently in discussion among Canadians. To support the necessity of working to heal together from our collective, traumatic, and soul-wounding experience of colonialism, along with rectifying social issues relative to psychological traumatization among individuals with mental illness in Canada, I've adopted this position as the central focus of my developing world-view. I consider it important to consider these issues at all levels of Canadian society: At the community level; provincially; nationally; and internationally.

Work Experience

Volunteer Curator at The Trauma Recovery Blog

July 2015 - Present (10 months)

The Trauma Recovery Blog provides resources to those in recovery from psychological injury. The site includes information about post traumatic stress disorder, compassion fatigue, and addictions. We are partnered in health-care with *The Charter For Compassion*, and act as one of many digital ambassadors for *The Romeo Dallaire Child Soldiers Initiative*.

This site is a peer-driven, trauma-informed source of information. We promote a bio-psycho-social approach to recovery and encourage treatments that support the whole person. We view recovery from trauma as a potentially transformational process, with recovery leading ultimately to an experience of personal growth. We view trauma recovery and integration of traumatic experiences into the psyche, as potentially relevant in supporting persons challenged towards a full return to a personal sense of living again the person's unique, human authenticity.

Visit The Site: <http://www.traumarecoverybc.com/>

Self-Employed at Trauma Consultant/Educator/Writer

January 2014 - July 2015 (1 year 7 months)

Provided individualized consultancy and education on issues of: Stress; Stress-Management; Traumatic Stress; and Occupational Stress Injury in the workplace, with a focus on Public Safety Organizations.

Community Living Care-Provider – Self-Employed

April 1998 - March 2013 (15 years)

Provided care to persons with developmental disabilities in community-based service delivery. Worked as a Personal Attendant for seniors. Facilitated accreditation to community-living service providers.

Primary Care Paramedic at British Columbia Ambulance Service

January 1989 - February 2005 (16 years 2 months)

Primary-Care Paramedic/Rural.

Program Coordinator at Creston & District Society for Community Living

January 1981 - April 1996 (15 years 4 months)

Program Coordinator managing care to persons with developmental disabilities in both institutional and community-based service delivery.

References available by request.

Projects**Transitions - Home From Trauma - 2015 Webinar**

June 2015 to Present

Members: Darren Gregory; Sylvio Gravel (Author, Speaker); Michele Rosenthal (Author, Speaker); Pat Solomon (Film Director).

Transitions-Home From Trauma-2015 is a free webinar recently produced to help raise awareness of issues related to psychological stress injury. All guests shared their personal experience as survivors, and shared the hard-won wisdom they've personally found in both recovery from trauma, and throughout their valued life. They offered valuable insights for transitioning through trauma towards redefinition of both their personal identity, and celebration of the human journey towards an experience of personal growth.

The webinar remains active and is now ongoing. Please, enjoy the gift of lived-experience, courtesy of The Trauma Recovery Blog.

Special thanks to all guests for their valuable contribution to this project: Sylvio Gravel, Michele Rosenthal, and Pat Solomon. Your gifts are forever cherished.

Follow this link to experience the webinar: <http://www.traumarecoverybc.com/transitions-webinar.html>

Transitions - Home From Trauma Webinar - 2016

January 2016 to Present

Members: Darren Gregory; Dr. Anna Baranowsky, Ph.D. (Traumatology Institute); Dr. David Berceci, Ph.D. (Trauma Release Exercise); Dr. Odelya Gertel Kraybill, Ph.D (Expressive Trauma Integration); Leckey Harrison (Certified TRE Provider).

Transitions - Home From Trauma - 2016 is a free webinar recently produced to help raise awareness of issues related to psychological stress injury. All guests share their clinical experience, along with the hard-won wisdom they've found supporting persons through traumatic experience and PTSD.

Our guests offer valuable insights on trauma integration and recovery towards the redefinition of both our personal identity, and celebration of the human journey towards an experience of personal growth.

The Webinar began January, 15th, 2016, and is currently ongoing. Please, enjoy the gift of clinical experience, courtesy of The Trauma Recovery Blog.

Special Thanks To All Guests For Their Valuable Contribution To This Project: Dr. Anna Baranowsky; Dr. David Berceli; Dr. Odelya Gertel Kraybill; and Leckey Harrison. The gift of your time and experience is forever cherished.

Follow this link to experience the webinar: <http://www.traumarecoverybc.com/transitions-webinar.html>

Education/Certifications

Traumatology Institute

Certified, Community & Workplace Traumatologist.

Designed for professionals, volunteers and paraprofessionals who work with trauma survivors or trauma-related response activities, the courses in this program will expand the skills needed for activities with individuals or groups who have been directly or indirectly exposed to a traumatic event.

This certificate benefits first responders (e.g., fire/rescue, emergency medical services, law enforcement, etc.) as well as mental health and health care professionals. There are no special requirements or degrees necessary for this entry-level non-counselling training stream.

For further information, please visit: <http://psychink.com/training-courses/community-workplace-traumatologist/>

Justice Institute of British Columbia

Primary Care Paramedic, Emergency Health Services, 1989 - 2002

The Primary Care Paramedic (PCP) program equips students with a solid foundation to prepare for employment opportunities, and to practice as a paramedic in a wide variety of paramedical environments.

For further information, please visit: <http://www.jibc.ca/programs-courses/schools-departments/school-health-community-social-justice/paramedic-academy/programs-and-courses/primary-care-paramedic>

College Of The Rockies

Human Service Worker Certification.

1981 - 1984

Grade: Complete

The Human Service Worker Certificate Program is designed to be taken on a full-time or part-time basis, online or in the classroom. Part-time students may take up to 5 years to complete all course work and practical requirements.

For further information, please visit: <http://www.cotr.bc.ca/hsw/>

Qualifying Education

Human Service Worker Certification, Human Development, Family Studies, and Related Services

College Of The Rockies

Human Service Worker

Primary Care Paramedic, Emergency Health Services

Justice Institute of British Columbia

Primary Care Paramedic

Certified, Community & Workplace Trauma Educator

Traumatology Institute

Community & Workplace Traumatologist

Verification Certificates are available by request.

Independent Coursework/Online Audit/Life-Long Learning

I took these courses to restore cognition, and to acquire the knowledge needed to better help myself in recovery, and as ammunition to support my efforts to influence change in Government systems. Persons working in these systems hold an advantage of higher-education over any person struggling with mental health issues. Unfortunately, in my experience, many so-called helpers in both Government Service and in Care Industry, value a little too heavily the authority they are granted over the persons they serve.

I struggled with this myself as a helper in social services. As a client now in my new role in life, I've felt the negative effects of social interaction with those whom are literally uniformed in terms of trauma issues, but who insist on approaching me in treatment or in personal relationships through filters of their own cognitive biases. Even when these others are presented with evidence to support my findings and needs, I've confronted many times so much ego-based defense from both helpers and from family, friends, policing, hospital staff, and my closest, primary relationships.

Trauma-Informed Ph.D clinicians, on the other hand, or peer-survivors in my network, who've worked out their own traumas in personal experience, and have thereby been called to serve as clinicians or helpers for others, never treat me this way. I'm in conflict, therefore, when I'm facing physicians, psychiatrists, cops, family, friends, or therapists that lack the necessary trauma information to work with me, because, with my own findings applied to my experience, having rooted out for myself what is helpful and what is not. I only present the information to these others that I know is most useful. I make sure this information is balanced with the experience of those who are part of my peer-support network of survivors, before I accept any information and integrate it for myself as trusted knowledge.

I've informed myself of this propensity of human nature through study of the Stanford Prison Experiment, and through the work in Human Behavioural Biology and Evolution conducted in research by Dr. Robert Sapolsky of Stanford. Grant any human authority over others in society, in the home, in community, or in helping relationships where we might be the one 'in charge', and we will often turn this authority into power, and will thereby, unconsciously, impose power upon the people we serve or socially interact with, rather than hold clearly established boundaries, supporting persons as equals.

Given the opportunity, we will seek, unconsciously, the status and 'respect' for our positions over others that our often frail human egos demand. This is not helpful, I've learned, to the person who is ill, and can literally shut us down, as we fulfill a need to abandon trust, and ditch those that are, unconsciously again, causing us reinjury unintentionally.

Working through such course work also brings me great joy. Therefore, study and life-long learning contribute significantly to my recovery program, and I intend to remain a life-long learner as my own years now proceed.

Courses Completed

Justice: What Is The Right Thing To Do

The Open Academy/Harvard
March 2014.

C.G. Jung: An Introduction

The Jung Centre: Online.
March 2014.

Introduction to Philosophy

Coursera: University of Edinburgh
March 2014.

Marine Megafauna: An Introduction to Marine Science and Conservation

Coursera: Duke University
March 2014.

Age of Jefferson

Coursera: University of Virginia
March 2014.

Reason and Persuasion: Thinking Through Three Dialogues By Plato

Coursera: National University of Singapore
April 2014.

Anger Management for Substance Abuse and Mental Health Clients

NAADAC, The Association for Addiction Professionals
June 2014.

English Composition I: Achieving Expertise

Coursera: Duke University
July 2014.

Psychological First Aid

National Centre for PTSD
July 2014.

Diploma in Psychology (Introductory Equivalent - Psychology).

Allison Certified Learning
July 2014.

Diploma in Mental Health Studies (Introductory Equivalent – Mental Health Studies).

Allison Certified Learning
July 2014.

Diploma in Human Anatomy & Physiology (Introductory Equivalent – Human Biology).

Allison Certified Learning
July 2014.

Mental Health Studies: Behaviour, Burn-Out & Depression

Allison Certified Learning
July 2014.

Achieving Personal Success

Allison Certified Learning
July 2014.

Genes and the Human Condition (From Behavior to Biotechnology)

Coursera: University of Maryland/College Park
August 2014.

The Addicted Brain

Coursera: Emory University
August 2014.

Philosophy And The Science of Human Nature

Yale Open Courses
January 2015.

Courses With Verified Certificates

Learning How to Learn: Powerful mental tools to help you master tough subjects

Coursera: University of California San Diego - Verified Certificates License MVG9E39TNZ
February 2015.

Genetics and Society: A Course for Educators

Coursera: American Museum of Natural History - Verified Certificates License CBSWFZZ9VL February 2015

Moral Foundations of Politics

Coursera: Yale University - Verified Certificates License N5DBPKWKEU
March 2015.

Visual Perception and the Brain

Coursera: Duke University - Verified Certificates License 5EZ664ULDB
March 2015.

Foundations of Teaching for Learning 1: Introduction

Coursera: Commonwealth Education Trust - Verified Certificates License GY7C22B4K5
April 2015.

Positive Psychology

Coursera: The University of North Carolina at Chapel Hill - Verified Certificates License 2WQFLCQ88U
April 2015.

The Emergence of the Modern Middle East - Part I

Coursera: Tel Aviv University - Verified Certificates License J2PFK3S8NC
April 2015.

Foundations of Teaching for Learning 2: Being a Teacher

Coursera: Commonwealth Education Trust - Verified Certificates License ZW6XMFGCFL
May 2015.

Soul Beliefs: Causes and Consequences - Unit 1: Historical Foundations

Coursera: Rutgers University - Verified Certificates License 539N7K53RLDF
June 2015.

Justice: What Is The Right Thing To Do/Michael Sandel

The Open Academy License MOOC: Audit
June 2015.

Psychological First Aid

Coursera: Johns Hopkins University - Verified Certificates License V5V9R4VC9Q
June 2015.

Plagues, Witches, and War: The Worlds of Historical Fiction

Coursera: University of Virginia - Verified Certificates License LRSBFZ362BAR
September 2015.

Tibetan Buddhist Meditation and the Modern World: Lesser Vehicle

Coursera: University of Virginia - Verified Certificates License S4W2K6V7G373
October 2015.

Grammar and Punctuation

Coursera: University of California Irvine - Verified Certificates License QH65WDX93URJ
October 2015.

Our Earth's Future

Coursera: American Museum of Natural History - Verified Certificates License UPTXCHX3FGLK
October 2015.

edX Honor Code Certificate for Managing Addiction: A Framework for Successful Treatment

edX License Honor Code Audit: Adelaide University - I completed this course honourably.
November 2015.

Getting Started with Essay Writing

Coursera: University of California Irvine: Course Certificates License XUZH73HBE7Q
November 2015.

edX Honor Code Certificate for U.Lab: Transforming Business, Society, and Self

edX License Honor Code Audit: Massachusetts Institute of Technology - I completed this course honourably.
November 2015.

The Modern and the Postmodern (Part 1)

Coursera: Wesleyan University - Course Certificates License WW589FDMDHKK
November 2015.

Big History: Connecting Knowledge

Coursera: Macquarie University - Course Certificates License JZEC4E69KPX4
November 2015.

Clinical Review: Post Traumatic Stress Disorder

MIMS Learning
November 2015.

Søren Kierkegaard - Subjectivity, Irony and the Crisis of Modernity

Coursera Course Certificates License 8JMJ9LQCTPN2
November 2015.

Philosophy and the Sciences

Coursera: University of Copenhagen - Course Certificates License 4KXFUGHNAL
November 2015.

Teach English Now! Foundational Principles

Coursera: Arizona State University - Course Certificates License 6HFSD6LMUQVZ
December 2015.

Foundations of Teaching for Learning 3: Learners and Learning

Coursera: Commonwealth Education Trust - Course Certificates License T73HB6QTRDGV
December 2015.

edX Honor Code Certificate for Circular Economy: An Introduction

edX License Honor Code Audit: TU Delft - I completed this course honourably.
December 2015.

From Freedom Rides to Ferguson: Narratives of Nonviolence in the American Civil Rights Movement

Coursera: Emory University - Course Certificates License S2WFMMJCYUTV
January 2016.

For purposes of verification, all certificates are available by request.

Volunteer Experience

Curator at The Trauma Recovery Blog

2014 - Present

A monthly blog, speaking to issues related to traumatic stress injury, post-traumatic stress disorder, compassion fatigue and addictions. This is a space as well to share some creative writing. We promote education and wellness resources for persons in recovery.

Recovery Coach-Pro Bono

January 2014 - Present

I still wish to voluntarily provide peer-to-peer coaching to first responders in my home community. The goal of such coaching relationships would remain, as it began, to offer personal support and guidance to first responders in need, leading ultimately to connection with appropriate, *clinical care*.

I can support them, initially, by helping them get through this *Online Trauma Treatment Program*, with permission granted to do so from Dr. Anna Baranowsky, the programs creator, and founder and CEO of the *Traumatology Institute*.

Dr. Baranowsky has graciously granted me this link as an affiliate, allowing me to earn a little income from any referrals I can provide for access to this program. The course work in this education opportunity is of high-value, in my experience. I've completed the program twice, and have received positive feedback from those who've in the past accepted referral:

<http://www.whatisptsd.com/dap/a/?a=62>

References available by request.

Publications

Post-Traumatic Stress Disorder: Eye-Movement Desensitization & Reprocessing/ Dr. Francine Shapiro, PhD.

Academia.Edu
June 2014

This paper profiles the work of Dr. Francine Shapiro, PhD. and discusses post-traumatic stress disorder and the application of Eye-Movement Desensitization and Reprocessing (EMDR) in clinical treatment.

Learning & PTSD: A Personal Reflection

Academia.Edu

February, 2015

This essay discusses issues associated with learning through PTSD and highlights the authors personal experience with online open courses.

Paper copies of publications are available by request.

Member Organizations

American Academy of Experts in Traumatic Stress

Associate Member

March 2016 to Present

Membership with American Academy of Experts in Traumatic Stress demonstrates a commitment to the advancement of intervention for survivors of traumatic events. It is the first step in a process aimed at identifying expertise among professionals across disciplines. The Academy is working in collaboration with its sister organization - the National Center for Crisis Management.

Copy of member verification is available by request.

Specialized Skills & Expertise

<p>Post Traumatic Stress Compassion Fatigue Addiction Recovery The Heroes Journey: A Personalized Framework for Trauma & Addictions Web Content Storytelling Community Outreach Healthcare</p>	<p>Recovery First Nations Depression Treatment Public Speaking Freelance Writing Creative Writing Blogging Nonprofits Guitar Playing</p>	<p>Program Development Leadership Mental Health Workshop Facilitation Training Customer Service Management Personal Development Wood Carving</p>
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Verification of specialized skills and expertise is available via LinkedIn, as endorsed by those in my network.