



Nicola Sherwin-Roller MA, CCC, RCAT has over 30 years of experience working with trauma and its impacts in children, teens and adults at all stages of their emotional, mental and physical development. Nicola's undergraduate work was completed in England with a Graduate Diploma and Master of Arts Degree from Concordia University in Montreal being completed in 1994. She has worked in both first level service provision and second level within program management and development in large Urban settings, rural settings and on First Nation Communities, both in government and non-profit sectors. Whether providing first levels services to individuals, couples, families and groups or developing programs for communities or organizations Nicola strives to build capacity, empowerment and resiliency.

Nicola continues to train and enhance her skills on a regular basis and as well as her Master in Art Psychotherapy, is CISM trained, holds a Level Three Trauma informed Expressive Arts therapy certification from IEATA, is certified in the TA Method as an Equine Assisted Psychotherapist, trained and works with a Labradoodle who is certified as a therapy assist dog through Companion Paws, to name but a few.

Nicola is an active advocate for her profession and has served for the last 5 years as the Saskatchewan Director for the Canadian Counselling and Psychotherapy Association, has been on the advocacy committee with the Canadian Art Therapy Association for over 15 years and has been working towards Counselling Therapists and Psychotherapists regulated within the Province for the last 8 years.

Nicola has published a series of articles in her association's professional journals on Self Care for therapists and has presented at National and International levels on Cross Cultural Art Therapy and Decolonizing practices. She is currently collaborating in a chapter on Settler Art Therapy for a handbook for Creative Art Therapists. .

Nicola works in private practice with all age groups and is the Mental Health Strategist for the Prince Albert Police Service. In collaboration with the OSI-CAN HHR team she has developed the healing with horses' weekend retreat program schedule and is a lead facilitator at the events.