

OUR COACHING & COUNSELLING TEAM

Degan Davis, M.Ed.
Registered Psychotherapist, Counsellor

Degan has been counselling at The Michener Institute for the last 10 years. He holds an M.Ed. in Counselling Psychology, is a Registered Psychotherapist and is a graduate from the Gestalt Institute. He draws on a mixture of Cognitive Behavioral, Expressive Arts and Gestalt strategies. These theories centre on a student's uniqueness, diversity and resilience, and recognize that all students have the power to take action and make positive changes in their lives. Degan can be reached at DDavis@michener.ca.

Kim Phillips, M.Ed.
Registered Psychotherapist, Counsellor

Kim is a Registered Psychotherapist in private practice and is a counsellor at the Michener Institute. She has an M.Ed in Counselling Psychology. Kim's counselling style draws from Relational, Gestalt, Cognitive-Behavioural (CBT) and Anti-Oppressive Therapies. Kim works together with students to help them manage difficult life situations and painful emotions, and develop greater self-awareness and coping skills to face challenges with greater ease and self-confidence. Kim can be reached at KPhillips@michener.ca.

Christina Yurchuk, B.Ed., M.Ed
Learning Facilitator

Christina has over 15 years of experience working with students in professional health care programs at The Michener Institute and at UofT. She develops and facilitates communication workshops, coaches students on academic issues, and supports students in their career development. She has a Master's degree in Adult Education from OISE/UT and is an ESL educator. Christina can be reached at CYurchuk@michener.ca.

STUDENT SELF-BOOKING

To make an appointment with a coach or counsellor, open Outlook Calendar, and click on New Appointment. From there, click Invite Attendees, and enter the email of the coach or counsellor you wish to see. Please choose a time that works for both of your schedules.

You can also email success@michener.ca directly to set up an appointment.

IMPORTANT CONTACTS

The Michener Institute's Coaching and Counselling Office	416.596.3101 ext. 3468
The Michener Institute's Toll Free Number	1.800.387.9066
The Michener Institute's Student Health Office	416.596.3101 ext. 3320
CAPS: U of T Counselling Services (Only for MRS Students)	416.978.8030
Office of Health Professions Student Affairs (Only for MRS students)	416.978.2764
Mental Health Services (CAMH)	416.535.8501 ext. 6885
Sexual Assault and Domestic Violence Care Centre	416.323.6040
Women's shelter locations	www.shelternet.ca
24 Hour Distress and Crisis Line	416.408.HELP (4357)
Good2Talk (University students support line)	1.866.925.5454

OFFERED BY THE STUDENT SUCCESS NETWORK

COACHING & COUNSELLING

Workshops
Personal Counselling
Academic Coaching
Career Development



M I C H E N E R . C A

[michener.ca/SSNFacebook](https://www.facebook.com/michener.ca/SSNFacebook)

WORKSHOPS ON DEMAND

Workshop topics include: Stress Reduction for Practical Assessments; Oral Presentations; Time Management; Multiple Choice Test Strategies and more.

PEER TUTORING

Peer Tutoring is an excellent support for students who are seeking academic assistance. This FREE service matches students with their peers for one-on-one tutoring sessions.

CAREER DEVELOPMENT SERVICES

SSN offers a variety of workshops to support students' job search. Workshops on Resume and Cover Letter writing, Interview Preparation and Networking provide students with specific strategies and tips to be successful in their job search. We also offer on-on-one mock interview sessions and individual feedback on resumes and cover letters.

For more information contact SSN at success@michener.ca

SSN ACADEMIC COACHING

SSN provides one-on-one support for student who would like to improve their study and test taking strategies, communication and stress management skills.

To make an appointment, please email Christina at CYurchuk@michener.ca or use the self booking service through Outlook Calendar. More details on the back of this brochure.

We also offer online resources on many topics. Handouts are available to download at: my.michener.ca/departments/student-success-network. Scroll down and click on Resources for Learning, Communication and Stress Management.

WHAT STUDENTS HAVE SAID ABOUT SSN WORKSHOPS AND COUNSELLING SERVICES

"The workshop on Oral Presentations did wonders for me."

- Rita D, Clinical Year MLT Student

"I am more confident in dealing with emotional situations with patients as a result of this summer's workshop"

- Clinical Year Respiratory Therapy Student

"The one-on-one counselling was really helpful in dealing with my long-term anxiety."

- Alumnus, Ultrasound Student

"The speed empathy exercise was absolutely amazing."

- Amy M, Clinical Year MLT Student

"SSN Workshops definitely helped me in dealing with negative feedback."

- Clinical Year Radiological Technology Student

**Feeling stressed about school?
Depressed? Concerned about your
relationship or a family challenge?**

PERSONAL COUNSELLING

Michener's Coaching and Counselling Services offer caring, confidential and professional support for a wide variety of life's stresses.

- Manage anxiety, depression and trauma
- Cope with grief, loss and suicidal ideation
- Tackle misuse of alcohol, drugs or other addictions
- Get support for relationship and sexual identity issues
- Manage cultural adjustment and homesickness
- Receive assessment and support for medications

To see a counsellor or the psychiatrist, please call 416.596.3101 x3468, or email Degan at DDavis@michener.ca or Kim at KPhillips@michener.ca.

Students can book through email, or use the self-booking service through Outlook Calendar. More details are provided on the back of this brochure.