

# HEIDI E. MACK

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## EDUCATION

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### **Doctor of Philosophy**

*Concentration:*

*Dissertation:*

*Supervisor:*

*Committee:*

**Queen's University, Faculty of Education, 2014**

Transformative Learning

*A Querencetic Life: Enacting Source*

*Dr. Susan Wilcox, Emeritus*

*Dr. Rebecca Luce-Kapler, Dr. Steven Elliot*

### **Master of Education (partial\*)**

*Concentration:*

\* Completed 10/12 courses of M.Ed degree to satisfy qualifications Canadian Counselling Certification

**University of Ottawa, 2007**

Counselling

### **Master of Education**

*Concentration:*

*Thesis:*

*Advisors:*

**Queen's University, 1995**

Curriculum and Instruction

*Experiential Programs for Women Recovering from Bulimia Nervosa*

*Dr. Rena Upitus; Dr. Louise Cowen*

### **Bachelor of Education**

*Concentration:*

*Specialization:*

**Queen's University, 1991**

Primary/Junior Division

Outdoor and Experiential Education

### **Bachelor of Arts**

*Concentration:*

**Queen's University, 1990**

Honours Psychology and Music

## AWARDS – Total \$106,500 Educational Scholarships

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▪ Ontario Graduate Scholarship	\$15 000	2013
▪ Ontario Graduate Scholarship	\$15 000	2012
▪ Queen's Graduate Award, Queen's University	\$8 000	2012
▪ Ontario Graduate Scholarship	\$15 000	2011
▪ Queen's Graduate Award, Queen's University	\$4 000	2011
▪ Education Growth Funding, Queen's University	\$2 000	2011
▪ Queen's Travel Award, Queen's University Scholarship	\$600	2011
▪ Ontario Graduate Scholarship	\$15 000	2010
▪ Education Growth Funding, Queen's University	\$2 000	2010
▪ Queen's Graduate Award, Queen's University p	\$2 360	2010

▪ Senator Frank Carrel Fellowship, Queen's University	\$10 000	2009
▪ Queen's Graduate Award, Queen's University	\$8 000	2009
▪ Education Graduate Growth Funding, Queen's University	\$1 000	2009
▪ Chatelaine Magazine's Who's Who of Canadian Women		1999
▪ Queen's Graduate Award, Queen's University	\$1 000	1995
▪ Queen's Graduate Award, Queen's University	\$1 000	1994
▪ Frank Wyatt MacLean Graduate Fellowship, Queen's University	\$2 000	1994
▪ Queen's General Bursary, Queen's University	\$550	1994
▪ Frank Wyatt MacLean Graduate Fellowship, Queen's University	\$2 000	1993
▪ J. B. Keddie Memorial Bursary, Queen's University	\$700	1990
▪ Queen's General Bursary, Queen's University Scholarship	\$500	1989

## PROFESSIONAL CERTIFICATIONS and MEMBERSHIPS

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- **Registered Canadian Psychotherapist,**  
The Canadian Counselling and Psychotherapy Association (CCPA)  
Membership # 0826

## WORK EXPERIENCE

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**Private Consultant,** Various Organizations 1999 - Present

- Working with agencies serving clients experiencing disordered eating to institute systemic change. *Consulting examples: Milk Marketing Board curriculum; "Fat Camp" film documentary,*

**Registered Psychotherapist,** Private Practice, Kingston, Canada 1994 - Present

- Offering individual counseling, couple's counselling, and facilitating support groups. Over 8 500 supervised client contact hours. Previously practiced in Perth and Ottawa, Canada.

**Clinical Supervisor,** Psychotherapy, Kingston, Canada 2007 - Present

- Offering counselors and therapists clinical supervision as directed by The Canadian Counselling and Psychotherapy Association's standards of practices and code of ethics. Previously practiced in Ottawa, Canada.

**Founder,** Ananda Resources: Education, Prevention, and Educational Counselling for Adolescent Girls and Women with Disordered Eating 1992 - 2009

- Private practice specializing in women's health, with a focus on body image, self-esteem, weight preoccupation, and eating disorders. Offers wilderness programs, consultation, individual/family counselling, professional development conference presentations and keynote addresses, workshops, community presentations, and program and curricula design.

**Visual Artist** 1990 - Present

**Professor**

- Instructor and Adjunct Professor, Outdoor and Experiential Education, Queen's University, Kingston, Canada 1996 - 1999
- Sessional Professor, Graduate Counselling Programme, Faculty of Education University of Ottawa, Ottawa, Canada 2008 - 2009
- Sessional Professor, Graduate Counselling Programme, Faculty of Human Sciences, Saint Paul University, Ottawa, Canada 2004, 2006, 2007

**Curriculum Consultant**, BodySense Project, Canadian Centre for Ethics in Sport 2004 - 2006

- Writing eating disorder prevention curriculum for athletes.

**Coordinator and Manager**, BodySense: A Positive Body Image Research Initiative for Athletes, Children's Hospital of Eastern Ontario & Canadian Centre for Ethics in Sport 2000 - 2006

- Managed initiative and coordinated a disordered eating prevention research project for athletes.

**Programme Designer and Teacher**, Girls Adventure Programme, Kingston, Canada 1994- 1996

**Wilderness Guide**, BlackFeather, Parry Sound, Canada 1998

- Organized and led wilderness sea-kayaking trips for adults.

**Curriculum Design/Teacher**, Limestone District School Board, Kingston, Canada 1996 - 1997

- Designed and executed Girls' Adventure Program, a wilderness credit program for high school students.

Grades K- 13 **Occasional Teacher**, Upper Canada School Board, Canada. 1993 - 1997

**Teacher**, *Counselling and Therapeutic Skills*, Algonquin College, Perth, Canada. 1996

**Teacher**, Grade 4, Colegio Bolivar, Cali, Colombia. 1991 - 1993

**Residential Child Care Worker**, Arden Court, Arden, Canada 1987

- Summer Program Director and wilderness educator.

## UNIVERSITY TEACHING EXPERIENCE (detailed)

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**Sessional Professor**, Graduate Counselling Programme, Faculty of Education, University of Ottawa

*Courses Taught:*

- *Readings in Educational Counselling (Eating Disorders: Theory and Practice Micro Counselling Skills)* 2009
- *Readings in Educational Counselling (Eating Disorders: Theory and Practice Micro Counselling Skills)* 2008

**Sessional Professor**, Graduate Counselling Programme, Faculty of Human Sciences, Saint Paul University

*Courses Taught:*

- *Eating Disorders and Related Issues* (instructor) 2007
- *Eating Disorders and Related Issues* (instructor) 2006
- *Eating Disorders and Related Issues* (instructor) 2004

**Adjunct Professor and Coordinator**, Outdoor & Experiential Education (OEE) Program, Faculty of Education, Queen's University

*Courses Taught:*

- *OEE: Open Country Explorations* (instructor and coordinator) 1999
- *OEE: Theory and Practice* (instructor) 1999
- *OEE Program Focus* (instructor) 1998
- *OEE: Theory and Practice* (instructor) 1998
- *OEE Program Focus* (instructor) 1997
- *OEE: Theory and Practice* (instructor) 1997
- *OEE in Schools and Higher Education* (instructor) 1997
- *OEE: Open Country Explorations* (instructor and coordinator) 1996
- *OEE: Theory and Practice* (instructor) 1996
- *OEE in Schools and Higher Education* (instructor) 1996

**Teaching Assistant** 1995  
Outdoor and Experiential Education Program, Faculty of Education, Queen's University

## PUBLICATIONS

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### *Peer-Reviewed Publications*

**Mack, H.** (2011). Response-ability: Choosing a joy-full life. In M. Alhadeff-Jones & A. Kokkos (Eds.), *Transformative Learning in Time of Crisis: Individual and Collective Challenges* (pp. 502-508), New York, NY & Athens, Greece: Teacher's College, Columbia University & The Hellenic Open University.

Buchholz, A., **Mack, H.**, McVey, G.L., Feder, S. & Barrowman, N. (2008). An evaluation of the prevention project BODYSENSE: A positive body image initiative for female athletes. *Eating Disorders: Journal of Treatment and Prevention*, 16, 308-321.

### *Book Chapters*

**Mack, H.** (1996). Inside work, outdoors: Women, metaphor, and meaning. In K. Warren (Ed.), *Women's Voices in Experiential Education* (pp. 24-31). Dubuque, IA: Kendall/Hunt.

### *Other Publications*

**Mack, H.** (Ed.) (1999). Women and wilderness. *Pathways: The Ontario Journal of Outdoor Education*, 11, 2.

Kohuska, D., & **Mack, H.** (1999). Validating voice and intuition. *Pathways: The Ontario Journal of Outdoor Education*, 11, 12-13.

Anslow, B., Craven, A., Doyle, K., Gordon, M. J., & **Mack, H.** (1998). A world of resources: What's available in our area? *Reflections: A quarterly newsletter of the Anorexia and Bulimia Association of Kingston*, 3, 13-16.

**Mack, H.**, Gordon, M. J., Lewis, S., Melnychuck, J., Cerutti, S., Mathieu, F., & Seppala, L. (1998). Breaking away from traditions: Experiential therapies for eating disorders and weight preoccupation. *Reflections: A quarterly newsletter of the Anorexia and Bulimia Association of Kingston*, 3, 9-12.

Ainsworth, M., Ashbury, A., Gordon, M. J., Levis, S., **Mack, H.**, & Malnychuk, J. (1997). Hotel Dieu adolescent eating disorder team. *Reflections: A quarterly newsletter of the Anorexia and Bulimia Association of Kingston*, 3, 4-8.

**Mack, H.** (1997). Dancing on the sidewalk: Reflections on working with women with weight preoccupation and bulimia. *Pathways: The Ontario Journal of Outdoor Education*, 10, 12-15.

### **Brochures**

**Mack, H.**, & Steringa, E. (2002). *The 10 BodySense basics: Best practice guidelines for promoting positive body image and preventing disordered eating in athletes* [Brochure]. Ottawa, ON: BodySense - A Positive Body Image Initiative for Athletes.

**Mack, H.**, & Steringa, E. (2002). *Preventing and detecting disordered eating in athletes* [Brochure]. Ottawa, ON: BodySense - A Positive Body Image Initiative for Athletes.

**Mack, H.**, & Steringa, E. (2002). *How to promote positive body image and prevent disordered eating: Tips for coaches and parents* [Brochure]. Ottawa, ON: BodySense - A Positive Body Image Initiative for Athletes.

**Mack, H.**, & Steringa, E. (2002). *BodySense: Positive body image for athletes* [Brochure]. Ottawa, ON: BodySense - A Positive Body Image Initiative for Athletes.

## **CONFERENCE PRESENTATIONS**

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### **Peer-Reviewed Conferences**

Mack, H. (2014, October). A querencetic life: Enacting source. Paper presented at the 11<sup>th</sup> *International Conference on Transformative Learning: Space of Transformation and Transformation of Space*, Columbia University, New York City, United States of America.

Mack, H. (2011, May). Response-ability: Choosing a joy-full life. Paper presented at the 9<sup>th</sup> *International Conference on Transformative Learning: Transformative Learning in Time of Crisis*, Hellenic Open University, Athens, Greece.

### ***Keynote Addresses***

Mack, H. (2014, May). Querencia: Finding it, living it. Keynote address at the *Ontario Early Years Centre Conference*, Carleton Place, Canada.

Mack, H. (2000, May). Sexual abuse and eating disorders. Keynote address for Ottawa Valley social workers, Eganville, Canada.

Mack, H. (1999, April). Making sense of self: Strategies for change. Keynote address for Annual General Meeting, Anorexia and Bulimia Association, Kingston, Canada.

Mack, H. (1999, January). Creating resilient youth: Raising voices, channeling energy. Keynote address at *The Advisory Council on the Status of Women's Annual Meeting*, Halifax, Canada.

Mack, H. (1998, November). Building a sense of self in youth. Keynote address at Kemptville Area Family Resource Centre, Kemptville, Canada.

### ***Other Conference Presentation and Workshops***

Mack, H. (2014, January). Querencia: Finding it, living it. Speaker for TEDx QueensU, Queen's University, Kingston, Canada.

Mack, H. (2011, April). The conscious practice of authenticity. Presentation at *The Rosa Bruno-Jofré Symposium in Education*, Queen's University, Kingston, Canada.

Mack, H. (2014, January). The audacity of authenticity. Workshop for *Queen's Canadian Leadership Conference*, Queen's University, Kingston, Canada.

Mack, H. (2004, October). Looking in looking out: Body image and our practice. Workshop for *Nutrition Day*, Dietitians of Canada, Ottawa, Canada.

Mack, H. (1999, May). Wilderness therapy for women with disordered eating. Presentation for general public, Association of Disordered Eating, Vancouver, Canada.

Presented at dozens of professional conferences across Canada and internationally since 1994 (including: Canadian Counselling Association; Canadian Mental Health Association; Canadian Coaching Association; Advisory Council on the Status of Women; The National Eating Disorder Centre; Ontario Physical Health Educators; Dietitians of Canada; Ontario Camping Association; Canadian Outdoor Educators; Canadian Wilderness Women's Network)

## **PROFESSIONAL AND COMMUNITY WORKSHOPS**

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Mack, H. (2008, May). The prevention of disordered eating: Working for change. Professional development workshop for the *Body Image Coalition*, Peterborough County's City Health Unit, Peterborough, Canada.

- Mack, H. (2004-2007). Disordered eating: The role of the professional helper. Workshop for public professional development at Hopewell Eating Disorder Support Centre, Ottawa, Canada.
- Mack, H. (2005, November). Mirror mirror: An activity-based learning day for building positive body image. Professional development workshop, [Ottawa](#), Canada.
- Mack, H. (2005, October). Person-centered approach to counselling. Lecture for University of Ottawa Faculty of Education, Ottawa, Canada.
- Mack, H. (2005, October). The prevention of disordered eating: Working for change. Professional development workshop for the *Body Image Coalition*, Peterborough County's City Health Unit, Peterborough, Canada.
- Mack, H. (2005, June). Disordered eating: The role of the professional helper. Ottawa Public Library public presentation, Ottawa, Canada.
- Mack, H. (2005, May). Looking in, looking out: Creating positive body image and self-esteem in the prevention of disordered eating. Workshop for Community Mental Health Services of Renfrew County, Pembroke, Canada.
- Mack, H. (2005, February). Making connections: Disordered eating and sexual abuse. Professional development workshop, The Sexual Assault Network, Ottawa, Canada.
- Mack, H. (2005, February). Media literacy and body image. Professional development workshop, Hopewell Eating Disorder Support Centre, Ottawa, Canada.
- Mack, H. (2004, May). Media literacy and body image. Professional development workshop, Hopewell Eating Disorder Support Centre, Ottawa, Canada.
- Mack, H. (2004, February). The prevention of disordered eating: A professional development experience. Workshop for *Prevention of Disordered Eating Professional Day*, Hopewell Eating Disorder Support Centre, Ottawa, Canada.
- Mack, H. (2003, March). Making connections: Disordered eating and sexual abuse. Professional development workshop, Ottawa Rape Crisis Centre, Ottawa, Canada.
- Mack, H. (2003, February). Antidotes to the prevention of disordered eating. Professional development workshop, Hopewell Eating Disorder Support Centre, Ottawa, Canada.
- Mack, H., & Sherman, J. (2001, February). Mirror mirror: Taking a closer look at disordered eating. Professional development workshop, Ottawa, Canada.
- Mack, H., Sherman, J., & Goldstein-Kerzner, K. (2001, February). Disordered eating: Building understanding and empathy. Professional development workshop, The Canadian Mental Health Association, Ottawa, Canada.

- Mack, H. (2000, November). Mirror mirror: Taking a closer look at disordered eating. Professional development workshop, Ottawa, Canada.
- Mack, H. (2000, May). Making connections: Disordered eating and sexual abuse. Professional development workshop, Renfrew County Committee for Abused Women, Pembroke, Canada.
- Mack, H. (2000, May). Mirror mirror: Taking a closer look at body image and disordered eating. Professional development workshop, Ottawa, Canada.
- Mack, H. (1999, November). Mirror mirror: Taking a closer look at body image and disordered eating. Professional development workshop, Ottawa, Canada.
- Mack, H. (1999, June). Experiential learning, facilitation, and learning styles. Workshop for *Katimavik Staff Training*, Kanata, Canada.
- Mack, H. (1996, March). All in a day: A workshop for building sense of self in youth and young adults. Workshop for *Katimavik Staff Training*, Kanata, Canada.

***Workshops for Professionals in Education***

- Mack, H. (2007, February). Disordered eating: Prevention in the schools and community. Workshop for teachers, Kingston, Canada.
- Mack, H. (2006, October). Roles and responsibilities of the professional helper. Workshop for the Renfrew County and District Health Unit's Health Promotion and Clinical Services Division, Pembroke, Canada.
- Mack, H. (2003, January). The prevention of disordered eating: What schools can do. Professional development workshop for Albert College, Bellville, Canada.
- Mack, H. (2002, February). Working for change: Our role in disordered eating prevention and detection. Workshop for teachers, Bellville, Canada.
- Mack, H., & Sherman, J. (2001, April). Working for change: The prevention of disordered eating. Professional development workshop for Yarmouth Consolidated Memorial High School, Yarmouth, Canada.
- Mack, H. (2001, January). Disordered eating: Understanding the issues of food, weight, and shape preoccupation. Professional development workshop for Trinity College School, Port Hope, Canada.
- Mack, H. (1999). All in a day: Building sense of self and preventing disordered eating in youth and young adults. Workshop for *Professional Development Day: Adolescent Care Workers*, Limestone District School Board, Kingston, Canada.



Mack, H. (1999). Preventing disordered eating through positive sense of self. Professional development workshop for Youville School, Ottawa, Canada.

### ***Workshops for Youth, Young Adults, and Student Training Programs***

Mack, H. (2003, January). The prevention of disordered eating. Workshop for Residence Life Services, Queen's University, Kingston, Canada.

Mack, H. (2003, January). Building self-esteem and positive body image. Workshop for Albert College, Bellville, Canada.

Mack, H. (2002, February). Get real: Measuring up in ways that matter. Workshop for Albert College students, Bellville, Canada.

Mack, H. (2002). My looks and image: The truth about healthy bodies. Further information not known.

Mack, H. (2001, January). Disordered eating: Understanding the issues of food, weight, and shape preoccupation. Workshop for Trinity College School, Porte Hope, Canada.

Mack, H. (2002). Grumbly tummies: Loving and listening to ourselves. Workshop for resident dons, Queen's University, Kingston, Canada.

Mack, H. (2000, March). Girls' circle: Who am I? Workshop for Adolescent Care Workers, Ottawa, Canada.

Mack, H. (1999). Prevention of disordered eating. Workshop for a *Grade 7 and 8 Pilot Project*, Limestone District School Board, Kingston, Canada.

Mack, H., & Nolting, D. (1996- 1996, Septembers). All in a day: Disordered eating prevention program. Workshop for *Peer Health Education Training*, Student Health Program, Queen's University, Kingston, Canada.

### ***Other Workshops***

Mack, H. (2014, May). Finding our way home using authenticity as a roadmap. Workshop for adults, Ontario Early Years Center of Lanark, Smith Falls, Canada.

Mack, H., & Taylor, S. (2006, February). Preventing disordered eating in the sport environment. Workshop for Hopewell Eating Disorder Support Centre, Ottawa, Canada.

Mack, H. (2002, February). Raising resilient children in a disordered eating culture. Workshop for parents of high school students, Bellville, Canada.

Mack, H. (2000, April). Through thick and thin: Workshop for families and friends living with someone experiencing disordered eating or weight preoccupation. Ottawa, Canada.

Mack, H. (2000, February). Making sense of self: Strategies for change. Workshop for adults with disordered eating and/or weight preoccupation, Ottawa, Canada.

Mack, H. Coaching and parenting for the prevention of disordered eating. Workshop for Hopewell Eating Disorder Support Centre, Ottawa, Canada.

Mack, H. (1997, February). Body messages: Where do they come from? What role do I play? Workshop for *National Eating Disorders Awareness Week*, NEDIC, Toronto, Canada.

## ART EXHIBITIONS

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### *Juried*

- Open Studio, Faculty of Education, Queen's University, Kingston, Canada 2012

### *Public*

- *Spiralling Upward*, Les Saisons, Chelsea, Canada February 2007
- Artist Studio Tour, Kingston, Canada May 2011
- Tea Room, Coffee Shop, Kingston, Canada January 2010
- Sima Sushi, Kingston, Canada December 2013 - February 2014

### *Published*

- Front book cover "Psyche's Children" by Catherine Joyce, 2008, Wanova Books Chelsea QC.
- Five photograph chapter in poetry book "That Not Forgotten" by Bruce Kauffman 2012.

## FOUNDING. STARTING. FEATURING.

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- Co-founder of the twinning of Ste Elisabeth, Quebec, Canada and Sanankoroba, Mali, Africa 1985;
- Founder and co-chair of the Old Chelsea Farmer's Market 2004 – present;
- Founder and Coordinator of The Canadian Wilderness Women's Network 1996 – present;
- Designer of the Girls' Adventure Summer credit course/Programme (GAP) for Limestone District School Board 1994-1996;
- Volunteer facilitator and consultant: Hopewell Eating Disorder Support Centre – Ottawa 2000 – present;
- "Pathways" Journal Editor, May- June 1999 – Council of Outdoor Educators of Ontario;
- Education Director – Anorexia and Bulimia Association of Kingston, 1996 – 1999;
- Support Group Facilitator – "Feeding the Hungry Heart" Kingston, 1995, 1996, 1997;
- Music Therapy for Seniors – Kingston 1989;
- Probation and After Care Officer – Ottawa 1986.