



## Arden McGregor, M.A, C.Psych. Assoc., CBIST Psychological Associate and Executive Director 519.657.1180 ext. 102

Arden McGregor, M.A, C.Psych. Assoc., CBIST, has committed over twenty years of her life to rehabilitation services. She is extremely knowledgeable and well accomplished in the field.

Arden says the key to successful rehabilitation therapy is to listen. "I listen to my clients. Listening is the key to untangling even the most complicated clinical situations." In August 2003 Arden listened to her heart and founded Brainworks where she holds the position of Executive Director. Brainworks provides rehabilitation services to individuals with brain Injury, chronic pain, behavioural and other disorders.

Today Brainworks employs thirty-eight staff members who remain loyal to the guiding principle the company was founded on—clients first! Arden states, "Our model is client-centred and community based. We provide individualized treatment where our clients live and work."

Arden is immersed in the field of rehabilitation services and over the past two decades has had a career rich in varied experiences. "I've been fortunate to work across the continuum of care, providing both consultation and direct service in both the private and public sectors."

The majority of Arden's clients live with brain injuries, chronic pain or adjustment problems. Since 1991 she has been providing behavioural counselling and pain management services and holds the following professional memberships:

- ☀ Canadian Pain Coalition
- ☀ Canadian Pain Society
- ☀ Canadian Society of Clinical Hypnosis
- ☀ Vocational Rehabilitation Association of Canada
- ☀ American Association for the Certification of Brain Injury Specialists
- ☀ American Society of Pain Educators
- ☀ Ontario Association of Psychological Associates
- ☀ Ontario Brain Injury Association
- ☀ Ontario Brain Injury Neurobehavioural Network
- ☀ London Regional Psychological Association
- ☀ Brain Injury Association of London and Region
- ☀ International Association for the Study of Pain

Arden is a member of the College of Psychologists of Ontario and a Certified Brain Injury Specialist & Trainer. Her expertise in the field of brain injury rehabilitation is both respected and sought after; she has given over 65 presentations to professionals in brain injury rehabilitation and behavioural interventions and countless presentations to client and family groups.

Arden McGregor, who has endearingly been referred to as, "The brains behind Brainworks," is compassionate, committed and steadfast in her work with clients. She leads by example and the lifeblood of the Brainworks team is compassion and an unwavering dedication to see clients meet their goals. Arden's compassionate spirit led her to serve as a founding partner and sponsor of Camp Dawn, a camp for adults with acquired brain injuries. Also, since its inception Brainworks has been a strong supporter of local Brain Injury Associations and various client-centered volunteer initiatives.

A loving mother to four children and happily married for 23 years; Arden understands the importance of family. The love and protection she holds for her own family inspires her in her work. She understands that when an individual experiences a significant illness or injury, an entire family is affected. Arden uses her vast knowledge to provide individualized services to enrich the lives of her clients and to best support their families.

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