

Dr. Natalie Engelbrecht MSc RP ND

(905) 245- 4994 | drengelbrecht.rp.nd@gmail.com

Profile

A compassionate, analytical, and collaborative Autistic Therapist and Canadian Leader in Trauma, PTSD, and Integrative Medicine.

- ❖ Dually licensed Registered Psychotherapist (22 years) and Naturopathic Doctor (28 years) with extensive experience in integrative, evidence-based medicine that takes into account the whole person. Broad experience in providing patient-centred case centred on compassion, respect, and empathy.
- ❖ Strong background in patient relations, clinical operations, analytical research, reporting, data management, project management, strategic planning, and change management.
- ❖ Unique combination of academic training and personal experience in the field of Autism, both as an Autistic individual and academic.
- ❖ Extensive practical and academic training, building upon the completion of more than 150 hours of supervision for autism assessment training and writing, more than 1000 hours of direct patient contact, and numerous training / professional development courses.
- ❖ Effective communicator who can connect with patients, colleagues, and other medical professionals on a personal level while maintaining professional boundaries.
- ❖ Recognized with a “Top Writer Award” on Quora, with nearly 18,000 active followers/ readers of posts on autism and psychology.

Education

University of Liverpool- School of Psychology | Liverpool, UK 2014

Master of Science, Applied Psychology; Assessed by World Education Service (WES) Equivalent to Canadian MSc

Canadian College of Naturopathic Medicine | Toronto, ON 1996

Diploma, Doctor of Naturopathic Medicine

McMaster University | Hamilton, ON 1992

Bachelor of Arts, Psychology (including Abnormal Psychology and the Investigation of DSM)

Experience

- Provide knowledge, expertise, and clinical services to a wide range of clients, including autistic adults.
- Maintain a focus on assessment, research, psychotherapy, and writing to inform and improve the lives of autistic individuals while also focusing on compassion, empathy, and respect.
- Provide psychotherapy and naturopathy consultations, as well as autism screening assessments/ diagnostic assessments that help individuals gain a deeper understanding and appreciation of themselves.
- Utilize a number of different psychometric tools (i.e. DSM-5 criteria, CAT-Q, RAADS-R, AQ, EQ, SQ, CAT-Q, RBQ-2A, ASRS-5, TAS, TEQ, etc.) to assess patients referred from Doctors, Psychologists, and Psychiatrists in addition to public clients without referrals.
- Forward diagnostic assessments to Dr. Jag Arora, MD, a collaborating Physician Psychotherapist, who independently reviews information to ensure a high degree of accountability, reliability, and integrity.

- Manage the operations of a company specializing in advocacy and support for autistic individuals. Conduct and publish research and experience-based autism content to the company website on a regular basis in an effort to educate and support individuals and their advantages/ challenges.
- Use experiences in working with Autistic Patients since 1996, and PTSD patients since 1997, to maintain an up-to-date offering of best practices, tools, online tests/ assessments, resources, and content while reflecting any changes in science/ medicine specific to autism.
- Function as an “External Resource” referral from well-recognized authorities, such as *Autism Ontario*.

Certifications and Psychotherapy Training

- **Designation-** Registered Psychotherapist, *College of Registered Psychotherapists of Ontario* (2015- Present)
- **Designation-** Naturopath (1997- Present)
- **Designation-**Certified Autism Spectrum Disorder Clinical Specialist (2021-Present), *Autism Symposium 2021*
- **Designation-**ADHD-Certified Clinical Services Provider (2021-Present), *Evergreen*
- **Training Completion-** Emotionally Focused Individual Therapy (EFIT), *The International Centre for Excellence in Emotionally Focused Therapy* (2019)
- **Training Completion-** Immersion in Intensive Short-Term Dynamic Psychotherapy (ISTDP), *Dr. Allen Abbass MD* (2019)
- **Training Completion-** Advanced Dialectical Behaviour Therapy (DBT) Advanced Skills Training, *Psyche PLLC* (2019)
- **Training Completion-** Positive Psychology, *Penn Positive Psychology Center* (2017)
- **Training Completion-** Somatic Experiencing, *Somatic Experiencing International* (2016)

- **Training Completion-** Emotionally Focused Therapy (EFT), *York University* (2015)
- **Training Completion-** Emotionally Focused Couples Therapy (EFCT), *The International Centre for Excellence in Emotionally Focused Therapy* (2013)
- **Training Completion-** Level 2 EMDR (5000+ Clinical Hours), *EMDR Institute* (2005)
- **Training Completion-** Level 1 EMDR (5000+ Clinical Hours), *EMDR Institute* (2000)

Professional Development and Ongoing Training

- **Certification-** CPR, BLS, First Aid, *SAJE Vital Signs* (2021)
- **Certification-** Autism 101, *Autism Society* (2019)
- **Certification-** Personality Disorders: Advanced Diagnosis, Treatment & Management, *PESI Inc.* (2019)
- **Course Completion-** Internal Family Systems (IFS) for Trauma, Anxiety, Depression, Addiction & More, *IFS Institute* (2020)
- **Course Completion-** Sexuality, Gender Identity, and Consent in ASD, *Autism Research Center* (2020)
- **Course Completion-** Autism Ontario Webinar: Genetics, *Autism Ontario* (2020)
- **Course Completion-** Autism Ontario Webinar: Disclosure, Job Searching & Being Social at Work, *Autism Ontario* (2020)
- **Course Completion-** Autism and Neurodiversity: Building Your Child's Strengths, *Curtin University* (2020)
- **Course Completion-** Learning How to Learn, *McMaster University* (2018)
- **Course Completion-** Intensive Trauma Treatment, *Trauma Center at JRI* (2018)
- **Course Completion-** Autism Spectrum Disorder, *Sheffield Hallam University* (2017)
- **Course Completion-** Overcome Resistance, *ISTDP Institute* (2017)
- **Course Completion-** Foundations of Positive Psychology Specialization, *University of Pennsylvania* (2017)
- **Course Completion-** Positive Psychology, *University of North Carolina* (2017)
- **Course Completion-** Positive Psychology, *Penn Positive Psychology Center* (2017)
- **Course Completion-** The Science of Well-Being, *Yale University* (2017)
- **Course Completion-** Foundations of Happiness at Work, *University of California- Berkeley* (2017)
- **Course Completion-** The Science of Happiness, *University of California- Berkeley* (2016)
- **Course Completion-** Internal Family Systems (IFS): A Revolutionary & Transformative Treatment of PTSD, Anxiety, Depression, and Substance Abuse, *IFS Institute* (2016)
- **Course Completion-** Pharmacological Applications in Medical Practice, *University of Toronto* (2015)
- **Course Completion-** Working with the Neurobiological Legacy of Trauma- Levels I-III, *The Trauma Centre* (2015)
- **Course Completion-** The Clinical Psychology of Children and Young People, *The University of Edinburgh* (2015/2016)
- **Course Completion-** Psychology of Socio-Economic Factors in Psychology, *University of California- Berkeley* (2014)

- **Course Completion-** Behavioural Medicine: A Key to Better Health, *Karolinska Institutet* (2014)
- **Course Completion-** Positive Psychology Course 1504, *Harvard University* (2013)
- **Conference Participation-** Integrated Approaches to Immune Health, *Toronto Naturopathic Conference* (2021)
- **Conference Participation-** Primary Care Update for Naturopathic Doctors, *Toronto Naturopathic Conference* (2020)
- **Conference Participation-** Autism, *Autism Summit with Dr. Tony Attwood* (2019)
- **Conference Participation-** Pediatric Update for Naturopathic Doctors, *Toronto Naturopathic Conference* (2019)
- **Lecturer, Conference Participation-** Trauma, *Toronto Naturopathic Conference* (2018)
- **Conference Participation-** Pain, *Toronto Naturopathic Conference* (2017)
- **Conference Participation-** Pediatrics, *Toronto Naturopathic Conference* (2016)
- **Conference Participation-** Pain Treatment, *Toronto Naturopathic Conference* (2015)
- **Lecturer, Conference Participation-** Cardiovascular Health, *Credit Valley Hospital Cardiovascular Rehabilitation Conference* (2001)
- **Lecturer, Conference Participation-** Women's Health, *Canada Post Employ Health Conference* (1998)

Professional Associations & Community Engagement

- **Member-** *National Federation of Neuro-Linguistic Programming*
- **Board Member-** *International Consortium for Health Outcomes Measurement (ICHOM)- ASD Health Outcomes Initiative*
- **Consultant, Supervisor-** *Carol McCall, RP Website Autism Pages*
- **Consultant-** *Dorset Police (UK)/ Hostage and Crisis Negotiator Team*
- **Consultant-** *CAMH/ Dr. Ami Tint ASD Criteria Development*
- **Published Writer on Autism-** *Forbes/ Quora/ Huff Post* (2017- Present)
- **Podcast Guest on Empowerment and Adult Autism Diagnosis-** *Mother's Guide Through Autism* (2021)
- **Radio Guest on Autism -** *MindBody Radio* (2020)
- **Interview Subject on Autism Research and Late Diagnosis-** *Learn From Autistics* (2019)
- **YouTube Guest on Discovering Autism-** *My ASD Journey* (2019)