



# elaine smookler

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Elaine Smookler is a Registered Psychotherapist, feature writer and Inner Wisdom columnist for Mindful.org. She is also a comedian, singer, actor (ACTRA), key note speaker and senior faculty member at the Centre for Mindfulness Studies in Toronto.

## selected media

- 2018 [Mindful.org](#) - How to Show Up When You Have Cancer with Dr. Patricia Rockman
- 2017 [Mindful Magazine](#) - Easy Come, Easy Go
- 2016 [Mindful.org](#) - Beginner's Body Scan Meditation (print & audio)
- 2015 [CBC Radio](#) - What is Mindfulness?
- 2014 [Tapestry](#) - (CBC National radio)
- 2013 [Mindful Magazine](#) - The Best Medicine

## education and certification

- 2016 Registered Psychotherapist (R.P.)
- 2016 MBSR Facilitation Certificate with Susan Woods
- 2014 A Practical Neuroscience of Mindfulness  
Dr. Norman Farb, Centre for Mindfulness Studies
- 2013 Core MBCT Facilitation Certificate  
Factor-Inwentash Faculty of Social Work, University of Toronto
- 2013 Mindfulness in Schools  
Five-day training with Thich Nhat Hanh
- 1983 B.Mus., University of British Columbia

## mindfulness teaching experience

- 2016 - present *Mindful Way Through the Creative Process*  
U of T School of Continuing Studies
- 2017 Presenter/Creator: *Get Started with Mindfulness* (video) Udem y, Mindful.org
- 2015 - present eMindful live online classes
- 2016 - 2019 University of Toronto, Medical School
- 2016 - present Faculty - Centre for Mindfulness Studies

## corporate training experience

- 2018 • Bishop Strachan School
- 2018 • Society of Camp Directors
- 2017 • Aveda
- 2017 • Opencare
- 2016 • Legal Support Centre, Native Women in the Arts
- 2015 • Faculty - eMindful
- 2015 • Richter Accounting Firm
- 2015 • Facilitator - The Mindfulness Project, Sick Kids Hospital
- 2014 • ACTRA (staff and management training)

## consultation work

- |                         |                            |
|-------------------------|----------------------------|
| University of Waterloo  | Cultural Studies           |
| Toronto Cultural Grants | Jury Member                |
| Art Gallery of Ontario  | Task Force/Access & Equity |

## board of directors

- |                              |           |
|------------------------------|-----------|
| Kytes (Street Youth Program) | Toronto   |
| Women in View Festival       | Vancouver |