

CHRISTINE GIBSON MD

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My career goal is to promote individual and community well-being through promotion of agency, connection, and nourishing of post-traumatic growth. Focusing on social innovation allows examination of complex challenges from a system-level perspective, in order to build adaptive resilience.

SUMMARY

Author, Tiktok Mental Health Influencer
Doctoral Candidate: DProf by Public Works
Social Innovation Certificate and Leadership
Masters in Medical Education
Engaging Facilitator and Speaker
Commitment to Lifelong Learning
Passionate about Inequity and Resilience
Community Development Work and Advocate
Advocate in Health Equity, both Local and Global

CAREER HIGHLIGHTS

[TEDxYYC](#) speaker in 2015, highlighting the importance of listening to community members, of curiosity and humility.

Founded and remains Executive Director for a Canadian non-profit [Global Familymed Foundation](#) in 2012, which supports medical education capacity building in low-income countries (Uganda, Nepal) and **founder / CLO** of [The Healing Centred Cooperative](#) in 2020 which creates innovative health practices and communities.

Promotes narratives through publishing of [The Modern Trauma Toolkit](#), writing a historical fiction novel and poetry, through digital storytelling projects, and was podcast host of [the Emergence series](#) of Canadian Family Physician examining the global response to COVID-19.

EDUCATION

Doctoral in Professional Studies by Public Works
Middlesex University (commenced 2022)

Masters in Medical Education
University of Dundee (2010)

Diploma of Tropical Medicine and Hygiene
London School Hygiene and Tropical Medicine (2009)

Doctor of Medicine
University of Toronto (1999)

Bachelor of Science with Distinction
University of Alberta (1995)

PROFESSIONAL EXPERIENCE

MENTAL HEALTH CONSULTANT Alberta Health Services, Calgary AB

2019 – PRESENT

- Collaborates with a variety of clinics: Mosaic refugee clinic, East Calgary FCC, RAAM Addictions clinic as a mental health consultant
- Uses integrated trauma-specific tools providing agency, somatic techniques, and root-cause healing of complex traumas

LOCUM FAMILY MEDICINE PHYSICIAN Mosaic Refugee Health Clinic, Calgary AB

2015 – PRESENT

- Working in interdisciplinary team, provide complex holistic care to refugees for first two years in Canada. Consultation services to those requiring enhanced mental health care.
- Using translation services, embodying cultural humility, and approaching all health needs with compassion and safety

ACADEMIC CONSULTING International Medical Education Institutes

2013 – PRESENT

- Worked with Patan Academy in Nepal to create internal evaluation processes
- Developed a plan for family medicine residency training in Myanmar
- Ran workshop in Gondar, Ethiopia on the contextual application of family medicine
- Built long-term relationships at Makerere, Uganda around supporting resident training including research supervision and leadership development
- Volunteered with University of Calgary Laos project for seven years, to build capacity for rural family medicine training

EXECUTIVE DIRECTOR AND FOUNDER Global Familymed Foundation

2011 – PRESENT

- Created and leads a local not-for-profit whose aim is to support the development of robust primary care overseas in underserved regions
- Runs a team of Directors, Volunteers, Advisors, and Consultants to focus on our core values (sustainability, relationships, education, and Family Medicine)
- Provides scholarships, facilities, and equipment to run programs in East Africa, Asia

CLINICAL ASSISTANT PROFESSOR Cumming School of Medicine, University of Calgary

2001 – PRESENT

- Teaches small group learning including history taking, physical exam skills, global health and population health
- Was Evaluations Coordinator for Population Health course for five years, developed a community-based project and unique assessment process
- Cross-appointed to Departments of Family Medicine and of Psychiatry

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SUPPLEMENTARY EDUCATION

SOCIAL INNOVATION

Certificate in Social Innovation, MRU (2018)
"Getting to Maybe" Leadership Residency,
Banff Centre for Arts and Creativity (2018)
IDEO U coursework in design thinking

LEADERSHIP

Margaret Wheatley "Warrior for the Human Spirit"
Board Member, Mosaic PCN
WONCA Working Parties on Education, on Mental
Health, and on Indigenous / Minority Health Issues
CLIME – Canadian Leaders in Medical Education
Avenue Magazine "Top 40 Under 40" (2011)

FACILITATION

Integral Facilitation, Ten Directions
The Art of Hosting, Berkana Institute

TRAUMA STUDIES

Certified Clinical Trauma Professional – IATP
Certificate Program in Trauma Stress Studies
TRE – Tension Trauma Releasing Exercises
Sensorimotor Psychotherapy
ART – Advanced Accelerated Resolution Therapy
EFT, Havening, ACT, DBT, IFS, Guided Imagery courses
Compassionate Inquiry – Gabor Maté
Polyvagal Institute, Nuyte SSP

ANTI-OPPRESSION

Roots Deeper than White, White Awake
Me and White Supremacy Workbook Layla F Saad
Indigenous Canada, UofA via Coursera

COMMUNITY DEVELOPMENT

Principles-focused Evaluation, Michael Quinn Paton
Tamarack Institute Workshops
Bridging Health and Community Conference

HOLISTIC MEDICINE

Qigong Group Leader
Mindfulness in Health Care, Mark Sherman
Ayurvedic Counsellor, Kerala Academy
Whole Health Institute Medicine Certified (Lissa Rankin)

NARRATIVES

Oral History for Social Change
Podcasting 101, Knight School of Journalism
Narrative Palliative Medicine, Rita Charon
Writing workshops, Alexandra Writers Centre

FAMILY MEDICINE CLINICIAN

2017 – 2021

The Alex Community Health Centre, Calgary AB

- Comprehensive clinical care for community members with complex health and social needs within interdisciplinary teams
- Applies trauma therapy for mental health needs of community

SOCIAL INNOVATION WELLNESS SPECIALIST

2017 – 2019

The Alex Community Health Centre, Calgary AB

- Designed programs to mitigate aspects such as social isolation, maladaptive coping, lifestyle choices, and addiction using biopsychosocial lens
- Created a patient Advisory Council, where community members designed the logo and principles for our space
- Ran social innovation labs (Solutions Studio) to implement community solutions based on lived experiences as diverse as chronic pain, recovery, and disability

HOSPITALIST PHYSICIAN

2001 – 2017

Peter Lougheed Centre, Calgary AB

- Clinical work in acute care setting, managing spectrum of adult care of complex multimorbid presentations with myriad of social challenges. MAiD provider.
- Developed a training manual for all Internal Medicine learning for Family Medicine residents, based on common presentations to our service
- Was site lead for Family Medicine resident teaching

PROGRAM DIRECTOR, GLOBAL HEALTH ENHANCED SKILLS

2008 – 2014

Department of Family Medicine, University of Calgary

- Created a novel residency program to study health equity issues, including immigrant / refugee health, Indigenous health, inner city medicine, international work, and advocacy
- Developed a unique portfolio method for assessment that has been adapted locally and globally
- Graduates work in medical environments that are historically underserved

ASSOCIATE PROGRAM DIRECTOR

2008 – 2009

Department of Family Medicine, University of Calgary

- Co-led a residency program for family medicine training, including serving as Evaluations Coordinator and resident selection
- Was faculty advisor for one third of the residency program

FAMILY PRACTICE LOCUM

2001 – 2006

Community Clinics, Calgary AB

- Worked in family practice clinics throughout Calgary as locum tenens physician
- Learned about diverse neighborhoods in Calgary and surrounding regions, including many socio-cultural contexts
- Worked in both office and community-care settings

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PUBLICATIONS

OP-EDS:

[Climate Response as Collective Dissociation](#) (2021)
[The Long Game on COVID](#) (2021)
[The Urgency of Masking](#) (2020)
[Parental Income for Child Health](#) (2016)

Cubaka V, Dyck C, Dawe R, Alghalyini B, Whalen-Brown M, Cejas G, and Gibson C. [A Global Picture of Family Medicine: view from a Storybooth](#). *BMC Family Practice* 20:129 (2019)

Gibson C. [The Solutions Studio: A physician-run social innovation lab](#). *Social Innovations Journal*. 50 (2018)

Gibson C, Hull, A and Chandratilaki M. [Use of Portfolios for Assessment of Global Health Residents: Qualitative Evaluation of Design and Implementation](#). *CMEJ*. 9:2. 2018.

Arya N, Gibson C, Ponka D, Haq C, Hansel S, Dahlman B, Rouleau K, and Ponka D. [Family medicine around the world: overview by region](#). *Can Fam Phys*. 2017. 63(6):436-41.

Larson P, Chege P, Dahlman B, Gibson C et al. [Current Status of Family Medicine Faculty Development in sub-Saharan Africa](#). *Fam Med*. 2017. 49(3): 193-202.

Gibson C, Woollard B, Kapoor V, and Ponka D. [Narratives in Family Medicine: A Global Perspective](#). *Can Fam Phys*. 2017. 63(2): 121-127.

Gibson C, Arya N, Ponka D, Rouleau K, and Woollard B. [Approaching a Global Definition of Family Medicine](#). *Can Fam Phys*. 2016. 62(11): 891 – 896.

Gibson C, Ladak F, Shrestha A, Yadav B, Thu K, and Aye T. [Use of WONCA Global Standards to Evaluate Family Medicine Post-Graduate Education in Nepal and Myanmar](#). *Educ for Prim Care*. 2016. 27(5): 351-357.

Gibson C. [Educational tool for hospital-based training in family medicine](#). *Can Fam Phys*. 2014. 60(10): 946 – 948.

PRESENTATIONS

- "Global Inequity related to the COVID-19 Pandemic"
World Health Network (on [YouTube](#)) 2021
- "Migration on a Changing Planet"
Office of Sustainability, University of Calgary 2020
- "Global Health Partnerships"
WONCA Africa; Kampala, Uganda 2019
- "Global Health: The Shadow Side"
CCGHR UNIVERSITY OF CALGARY STUDENT CHAPTER 2019
- "Assess adaptability: a qualitative assessment of residents using portfolios"
POSTER, FAMILY MEDICINE FORUM, TORONTO 2018
- "The Besroul Storybooth: Narrative competence towards social accountability"
WONCA GLOBAL CONFERENCE; SEOUL, KOREA 2018
- "Social innovation lab towards community engagement in primary care"
TUFH SUMMIT, LIMERICK, IRELAND 2018
- "Evaluating WONCA standards for post-graduate family medicine programs in Nepal and Myanmar"
POSTER, FAMILY MEDICINE FORUM, MONTREAL 2017
- "Trauma-informed care in the context of MAiD"
CANADIAN ASSOCIATION OF MAID PROVIDERS, OTTAWA 2017
- "Harvesting and Healing: narratives towards social accountability"
TUFH SUMMIT, HAMMAMET, TUNISIA 2017
- "The WONCA Storybooth"
WONCA GLOBAL CONFERENCE; RIO DE JANEIRO, BRAZIL 2016
- "Family Medicine: coordinated care, comprehensive care, patient-centred care"
MEDICINE FACULTY OF UNIVERSITY OF GONDAR 2016
- "Compassion and resilience"
INNER CITY HEALTH SYMPOSIUM, UNIVERSITY OF CALGARY 2016
- ["From hero to humility"](#)
TEDXYYC, CALGARY AB 2015
- ["A balance in global health and primary care"](#)
PECHA KUCHA NIGHT YYC #21 2015
- "Narratives in Family Medicine"
BESROUR CENTRE, FAMILY MEDICINE FORUM, QUEBEC CITY 2014
- "Updates in Family Medicine" and "Research techniques"
EAST AFRICA FAMILY MEDICINE INITIATIVE; NAIROBI, KENYA 2014
- "Scaling up Family Medicine in East Africa: the role of partnerships"
UGANDAN NATIONAL FAMILY MEDICINE CONFERENCE 2013
- "Private-public partnerships for global health"
CANADIAN CONFERENCE ON GLOBAL HEALTH, OTTAWA 2012