Bio for Diana Gabriele, BSW, RSW, CPDD 2025

Diana graduated with her BSW in 1999 from the University of Windsor. She followed up with a minor in Gerontology, which she completed seven years later while attending classes on a part time basis. During her studies, she volunteered and later employed at The Windsor Family Forum, which was a grass roots organization dedicated to building strong, healthy families by providing group and individual counselling. Here she not only learned about gender equality, anger management, addictions, and mental health, but also group facilitation and couples counselling.

Upon graduation Diana started working for Windsor Regional Hospital (WRH), which was, later renamed HDGH after it moved from Ouellette Ave., trading places with WRH in 2013. From September1999 through to June of 2013, Diana worked as a psychogeriatric social worker for a program called The Mental Health Program for Older Adults (MHPOA) and later renamed the Geriatric Mental Health Outreach Team (GMHOT). GMHOT is a community-based program that treats the mental health and well-being of people age 65 and older.

Diana managed her small private practice (2000 to 2015) in which she provided counselling to adults seeking support. She gave up her private practice when an opportunity for change occurred. After 15 years providing psychogeriatric care, Diana returned to her first love, group facilitation.

Diana is now at the Center for Problem Gambling and Digital Dependency – CPGDD – through HDGH. She has become a Canadian Certified Problem Gambling Counsellor (2015), Trained in Digital Dependency (2016) from the Zur Institute and in 2018 she obtained Certification in Applied Positive Psychology (The Flourishing Center Toronto). About 2 years later, she obtained Certification in treating video game dependency through INTENTA. Dr. B. Lee introduced Diana to Couples Congruence Therapy (CTT) via Canadian Addictions and Mental Health (CamH) in 2022. In 2024, Diana obtained certification for clinical hypnotherapy via the National Hypnosis Guild and incorporates this into her practice.

Diana now practices group facilitation as well as individual and couples counselling through the provinces only exclusive Problem Gambling Bed-based (Inpatient) Treatment Program.

Diana has been able to incorporate all of her skills, talents and education via program development, psycho-education, group and individual counselling, and occasional writing. See www.PositivePsychologynews.com (under the name of Diana Boufford), a book titled "Strengths Matter" by Shannon Polly and Katherine Britton, the HDGH e-connects newsletter and most recently through the Stories of Grit and Grace. In addition, Diana has assumed a media role in promoting Problem Gambling and Digital Dependency concerns via such media outlets such as CBC radio, CBC Television, The National and various online and print media.

Diana has served the School of Social Work by being a supervisor for BSW 3rd and 4th year students and when the need arises, MSW students since 2001. While teaching the ethics and principles of social work and how to apply them to practice, Diana ensured that students also develop a disciple of introspection and self-care. Diana firmly believes that students need to be committed to their own personal growth in order to best serve the needs of their clients. Supervising students for 25+ years has been a very fulfilling endeavor for Diana.

For Diana a career in social work has been the most rewarding, engaging, meaningful journey. It started at the University of Windsor, where she stood on the shoulders of giants such as Frieda MacAvoy, Cheryl Taggart, and many dozens of others. The commitment to social work values, compassion and life long learning were instilled early and has been a foundation of practice, in not only work but also life. Working at HDGH has afforded Diana the opportunity to collaborate with her work family each day to help others overcome their mental health challenges, dependencies and create lives that they can love. Her 25+ years of practice has been a labor of love – love of family, staff, students, community, learning, growth and helping to make our world one that works for everyone. Because everyone matters.