

Psychological Services

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Education

2010-2012 M.Ed. University of Western Ontario, Counselling Psychology
London, Ontario

2006-2009 BA, University of Arizona, Psychology – Magna Cum Laude
Tucson, Arizona

Clinical Experience

2016-Present

Registered Psychologist, ARCH Psychological

- Provided psychological interventions for a variety of mental health concerns with the general population (ages 12+)
- Conduct and interpret various assessments, including psycho-educational, neuro-psychological, behavioural and parenting. Experience with administration and interpretation of a wide battery of tests.
- Provided support and psychological interventions for children and adolescents under care of Child and Family Services (CFSA)
- Collaborate with case workers and social workers through CFSA

2014-Present

Registered Psychologist, Forbes Psychological

- Served as in house psychologist for UofA Faculty of Law students. Provided psychological interventions for a variety of mental health concerns for UofA law students.
- Delivered psycho-educational presentations to UofA Law Students as part of the Healthy Habits program.
- Served as an Employee & Family Assistance Provider (EFAP) for various organizations including Lawyer and CA Assist programs.
- Provided crisis intervention for individuals and organizations
- Administered wide battery of testing for neuro-psychological assessments

2013-Present

Registered Psychologist, Momentum Walk-in Clinic

- Provide single session and solution focused psychological interventions for a variety of mental health concerns on a walk-in basis.
- Participate in peer-group consultation for intervention recommendations.

2013-2016

Registered Psychologist, River Valley Health

- Provided mental skills training for individuals and teams (ages 10+)
- Delivered sport psychology presentations to various teams, organizations and sports academies
- Developed comprehensive mental skills training programs for developmental and elite athletes
- Collaborated with trainers, chiropractors, naturopathic doctors and nutritionists for optimal service delivery

2012-2013

Registered Provisional Psychologist, Mental Health Centre, University of Alberta

- Administered initial intake assessments for triage and crisis intervention
- Provided ongoing treatment for a variety of psychological concerns with UofA student populations
- Collaborated on a multi-disciplinary team with psychiatrists, GPs, psychiatric nurses and pharmacists
- Participated in registered psychologist supervised reflecting team and peer supervision
- Co-facilitated group for students with disordered eating

2011-2012

**Counselling Intern, Student Development Centre
Western University**

- Administered initial intake assessments through clinical interviews and use of the PAI
- Provided ongoing treatment for a variety of mental health concerns with the student populations
- Prepared and presented psycho-educational seminars of Western University undergraduate students

2011-2012

Mental Skills Trainer, Greenhills Country Club

- Facilitated mental skills training group for provincial level tennis players ages 8-15
- Developed and delivered session plans to group members

2012

Group Co-Facilitator, London Health Science Centre

- Participated in pre-group screening interviews
- Co-facilitated 6 week out-patient stabilization group for males with PTSD

Professional Affiliations

College of Alberta Psychologists
CAP# 4282
Member since September 2012

Psychologists Association of Alberta
Member since September 2012

Teaching and Presentations

- 2015-Present** **Guest Lecturer**, PEDS 497, University of Alberta
Micro-skills in Counselling and *Introduction to Sport Psychology*
- 2017** *Living With Dystonia & Stress Management*
Dystonia Medical Research Foundation Canada Symposium, Edmonton, AB
- 2013** *Introduction to Mindfulness*, University of Western
Ontario- Faculty of Education Mental Health Day, London, ON
- 2008-2012** *Adaptive Athletics*, Dystonia Medical Research Foundation
International Family Symposium, Chicago, IL

Research

- 2012** *Motivation, Goal Orientation and Motivational Climate in Elite Wheelchair
Tennis Players*, Masters Thesis – University of Western Ontario
- 2009** *Phenotype Matching of Romantic Partners*, Dr. Sally Olderback, University of
Arizona
Collected data from participants and was involved in briefing and debriefing all
participants
- 2009** *Community Wheelchair Tennis Program*, University of Arizona
Programmed and coordinated wheelchair tennis program for the community
Assessment of strengths, weaknesses and health and psychological benefits of
the program
- 2009** *Cornerstone Housing Project-* Alberta Health Services
Study on housing supports for women with addictions and concurrent mental
health concerns
Transcribed interviews
Analysis of interview data using thematic qualitative coding

Certifications and Workshops

- 2016** **Recognizing and Managing Caretaker Fatigue & Burnout**
- 2015** **The Difficult Client: Preventing Critical Incidents**
- 2015** **Best Practices in Record Keeping and Informed Consent**
- 2015** **Participating in Collaborative Practice**
- 2012** **Cognitive Process Therapy for PTSD**
Conducted by Dr. Candice Monson, PHD

2012 **ASIST Suicide Intervention Training**

Awards/Recognition

2010-2012 Western Graduate Research Scholarship, University of Western Ontario

2006-2009 Disability Resource Centre Athletic Scholarship, University of Arizona

2006-2009 University of Arizona All American Team (Excellence in athletic and academic performance), University of Arizona

2004 Rutherford Academic Scholarship, Province of Alberta

Other Details

Mentor to new wheelchair users, Glenrose Rehabilitation Hospital

- Provide instruction on day-to-day use of manual wheelchairs to children ages 4-17 promoting independence
- Collaborate with physio and occupational therapists on programming for new wheelchair users and skill development

Sports Psychologist, The Running Room Clinics

- Provide mental skills training for runners from beginner to advanced level runners

Valid Class 5 Operator's License
Level C CPR, First Aid and AED