

**JANICE STUART, Ph.D,  
Registered Psychologist**

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**PROFESSIONAL AFFILIATIONS**

College of Psychologists of British Columbia

Registration # 1578

British Columbia Psychological Association

Membership # 1525

Canadian Society of Clinical Hypnosis (B.C. Division)

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**EDUCATION**

**Ph.D. (2002)** Counselling Psychology, University of Alberta

**M.Ed. (1998)** Counselling Psychology, University of Alberta

**B.A. (1994)** Psychology, Simon Fraser University

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**WORK EXPERIENCE**

**Associate Director of Training**

**2015 to present**

**Adler University**

Responsible for identifying and developing practicum site relationships for the Counselling Psychology programs. Support the placement of students in practicum opportunities through locating, developing maintaining and evaluating clinical experiences necessary to meet the standards and requirements of the Counselling Psychology programs. Participate in the development and implementation of the Student Learning Outcome Assessment Plan for the Counselling Psychology programs. Provide advisement and mentoring to students enrolled in the program and monitor their progress through the program. Participate in new student orientation.

**Psychologist****Private Practice**

2002 – present

Provide treatment services to adults and adolescents who struggle with a variety of issues including anxiety, trauma, depression, grief and loss, sexual abuse, relationship issues, family of origin issues, stress management, and self-esteem. Treatment modalities include: Cognitive-Behavioral Therapy (CBT), Mindfulness-Based Interventions, Dialectical Behavior Therapy, Eye Movement Desensitization and Reprocessing (EMDR).

**Psychologist**

2007 – 2014

**Simon Fraser University**

Provided treatment services to the university student population and support to faculty and staff. Student presenting issues included: depression, anxiety, trauma, eating disorders, bi-polar disorder, relationship issues, grief and loss, sexual orientation, cross-cultural issues, and self-esteem issues. Additional responsibilities included outreach to a variety of campus groups, presentation of workshops, facilitation of a Dialectical Behavior Therapy (DBT) based group and supervision of Master's level counsellors and Doctoral interns. Liaised closely with and provided consultation to medical staff. Worked closely with the Associate Director of Counselling and assumed necessary responsibilities in her absence. Provided support and consultation to the Director of Counselling particularly in the absence of the Associate Director.

**Psychologist****Ministry of Children and Family Development**

Sept 2001 - 2007

Provided assessment and treatment services for youth who suffered from a variety of mental health disorders including mood, anxiety and psychotic disorders. In addition to direct client service, duties included liaising with school counsellors, hospital staff and professionals who provided service through community partnership programs. Additional responsibilities included acting as hospital liaison to coordinate services between hospital and community services. As well, fulfilling role as early psychosis intervention (EPI) clinician working with youth who have experienced a first psychotic break and coordinating services with the EPI Program. Psychological consultation was provided to team members, other ministry teams and community agencies. Additional responsibilities included involvement in team program planning and development and integrated case management.

**Sessional Instructor, U of Alberta**

July 2002 - Aug. 2002

Taught Basic Skills and Attitudes in Counselling to Master's level cohort group. Course focus included development of skills, knowledge and attitudes necessary in the practice of counselling. Topics covered included the therapeutic relationship, Cognitive-Behavioral Therapy, Solution Focused Therapy, Suicide, Crisis Intervention, and Experiential Therapies. Classes involved experiential exercises, practice sessions, demonstrations and discussions. Students were evaluated on participation, supervision evaluations, class presentation, term paper and final exam.

**Ph.D. Internship****Student Counselling Services, U of British Columbia**

Aug. 2000 - Aug. 2001

Individual, couples and group therapy with a university student population. Presenting issues included: depression, anxiety, trauma, adult relationship issues, cross-cultural issues, self-esteem, and career issues. Additional responsibilities included outreach to a variety of campus groups including faculty and residence assistants, group therapy, presentation of workshops, and supervision of Master's level counsellors

**Sessional Instructor, U of Alberta**

July 2000 - Aug. 2000

Taught Basic Skills and Attitudes in Counselling to Master's level cohort group. Course focus included development of skills, knowledge and attitudes necessary in the practice of counselling. Topics covered included the therapeutic relationship, Cognitive-Behavioral Therapy, Solution Focused Therapy, Suicide, Crisis Intervention, and Experiential Therapies. Classes involved experiential exercises, practice sessions, demonstrations and discussions. Students were evaluated on participation, supervision evaluations, a written case study, video case presentation and term paper.

**Education Clinic, U of Alberta**

Sept. 1999-April 2000

Teaching assistant involved with both Master's and Doctoral level graduate students in Counselling Psychology. Responsibilities included coordinating practicum placements, review of students' case notes and client files, co-teaching basic counselling skills and basic hypnosis skills.

**Student Counselling Services, Augustana University**

Aug. 1999-April 2000

Contract position to provide individual and group therapy with a university student population. Additional responsibilities included outreach to students, staff and faculty on issues from dealing with difficulty students, training and supporting residence assistants, and developing workshops to address student needs such as transition to university, stress management and relationship issues.

**Research Assistant, University of Alberta**

Sept. 1997-Aug. 1999

Responsible for library research, literature searches and collection of relevant materials with respect to the counselling process. Developed EndNotes database with APA citations for relevant materials. Involved in editing professional papers and manuscripts.

**Catholic Social Services of Edmonton**

March 1997-Aug. 2000

Facilitated and co-facilitated psychoeducational group on "Handling Anger". Group objectives included raising participant awareness of personal anger cues and implementing alternate behavioural and verbal responses, increasing communication skills and conflict resolution.

**Pastoral Institute of Edmonton**

April 1997-July 1997

Individual and family therapy. Presenting problems included depression, bipolar disorder, anxiety, childhood sexual abuse, marital and relationship problems, and grief issues.

**Royal Alexandra Hospital**

Oct. 1996-Oct. 1997

On-call Child Development Worker on pediatric psychiatry assessment unit. Responsible for observing interaction of patients with co-patients, redirecting behaviour, providing structure and charting for assigned patients. Information used for overall assessment of patient and determining DSM-IV diagnosis.

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## **PRACTICUM EXPERIENCE**

**Ph.D. Advanced Assessment Practicum****Misericordia Community Hospital**

January-April 2000

Individual personality assessment of children, youth and adults. Administered, interpreted and prepared written psychological reports. Consultation with family physicians, child psychiatrist, and various professionals.

**Ph.D. Advanced Counselling Practicum****Student Counselling Services, U of Alberta**

Sept. 1998-April 1999

Individual and marital therapy with university student population. Presenting issues included: traumatic grief, adult relationship issues, depression, anxiety, anger management, career counselling, self-esteem.

**Ph.D. Advanced Counselling Practicum****Education Clinic, U. of Alberta**

Jan. 1999-April 1999

Application of clinical hypnosis to adult emotional, behavioral, and health problems including trauma, traumatic grief, anxiety, pain management, and cancer.

**Ph.D. Advanced Counselling Practicum****Education Clinic, U. of Alberta**

Sept. 1998-April 1999

Individual adult and marital therapy. Presenting issues included: trauma, childhood sexual abuse, anxiety, depression, traumatic grief, & career counselling.

**MEd. Psychoeducational Assessment Practicum****Education Clinic, U. of Alberta**

Sept. 1997-April 1998

Individual psychoeducational assessment of children, youth and adults. Administered, interpreted and prepared written psychoeducational reports. Consultation with teachers, parents and various professionals.

**Group Counselling Practicum****Catholic Social Services of Edmonton**

Feb. 1997-March 1997

Facilitated and co-facilitated psychoeducational group on "Handling Anger". Group objectives included raising participant awareness of personal anger cues and implementing alternate behavioural and verbal responses, increasing communication skills and conflict resolution.

**MEd. Individual & Family Counselling Practicum****Pastoral Institute of Edmonton**

Oct. 1996-April 1997

Individual and family therapy. Presenting problems included depression, bipolar disorder, anxiety, childhood sexual abuse, marital and relationship problems, and grief issues. Family therapy provided for single mothers with pre-school and school-aged children experiencing emotional and behavioral problems.

**MEd. Counselling Practicum****Education Clinic, U. of Alberta**

Sept. 1996-June 1997

Individual adult and marital therapy. Presenting problems included depression, anxiety, stress management, childhood sexual abuse, marital and relationship problems, grief issues and career counselling.

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## **PUBLICATIONS/PRESENTATIONS**

Stuart, J. (2014, March) Registering as a Psychologist in B.C. Presentation to Psychology Club, Capilano University, North Vancouver, B.C.

Stuart, J. ( 2010, November) Skills for successful self-management: A group to help manage your waitlist. Presentation to North Shore Family Services, North Vancouver, B.C.

Stuart, J. (2007, May). The body in psychotherapy. Presentation to the B.C. Chapter of the Canadian Society of Clinical Hypnosis, Vancouver, B.C.

Stuart, J. (2005, April). How to deal with strange behavior. Presentation to Ministry of Children and Family Development Newton Youth Team, Surrey, B.C.

Stuart, J & Wong, W. (2004, December). Personality types: Strengths and challenges. Presentation to Surrey Community Living Service Team, Surrey, B.C.

Stuart, J & Wong, W. (2004, November). Boundaries and self-care. Presentation to Surrey Mental Health Teams, Surrey, B.C.

Stuart, J (2004, June). Treating youth who self-harm: Components of treatment to consider in outpatient treatment. Presentation to Fraser Region Mental Health Clinicians at MCFD Child and Youth Mental Health Forum, Delta, B.C.

Paulson, B. L., Overall, R. D., & Stuart, J. (2001). Client perceptions of hindering experiences in counselling. *Counselling and Psychotherapy Research*, 1, 53-61.

Stuart, J. (2000, June). Client perceptions of experiencing emotion in counselling. Poster presented at the annual meeting of the Society for Psychotherapy Research, Chicago, Ill.

Paulson, B., Overall, R., Truscott, D., & Stuart, J. (2000, June). Clients' perception of hindering events in psychotherapy. Paper presented at the annual meeting of the Society for Psychotherapy Research, Chicago, Ill.

Stuart, J. (2000, February) The role of emotion in therapy. Presentation at the Alberta Association for Marriage and Family Therapy, Edmonton, AB

Paulson, B., Overall, R., Truscott, D., & Stuart, J. (2000, February). Hindering experiences in counselling. Poster session presented at Research Revelations, University of Alberta, Edmonton, AB.

Paulson, B., Truscott, D., & Stuart, J. (1999). Clients' perception of helpful experiences in counselling. Journal of Counselling Psychology, 46(3), 317-324.

Meier, M., Wall-MacDonald, J., & Stuart, J. (1999, May). Listening to our clients. Paper presented at the annual meeting of the Canadian Guidance Counsellors Association. Calgary, AB.

Stuart, J. (1999, April). Experiential Psychotherapy and Trauma. Presentation at Student Counselling Services, University of Alberta, Edmonton, AB.

Paulson, B., Truscott, D., & Stuart, J. (1999, February) Helpful experiences in counselling. Poster session presented at Research Revelations, University of Alberta, Edmonton, AB.

Shannon-Brady, D., & Stuart, J. (1998, June). Therapeutic guided imagery in counselling and health psychology. Paper presented at the annual meeting of the Canadian Psychological Association, Edmonton, AB.

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## PROFESSIONAL DEVELOPMENT

Lessons from the Past and Preparing for the New Reality  
College of Psychologists of B.C.

June 24, 2015

EMDR Annual Conference  
Belief Focused EMDR  
Roy Kiessling LISW, ACSW

April 25, 2015

Integrating Sleep Management into Clinical Practice:  
Cognitive Behavioral Treatment for Children, Adolescents & Adults  
Dr. Catherine Schuman

November 28, 2014

Boundaries, Borders, and Multiplicities in Psychotherapy Ethics and Professionalism for Psychologists	September 19, 2014
Understanding the DSM-5 Problems and Prospects in the Diagnostic Revisions Greg J. Neimeyer	August 2, 2013
American Psychological Association 121 <sup>st</sup> Annual Convention	July 31 to August 4, 2103
Feeling State Addiction Protocol	June 1 & 2, 2013
Creating an Ethical Decision Making Framework	June 3, 2011
Dialectical Behaviour Therapy: Solving the Puzzle of Self-Injury	May 13, 2011
Dialectical Behaviour Therapy: Practical Strategies to Balance Acceptance & Change with Multi-Problem Clients	December 6, 2010
Hypnosis for Mind-Body Healing and Pain Management: Psychoneuroimmunology, Neurobiology and The Power of the Healer's Beliefs	November 27, 2010
The Developmental Model of Couples Therapy Integrating Attachment, Differentiation and Neuroscience	February 2010-to February 2011
Hypnotic Treatment for Anxiety Disorders	October 24 & 25, 2009
EMDR and Dissociative States: Enhancing Therapeutic Outcome	October 17 & 18, 2009
Further Explorations into the Ethical Lives of Psychologists	January 30, 2009
EMDR for Sensorimotor Therapy	January 10 & 11, 2009
Personality Disorders in Social Work and Health Care Dr. Gregory Lester Cross Country Education	October 9, 2008
Canadian Society of Clinical Hypnosis Annual Training Seminar	February 9 & 10, 2008

Acceptance and Commitment Therapy	November 23, 2007
Psychotherapy from the Inside Out The Brain of the Mindful Theapist Dr. Dan Siegel	November 8 & 9, 2007
EMDR – Reprocessing Early Trauma and Neglect	March and May 2007
EMDR – Level 2	Sept 15-17, 2006
EMDR –Level 1	March 3-5, 2006
Canadian Society of Clinical Hypnosis (B.C. Division) Introductory Training Seminar	February 4 & 5, 2006
Affect Regulation: Factors Affecting Development and Therapeutic Implications	February 2, 2006
Concurrent Disorders Education Best Practices and Principles	January 16 2006
Concurrent Disorders Education: Child/Youth Focus	November 23, 2005
5 <sup>th</sup> Annual Fraser Health Early Psychosis Conference Cutting Edge Issues in Psychosis: Genes, Stigma & Drugs	February 2005
Advanced DSM IV Training	November 5, 2004
Anxiety Disorders in Children and Adolescents Recognition, Therapeutic Assessment and Evidence-Based Treatment	Oct 27 – 28, 2004
4 <sup>th</sup> International Conference on Early Psychosis Conference Vancouver, BC	Sept 28 – Oct 1, 2004
Self-Regulation Therapy with Children and Adolescents	May 1 - 2, 2004
Treatment of PTSD and Complex PTSD Research and Practical Applications	June 11-14, 2003
Integrated Case Management and Collaborative Action Planning	Jan. 2003-April 2003
Psychological Anatomy	Nov 2002 – February 2003
Schizophrenia Update	June 2002



Riverview Hospital

International Conference on Girls and Violence	May 2002
Self-Regulation Therapy - Advanced Level	Feb. 2002 - Sept. 2002
Play Therapy Assessment Tools	November 2001
Self-Regulation Therapy - Foundation Level	March 2001-Sept. 2001
Trauma and The Triune Brain Seminar Series	February 2001
Brief and Solution Focused Psychotherapy	January 2001
PTSD - Working with Trauma Sally Winston, Psy.D.	November 2000
Changeways Program – UBC Hospital - psychological self-care concepts for depression and assertiveness	May 2001 Sept. 2000 &
Alberta Association of Marriage and Family Therapists Emotionally Focused Therapy for Couples, Dr. L. Greenberg	March 2000
Alberta Society of Clinical Hypnosis Advanced Workshop - Integration of Hypnosis and Thought Field Therapy	October 1999
Working with Emotions, Dr. L. Greenberg,	Sept. 1998
Alberta Society of Clinical Hypnosis Annual Conference Introduction to Hypnosis	May 1997
Participated in the Canadian standardization of the WAIS-III	Feb. 1997
Symptom Path to Enlightenment, Dr. E. Rossi	Feb. 1997
Depression Throughout the Life Span, Dr. J. Garland	Jan. 1996
ADHD from Childhood to Adulthood, Dr. M. Weiss, MD	Oct. 1995
Minimizing the Risk of Violence in the Workplace, Dr. R. Jin, MD	Sept. 1995
Frontiers in Hypnosis, Banff, AB.	May 1995
Psychopathy II, Dr. R. Hare	Jan. 1995

Strategic Therapy Center  
Certificate in Marital & Family Therapy

April 1991

Brief Family Therapy, Joel Bergman  
Abuse in the Family, Jay Haley and Cloe Madanes

May 1990

March 1989