

## **Dr. Julia R. Holt**

Psychologist

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### **CURRICULUM VITAE**

#### **EDUCATION, PROFESSIONAL CERTIFICATION AND QUALIFICATIONS**

1989 Ed.D. (Educational Psychology), University of Toronto, ON  
1969 M.A. (Psychology), Dalhousie University, Halifax, NS  
1964 B.A. (Honours, Psychology), Dalhousie University, Halifax, NS  
College of Psychologists of Ontario Registration # 2255  
Canadian Register of Health Service Providers in Psychology Register # 04182  
Nova Scotia Board of Examiners in Psychology Registration # R0515

#### **WORK HISTORY**

August 2010-present	Independent Private Practice, Shubenacadie, NS
March 2007-August 2010	Associate Psychologist in the practice of Genest Psychological Services, Halifax, NS
September 2005-March 2007	Team leader, Autism Program, Colchester East Hants Hospital, Truro, NS
January 1992 – September 2005	Independent Private Practice, Peterborough, Ontario
January 1992 - May 1992	Term Appointment, Assistant Professor, Department of Psychology Trent University
September 1990 - April 1991	Psychologist (Part time), Peterborough Civic Hospital
June 1989 - September 1990	Department Administrator, Counselling Unit, Sir Sandford Fleming College, Peterborough, Ontario
August 1988 - June 1989	Counsellor, Sir Sandford Fleming College, Peterborough, Ontario
September 1968 - June 1988	Psychoeducational Consultant, Toronto Board of Education
February 1967 - August 1968	Research Assistant, Department of Applied Psychology, Ontario Institution for Studies in Education, Toronto
October 1966 - January 1967	Psychological Services Consultant, Department of Health, Toronto
June 1965 - September 1966	Assistant Provincial Psychologist, Department of Public Welfare, Halifax, NS

## **PROFESSIONAL EXPERIENCE**

### **Psychological Treatment**

- Individual, couples, family and group psychotherapy using Cognitive Behavioural Therapy, Interpersonal, Supportive and Systemic approaches.
- Develop and deliver treatment plans for victims of motor vehicle accidents.
- Develop and deliver treatment plans for issues of health, lifestyle, stress management, interpersonal relationships, parenting and enhancement of personal wellbeing
- Develop and deliver treatment plans for victims of abuse, crime and trauma.
- Develop and deliver treatment plans for adult and juvenile offenders in correctional facilities and community release programs.
- Current primary focus is Cognitive Behavioural Therapy for anxiety and mood disorders, habit change, interpersonal difficulties, personal growth and wellbeing.

### **Psychological Assessment**

- Experienced with DSM-IV and ICD-10 diagnosis
- Use full range of psychometric instruments pertinent to assessing issues of development, mental health, trauma, and personality, psychological factors of health, lifestyle and family functioning
- When practicing in Ontario provided clinical assessment services for families, children and youth served by Child and Family Service agencies
- When practicing in Ontario provided assessment services for adults seeking disability pensions, worker's compensation and insurance benefits

### **Psychological Consultation**

Brings knowledge and skills of professional psychology to consulting partners, practicing consultation as a collaborative, interactive, indirect psychological service.

- Provision of consulting Psychologist services to Child and Family Services agency (15 consecutive years in Ontario)
- Provision of consulting Psychologist services to Youth Offender/Secure Treatment facility( 3 years in Ontario)
- Provision of consulting Psychologist services to Women's Health Center Eating Disorder Program(2 years in Ontario)

### **Supervision**

- Develop and deliver practicum programs for graduate students
- Supervised unit of eight counseling staff at a Community College
- Supervised candidate for registration - Ontario College of Psychologists

### **Teaching**

- Taught courses at Trent University, Peterborough, Ontario: Child and Adolescent Development, Assessment, Abnormal Psychology.

- Taught courses at Sir Sanford Fleming Community College, Peterborough, Ontario: Employment counselling, vocational assessment.
- Taught a third year course in the School Psychology program at Mount Saint Vincent University, Halifax, Nova Scotia: Child Psychopathology.

Workshop presentations for professional development programs include:

- Impact of Parental Mental Illness on Child Development
- Role of Fathers on Child Development
- Triage - Matching Therapy Interventions to Client Needs
- The Confident Rider Workshop (Equestrian Sports Psychology)

## **PRIVATE PRACTICE PROFILES**

### **Current practice in Shubenacadie, NS:**

Assessment and treatment services for adults, children, teens and families. Clients are referred by community members, Family Physicians and Lawyers. First Nations clients are supported by Non-Insured Health Benefits and by First Nations and Inuit Health, Health Canada services for Residential School Survivors and families. Services for Veterans and RCMP members are billed to Blue Cross.

Assessment services for adults include evaluation for treatment planning, diagnosis of trauma, personality, behaviour and mental health status, with focus on impact for relationships, parenting, work life and personal wellbeing. Assessment work with children and teens is focused on investigations of social/emotional development, self-esteem, personality development and family integration.

Treatment services for adults, children, teens and families center on client strengths and acknowledgement of growth toward self-efficacy and independence. Treatment modalities are chosen from evidence-based best practices and matched to client profile and goals. Therapy in both individual and group format is offered for anxiety and mood disorders, family and relationship issues, stress, lifestyle, behavioural and performance difficulties. The treatment interventions most often used are Cognitive Behavioural Therapy and techniques from Interpersonal and Supportive Therapies.

### **Practice in Peterborough, Ontario (1992-2005)**

From 1992 to 2005, my practice was divided between office-based client services and contract services to a variety of agencies and institutions. The office-based services were essentially the same as those of my current practice, with the addition of expanded service access for First Nations clients, assessment of clients of Worker's Compensation agencies, Disability Assessment Centers, university and collage special needs students, and a range of services for clients referred by insurance companies.

Contract services included the following:

- teaching in the Psychology Department of Trent University
- short-term contracts to provide assessment and therapy services in Psychology Departments at Oshawa General Hospital( children's services) and Peterborough Civic Hospital (adult services)
- develop and provide Employee Assistance Programs for St.Joseph's Hospital, Peterborough and for the local employees of a large international mining company

- contracts to deliver assessment and treatment services to Corrections Services Canada for adult offenders on community release plans and incarcerated at Warkworth Penitentiary. Assessments featured diagnosis of mental health issues, community readiness and potential risk. Treatment had a rehabilitation focus.
- contracts to provide consultation to management, clinical teams and youth workers at several locations of Kinark Child and Family Services, as well as delivery of assessment and therapy services for complex clients served by this agency. Included such roles as a Senior Clinician Intake Triage Team, Trainer for the staff's annual ethics course, consulting Psychologist for a secure residential treatment facility. Continuous contracts between 1990 and 2005.
- short-term contracts to provide assessment and treatment services to clients referred by provincial parole services (primarily for adult sex offenders)
- term contracts to provide assessment and individual treatment for referred children and youth and consultation services to regional Children's Aid Societies. Referred clients included neglected and abused children in foster care and children considered to be at risk. Parent and family assessments were, at times, included in the services requested.
- term contracts for provision of consultation to the Woman's Eating Disorder Clinic of Peterborough Civic Hospital. Services included intake screening, treatment planning and staff consultation and support.

### TEACHING - TRENT UNIVERSITY

Summer 2001	Psych 381H	Development of Adolescents and Young Adults
May to July 1997	Psychology 280	Child Psychology
May to July 1993	Psychology 301	Educational Psychology
May to July 1993	Psychology 280	Child Psychology
January to April 1993	Psychology 382	Exceptional Development
September 1992 to April 1993	Psychology 280	Child Psychology
April to July 1992	Psychology 385	Abnormal Psychology
April to July 1992	Psychology 280	Child Psychology
January to May 1992	Term Appointment	Assistant Professor
September 1991 to May 1992	Psychology 340	Abnormal Psychology
May to July 1991	Psychology 235	Personality Theory
September 1990 to April 1991	Psychology 235	Personality Theory

### CORRECTIONAL SERVICE CANADA

92-93-ONT-271	April 1, 1992 to March 31, 1993
93-94-ONT -083	April 1, 1993 to March 31, 1994
93-94-ONT -286	April 1, 1993 to March 31, 1994 (Sex Offender Program)
93-95-ONT -286-1	April 1, 1994 to March 31, 1995
94-95-ONT -145	April 1, 1994 to March 31, 1995 (Sex Offender Program)
95-96-ONT -125	April 1, 1995 to March 31, 1996
96-97 -ONT -105	April 1, 1996 to March 31, 1997
97 -98-ONT -044	April 1, 1997 to March 31, 1998
98-99-ONT -127	April 1, 1998 to March 31, 1999
99-02 -ONT -323	April 1, 1999 to March 31, 2002
2140 1-026051-004-KI N	April 1, 2002 to December 31, 2005