

**Dr. Jennifer Hunter**  
**Ph.D., C. Psych**

**EDUCATION**

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- September 2015 – August 2020     **Doctor of Philosophy *Clinical Psychology***  
York University, Toronto, ON
- *Clinical Residency*: Toronto Area Residency Consortium (2019-2020)
  - *Dissertation*: Understanding the relation between boredom and achievement in post-secondary students (Supervisor: Dr. John Eastwood) – defended December 14, 2018; see Publications. Awarded the Canadian Psychological Association Certificate of Academic Excellence (see Awards and Honours)
- September 2013 – August 2015     **Master of Arts *Clinical Psychology***  
York University, Toronto, ON
- *MA Thesis*: The inspiration of boredom: An investigation of the relationship between boredom and creativity (Supervisor: Dr. John Eastwood; see Publications)
- September 2012 – April 2013     **Bachelor of Arts (Honours) *Psychology***  
York University, Toronto, ON
- *Undergraduate Thesis*: Is trait boredom redundant? An examination of trait boredom's usefulness as an individual difference measure (Supervisor: Dr. John Eastwood; see Publications)
- September 2010 – July 2012     **Master of Social Work**  
University of Toronto, Toronto, ON
- *Specialization*: Health and Mental Health
- September 2006 – May 2010     **Bachelor of Arts (Honours) *English***  
University of Toronto, Toronto, ON

**PUBLICATIONS**

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1. **Hunter, J. A.**, & Eastwood, J. D. (2020). Understanding the relation between boredom and academic performance in post-secondary students. *Journal of Educational Psychology*. Published online March 26, doi: <https://doi.org/10.1037/edu0000479>
2. Craparo, G., Faraci, P., Gori, A., **Hunter, J. A.**, Hunter, A., Pileggi, V., Costanzo, G., Lazzaro, A., & Eastwood, J. D. (2017). Validation of the Italian version of the Multidimensional State Boredom Scale (MSBS). *Clinical Neuropsychiatry*, *14*, 173-182.
3. Hunter, A. G., **Hunter, J. A.**, & Eastwood, J. D. (2017). Boredom propensity. In V. Zeigler-Hill & T. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences*. Springer. Published online January 21. doi: 10.1007/978-3-319-28099-8\_1050-1

4. **Hunter, J. A.**, Abraham, E. H., Hunter, A. G., Goldberg, L. C., & Eastwood, J. D. (2016). Personality and boredom proneness in the prediction of creativity and curiosity. *Thinking Skills & Creativity*. Published online August 18. doi: <http://dx.doi.org/10.1016/j.tsc.2016.08.002>
5. **Hunter, J. A.**, Dyer, K. J., Cribbie, R. A., & Eastwood, J. D. (2015). Exploring the utility of the Multidimensional State Boredom Scale. *European Journal of Psychological Assessment*. Published online January 1. doi: 10.1027/1015-5759/a000251
6. **Hunter, J. A.**, Button, M. L., & Westra, H. A. (2014). Ambivalence and alliance ruptures in Cognitive Behavioural Therapy for Generalized Anxiety Disorder. *Cognitive Behaviour Therapy*. Published online March 21. doi: 10.1080/16506073.2014.899617
7. Mercer-Lynn, K. B., **Hunter, J. A.**, & Eastwood, J. D. (2013). Is trait boredom redundant? *Journal of Social and Clinical Psychology*, 32, 897-916.

### **PROFESSIONAL PRESENTATIONS**

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1. **Hunter, J.A.**, & Lewin, J. (2022, April). *Handling difficult conversations*. Workshop presented at York University Human Resources Pension & Benefits Department, Toronto, ON.
2. **Hunter, J. A.**, & Eastwood, J. D. (2019, April). The surprising role of boredom in aiding learning. In K. Renninger (Chair) and S.E. Hidi (Moderator), *Synergies in studies of motivation and learning: An interactive workshop*. Workshop conducted at the American Educational Research Association Annual Meeting, Toronto, ON.
3. **Hunter, J. A.** (2019, March). *Personality disorders*. Workshop presented at York University Counselling and Disability Services Professional Development Meeting, Toronto, ON.
4. **Hunter, J. A.**, & Eastwood, J. D. (2018, June). *Safe for assessing the psychosocial issue of chronic boredom: Supporting the Boredom Proneness Scale's construct validity*. Poster presented at the 2018 International Congress of Applied Psychology (ICAP 2018)/Canadian Psychological Association (CPA) National Annual Convention, Montréal, QC.
5. **Hunter, J. A.**, & Eastwood, J. D. (2018, April). The invaluable warning signal of boredom: How boredom can derail, and aid, learning. In K. Renninger (Chair) and S.E. Hidi (Moderator), *Motivation and learning: What is provocative and/or novel?* Workshop conducted at the American Educational Research Association Annual Meeting, New York.
6. **Hunter, J. A.**, & Eastwood, J. D. (2017, June). *Who bored them best? Evaluating the efficacy of experimental boredom inductions*. Poster presented at the CPA National Annual Convention, Toronto, ON.
7. **Hunter, J. A.** (2017, March). *Personality disorders and eating disorders*. Workshop presented at North York General Hospital, Toronto, ON.

8. **Hunter, J. A.**, & Eastwood, J. D. (2016, June). *The inspiration of boredom: An investigation of the relationship between boredom and creativity*. Poster presented at the CPA National Annual Convention, Victoria, BC.
9. **Hunter, J. A.**, & Eastwood, J. D. (2016, June). *Trading off between reliability and validity: A comparison of different scoring methods for different creativity tasks*. Poster presented at the CPA National Annual Convention, Victoria, BC.
10. **Hunter, J. A.**, & Eastwood, J. D. (2015, June). *The Creative Personality Scale: A more complete picture*. Poster presented at the CPA National Annual Convention, Ottawa, ON.
11. **Hunter, J. A.**, Dyer, K. J., Cribbie, R. A., & Eastwood, J. D. (2014, June). *Mapping boredom: Exploring the utility of the Multidimensional State Boredom Scale*. Poster presented at the CPA National Annual Convention, Vancouver, BC.
12. **Hunter, J. A.**, & Eastwood, J. D. (2014, June). Can boredom lead to happiness? In S. Rizvi (Moderator), *New approaches in research on happiness*. Symposium conducted at the CPA National Annual Convention, Vancouver, BC.
13. **Hunter, J. A.** (2013, April). *Is trait boredom redundant?* Poster presented at the York University Faculty of Health Poster Day, Toronto, ON.
14. **Hunter, J. A.**, Arif, S., & Fried, S. (2012, March). *Overcoming perfectionism*. Workshop presented at the University of Toronto Scarborough Health & Wellness Centre, Toronto, ON.
15. **Hunter, J. A.**, & Fried, S. (2012, February). *Fighting procrastination*. Workshop presented at the University of Toronto Scarborough Health & Wellness Centre, Toronto, ON.
16. Kollar, C., **Hunter, J. A.**, Marando, J., & Fleischer, A. (2011, May). *Interprofessional collaboration*. Workshop presented at St. Michael's Hospital, Toronto, ON.

## **MEDIA APPEARANCES**

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1. Varma, D. (Producer, Creator, Host.) (2022, May 10.) *Talk paper scissors* [Podcast].
2. Hiscock, M. (Producer). (2019, March 19). *Your Morning* [Television broadcast]. Toronto, ON: CTV.
3. Melles, M. (Producer). (2018, January 9 & 12). *Innerspace* [Television broadcast]. Toronto, ON: Space.
4. Kennedy, P. (Host). (2016, November 22). The tedium is the message [Radio program]. In N. Luksic (Producer), *Ideas with Paul Kennedy*. Toronto, ON: Canadian Broadcasting Corporation (CBC).

## **AWARDS AND HONOURS**

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2021	As part of the North York General Hospital Adult Eating Disorders team, awarded the Jane Chamberlin Award by the Association of General Hospital Psychiatric Services for our outstanding contribution to mental health in Ontario general hospitals.
June 2019	Awarded the Canadian Psychological Association Certificate of Academic Excellence for my dissertation
December 2018	Nominated for the York University Faculty of Graduate Studies Dissertation Prize
2015 – 2018	Joseph-Armand Bombardier Canada Graduate Scholarship – Doctoral Scholarship from the Social Sciences and Humanities Research Council (SSHRC) (value: \$105,000)
June 2018	York University Graduate Development Fund (value: \$320)
June 2017	Faculty of Health Graduate Student Conference Travel Fund (value: \$320)
May 2017	York University Student Excellence Award in Clinical Psychology <ul style="list-style-type: none"><li>• Awarded to two senior PhD students in Clinical Psychology for service, academic merit, and research activities.</li></ul>
2015 – 2016	Ontario Graduate Scholarship (value: \$15,000; declined)
June 2016	York University Graduate Development Fund (value: \$1,000)
2014 – 2015	Ontario Graduate Scholarship (value: \$15,000)
June 2015	Faculty of Health Graduate Student Conference Travel Fund (value: \$545)
2013 – 2014	Ontario Graduate Scholarship (value: \$15,000)
2013 – 2014	York University Graduate Scholarship (value: \$6,000)
June 2014	York University Graduate Development Fund (value: \$500)
May – August 2013	Natural Sciences and Engineering Research Council (NSERC) Undergraduate Student Research Award (value: \$9,000)
June 2013	York University Faculty of Health Silver Medal for Academic Merit <ul style="list-style-type: none"><li>• Awarded to the Faculty of Health student with the highest cumulative GPA in the graduating class.</li></ul>

2011 – 2012	Ontario Graduate Scholarship (value: \$15,000)
2010 – 2011	Joseph-Armand Bombardier Canada Graduate Scholarship – Master’s Scholarship from SSHRC (value: \$17,500)
2009 – 2010	Dean’s List Scholar
July 2010	University of Toronto University College Samuel James Stubbs Award (value: \$500)
2008 – 2009	Dean’s List Scholar
October 2009	University of Toronto Charles Tilly Award (value: \$200)
August 2009	University of Toronto Faculty of Arts & Science Albert E. Rabjohns Scholarship (value: \$1,723)
August 2009	University of Toronto University College Evelyn McDonald Scholarship (value: \$250)
2007 – 2008	University of Toronto Scarborough Second Year Honours List
September 2007	University of Toronto Scarborough Entrance Scholarship (value: \$1,000)
2006 – 2007	Dean’s Honour List With Distinction
July 2007	Queen’s University Beatrice Bryce Memorial Scholarship (value: \$1,205)
July 2007	Queen’s University William Mitchell Silliman Scholarship (value: \$1,645)
July 2006	Status of Women Scholarship from the Ontario Secondary School Teachers’ Federation (value: \$500)
June 2006	Queen’s University Excellence Scholarship (value: \$1,500)

*Academic Honours*

July 2011	Mr. Lurie, the Executive Director of the Canadian Mental Health Association – Toronto Branch, asked to share my essay on Canadian health and mental health policy surrounding post-partum depression with the Mental Health Commission of Canada.
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## **CLINICAL TRAINING**

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June 2022 –  
Present Day

### **Clinical Psychologist**

*Site:* Dr. Jennifer Hunter Psychological Services

- Create and operate a psychological practice offering virtual psychotherapy and psychological assessment to adults and couples across Ontario.

June 2022 –  
Present Day

### **Clinical Supervisor**

*Site:* York University Psychology Clinic

- Supervise students in the provision of Emotion Focused Therapy (individual therapy and couples therapy).

January 2022 –  
Present Day

### **Clinical Psychologist**

*Site:* Adult Eating Disorders Program, North York General Hospital

- Designed and co-facilitate the Treatment Readiness Group, a psychoeducational and motivation enhancement group that prepares clients awaiting entry into the partial day hospital program.
- Provide research support to evaluate the program's efficacy and make evidence-based decisions about program planning.

January 2022 –  
May 2022

### **Clinical Psychologist**

*Site:* York University Psychology Clinic

- Provided psychotherapy (primarily Emotion Focused Therapy, Narrative Therapy and Cognitive Processing Therapy) to individual clients and couples.
- Supervised PhD students in providing psychotherapy.
- Conducted psychoeducational and psychodiagnostic assessments.

January 2021 –  
December 2021

### **Clinical Psychologist (Supervised Practice)**

*Site:* Adult Eating Disorders Program, North York General Hospital

*Supervisor:* Dr. Bryan Choi

- Awarded the Jane Chamberlin Award (see Awards and Honours).
- Designed and co-facilitated the Treatment Readiness Group.
- Provided research support.

September 2020 –  
December 2021

### **Clinical Psychologist (Supervised Practice)**

*Site:* York University Psychology Clinic

*Supervisors:* Dr. Louise Hartley, Dr. Rachel Liebman, Dr. Bryan Choi

- Provided psychotherapy (primarily Emotion Focused Therapy, Narrative Therapy and Cognitive Processing Therapy) to individual clients and couples.
- Supervised PhD students in providing psychotherapy.
- Conducted psychoeducational and psychodiagnostic assessments.

September 2019 –  
August 2020

**Clinical Psychology Resident, Toronto Area Residency Consortium**

*Site:* X University Centre for Student Development and Counselling; York University Psychology Clinic

*Supervisors:* Dr. Jesmen Mendoza, Dr. Sandra Paivio

- Provided weekly individual psychotherapy (Cognitive Behavioural Therapy and Emotion-Focused Therapy for Trauma).
- Provided single-session psychotherapy.
- Co-facilitated an Emotion-Focused Therapy group.
- Conducted psychoeducational and psychodiagnostic assessments.
- Supervised a PhD psychology trainee in providing psychotherapy.

May 2016 –  
June 2019

**Therapist**

*Site:* York University Psychology Clinic

*Supervisors:* Dr. Louise Hartley, Dr. Robin Mitchell, Dr. Alberta Pos

- Provided weekly individual psychotherapy primarily using Emotion-Focused Therapy and Cognitive Behavioural Therapy.
- Conducted a comprehensive psychoeducational assessment.

September 2017 –  
April 2018

**External Practicum Student**

*Site:* Patient and Family Support Services, Odette Cancer Centre, Sunnybrook Health Sciences Centre

*Supervisor:* Dr. Pavla Reznicek

- Patient and Family Support Services provides consultation and psychotherapy for individuals with cancer and their families.
- Conducted diagnostic assessments of clients to determine their needs and help structure future treatment.
- Provided brief (6 sessions) individual psychotherapy.

September 2016 –  
June 2017

**External Practicum Student**

*Site:* Adult Eating Disorders Program, North York General Hospital

*Supervisor:* Dr. Gillian Kirsh

- The Adult Eating Disorders Program is a partial day hospitalization program that provides treatment for three evenings per week.
- Conducted comprehensive eating disorder assessments of potential clients.
- Conducted orientation assessments for clients entering the program to assess their eating disorder symptoms and general mood.
- Co-facilitated the Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Expressive Arts, and Psychoeducation groups.

January 2017 –  
April 2017

**Supervisor Trainee**

*Site:* York University Psychology Clinic

*Supervisor:* Dr. Adrienne Perry

- September 2015 – April 2016      **Clinical Practicum II: Advanced Intervention**  
*Site:* York University Psychology Clinic  
*Supervisors:* Dr. Alberta Pos and Dr. Henny Westra
- September 2014 – April 2015      **Clinical Practicum I**  
*Site:* York University Psychology Training Clinic  
*Supervisor:* Dr. David Reid
- September 2011 – April 2012      **External Practicum Student (Master of Social Work)**  
*Site:* Counselling Services, Health & Wellness Centre, University of Toronto Scarborough  
*Supervisor:* Mr. Bill Wetzel
- January 2011 – May 2011      **External Practicum Student (Master of Social Work)**  
*Site:* Diabetes Complications and Renal Transplant Clinics, St. Michael's Hospital  
*Supervisors:* Ms. Suela Cela, Ms. Mari Vella

*Conferences and Workshops Attended*

- March 26, 2021      Encouraging sensitivity in transgender healthcare: A virtual panel with trans mental health professionals and staff from Trans Lifeline (Speakers: Ivan S., Amy O'Leary, Andrew Crawford; University of Toronto Factor-Inwentash Faculty of Social Work, Toronto, ON)
- February 25, 2021      How social work has promoted racism without racists: Real talk about anti-Black racism (Speakers: Dr. Keith Adamson, Joelleann Forbes, Dr. Bryn King, Notisha Massaquoi, Dr. Tanya Sharpe, Dr. Dexter Voisin; University of Toronto Factor-Inwentash Faculty of Social Work, Toronto, ON)
- April 8, 2020      Risk management and ethical considerations in supervision (Speaker: Dr. Daniel Taube; online webinar offered by National Register of Health Service Psychologists)
- November 20 – 23, 2019      Emotion-focused therapy for couples (Facilitators: Dr. Les Greenberg and Dr. Serene Warwar; York University Psychology Clinic, Toronto, ON)
- April 29 & 30, 2019      Dialectical behaviour therapy with adolescents and emerging adults (Dr. Jill Rathus; Ryerson University, Toronto, ON)
- April 5 – 9, 2019      American Educational Research Association (AERA) Annual Meeting (Toronto, ON)
- November 16, 2018      Understanding complex trauma: Level 1 (Facilitators: Dr. Dana Ross and Marlene Duarte Giles; Women's College Hospital Trauma Therapy)



	Program, Toronto, ON)
June 26 – 30, 2018	2018 International Congress of Applied Psychology/Canadian Psychological Association National Annual Convention (Montréal, QC)
April 13 – 17, 2018	American Educational Research Association Annual Meeting (New York City, NY)
February 20 & 21, 2018	Deliberate practice workshop: Using deliberate practice to identify and navigate markers of ambivalence and resistance (Facilitator: Dr. Henny Westra; York University, Toronto, ON)
December 11, 2017	How relaxation and guided imagery can help cancer patients (Speaker: Dr. Claire Edmonds; Sunnybrook Health Sciences Centre, Toronto, ON)
November 20, 2017	How to prepare families for the role of substitute decision-maker (Speaker: Blair Henry; Sunnybrook Health Sciences Centre, Toronto, ON)
Fall 2017 Term	Teaching Wheel Program (York University, Toronto, ON)
June 7 – 9, 2017	Canadian Psychological Association National Annual Convention (Toronto, ON)
February 8, 2017	Dialectical Behaviour Therapy for eating disorders (Speaker: Dr. Anita Federici; North York General Hospital, Toronto, ON)
November 23, 2016	Vyvanse for Binge Eating Disorder (Speaker: Dr. Barry Simon; North York General Hospital, Toronto, ON)
June 9 – 11, 2016	Canadian Psychological Association National Annual Convention (Victoria, BC)
January 25, February 1 & 8, 2016	Hermeneutic phenomenology: A three-part lecture series (Speaker: Cathleen Hoskins; Centre for Training in Psychotherapy, Toronto, ON)
December 8, 2015	Psychopharmacology: What Clinical Psychologists need to know (Speaker: Dr. Stephen List; York University, Toronto, ON)
June 4 – 6, 2015	Canadian Psychological Association National Annual Convention (Ottawa, ON)
May 11 – 14, 2015	Emotion Focused Therapy Level 1 Institute (Facilitators: Dr. Sandra Paivio and Dr. Alberta Pos; York University, Toronto, ON)

- May 7 – 10, 2015 International Sándor Ferenczi Conference (Toronto, ON)
- April 20, 2015 Teaching not-knowing: Cultural competence and psychotherapy training (Speaker: Dr. Priya Watson; York University, Toronto, ON)
- April 18, 2015 When the patient needs protection from an overly interpretive analyst: Personal notes (Speaker: Dr. Stanley Coen; Toronto, ON)
- February 20, 2015 2015 Deans Family Endowment Centre for Training in Psychotherapy Colloquium (Speaker: Dr. Adam Crabtree, Toronto, ON)
- January 31, 2015 From normal multiplicity to traumatic dissociation: Integration, fragmentation and implications for empathic attunement (Speaker: Dr. Jody Messler Davies; Toronto, ON)
- November 17, 2014 “Broken toys club”: PTSD and the politics of shame when working with first-responders (Speaker: Dr. Hugo Stevenson; York University, Toronto, ON)
- September 20, 2014 Therapeutic approach: Technique as attitude actualized (Speaker: Dr. Warren Poland; Toronto, ON)
- June 5 – 7, 2014 Canadian Psychological Association National Annual Convention (Vancouver, BC)
- February 7, 2014 2014 Deans Family Endowment Centre for Training in Psychotherapy Colloquium (Speaker: Dr. Donna Orange; Toronto, ON)
- August 23, 2013 Academic interest interview with psychotherapy scholar Adam Phillips
- February 22, 2013 2013 Deans Family Endowment Centre for Training in Psychotherapy Colloquium (Speaker: Adam Phillips; Toronto, ON)
- January 26, 2013 Conceptions of the interpersonal field (Speaker: Dr. Donnel Stern; Toronto, ON)
- November 17, 2012 A day with Nancy McWilliams (Speaker: Dr. McWilliams; Toronto, ON)

## **TEACHING EXPERIENCE**

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- University of Toronto**
- January – April 2022, January – April 2021
- Course Director, SWK 4640 Emotion-Focused Therapy (Graduate Course in the Factor-Inwentash Faculty of Social Work)*
- Taught a course on Emotion-Focused therapy, emphasizing the provision of EFT for individuals and couples.
  - With the Course Coordinator Dr. Kelly Mandarin, created engaging,

educational lectures that emphasized experiential learning: the majority of class time was spent reviewing EFT tapes, role playing EFT interventions, participating in multiple EFT simulations using paid actors, and discussing the application of EFT to students' concurrent clinical placements.

January – April  
2022

*Course Director, SWK 4670 Cybercounselling and Social Work Practice (Graduate Course in the Factor-Inwentash Faculty of Social Work)*

- Designed and taught an asynchronous course on cybercounselling focusing on the theoretical basis, empirical evidence, and practical application of cybercounselling.
- Created engaging experiential learning activities to support students in engaging with and applying course content.

September –  
December 2021;  
September –  
December 2020;  
January – April  
2020; January –  
April 2019

*Course Director, SWK 4643 Narrative Therapy (Graduate Course in the Factor-Inwentash Faculty of Social Work)*

- Designed and taught a course on Narrative Therapy focusing on the provision of narrative therapy as an individual psychotherapy, and as a clinical orientation in other social work settings (e.g., community agencies).
- Created engaging, educational lectures that emphasized experiential learning: the majority of class time was spent reviewing narrative psychotherapy tapes, role playing narrative therapy interventions, and discussing the application of narrative therapy to students' concurrent clinical placements.

### **York University**

September –  
December 2021;  
September –  
December 2018;  
September –  
December 2017

*Course Director, PSYC 3550 Creativity*

- Designed and taught a course about creativity focusing on its measurement, personality and mood predictors, and applications in industry.
- Created engaging, educational lectures that combined traditional delivery of class content with interactive discussions and activities.
- Participated in Teaching Wheel seminar to obtain feedback on teaching.

November 2013 –  
April 2019

*Teaching Assistant*

- January 2019 – April 2019: PSYC 3140 Abnormal Psychology (Dr. Alexandra Rutherford)
- September 2016 – April 2017: PSYC 1010 Introduction to Psychology (Dr. Rebecca Jubis)
- September 2015 – December 2015: PSYC 3550 Creativity (Dr. Igor Kusyszyn)
- January 2015 – April 2015: PSYC 2120 Social Psychology (Dr. James Check)
- January 2014 – April 2014: PSYC 3490 Adult Development and

Aging (Dr. Ehud Avitzur)

- November 2013 – December 2013: PSYC 3140 Abnormal Psychology (Dr. Kendra Thomson) – received a Teaching Assistantship Award from the Council of Canadian Departments of Psychology.

September 2015 –  
June 2018

**Seneca@York School of English & Liberal Studies, Seneca College**  
*Professor, Applied Professional Communications (APC 100)*

- The objective of this mandatory course is to teach students how to build an individualized career path, and to navigate the workplace.
- Emphasized the use of assessment tools (e.g., Personality Dimensions) and experiential learning (e.g., practice shaking hands, mock job interviews) to support students in these goals.
- Solicited feedback from students to continually develop the course to meet students' needs.

January 2016 –  
April 2017

*Curriculum Lead, Applied Professional Communications (APC 100)*

- Acted as Curriculum Lead while the permanent Curriculum Lead was on maternity leave.
- Assisted in recruitment and selection of new Professors for the course.
- Designed new course content and arranged for this content to be implemented across the 19 sections of APC 100 at Seneca College's Seneca@York campus.
- Coordinated delivery of APC 100 across all 19 sections.
  - Trained new Professors in how to implement the course, including how to deliver a "hybrid" course (blended online/in person format).
  - Acted as a resource for Professors teaching this course.
  - Liaised with internal partners (e.g., Seneca Course Coordinators) and external partners (e.g. Career/LifeSkills Resources Inc.) to ensure optimal delivery of the course.

## **RESEARCH TRAINING**

January 2021 –  
Present Day

**North York General Hospital**

- Provide research support to the Adult Eating Disorders Program to evaluate the program's efficacy and make evidence-based decisions about program planning.
- PI on the team's successful grant application to the North York General Hospital Women's Health Innovation Fund (\$19,000) for our project "Supporting women's health: Evaluating virtual care in the NYGH adult eating disorders program"

**Dr. Eastwood's Research Laboratory, Department of Psychology,  
York University**

May 2011 –  
August 2019

*Graduate Student/Research Assistant*

- Conducted literature reviews and data analysis, and assisted in

designing studies, executing studies, and writing manuscripts.

September 2013 –  
March 2017

*Boredom Lab Coordinator*

- Assisted in the supervision of the Honours Thesis students.
- Trained and coordinated our lab's RAs.

May 2011 –  
January 2013

*Coder*

- Coded client affect displayed in therapy sessions using the York Affect Coding Scale.

**Dr. Westra's Research Laboratory, Department of Psychology, York University**

December 2016 –  
June 2019; October  
2012 – August 2013

*Coder*

- As part of Dr. Westra's Cognitive Behavioural Therapy/Motivational Interviewing and Deliberate Practice trials, I coded psychotherapy sessions for client statements in support of cognitive or behavioural change ("change talk"), or against change ("counter-change talk"); or for verbal or non-verbal indicators of client resistance.

May 2013 –  
March 2018

*Research Assistant*

- Conducted literature reviews, and assisted in designing studies and writing manuscripts.

## **VOLUNTEER EXPERIENCE**

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April 2018 –  
Present

**York University**

*Member, Department of Psychology Undergraduate Studies Committee*

- Participate in discussing undergraduate program issues, successes and future directions; and help review and streamline undergraduate psychology program processes.

2016 – 2018

*Leader, Orientation Committee*

- Led the committee to plan and facilitate an engaging and inclusive orientation day for incoming Clinical Psychology graduate students.

2015

*Leader, Greater Toronto Area (GTA) Practicum Day Committee*

- Assisted in the coordination of the annual GTA Practicum Day, an informational event for Clinical Psychology students across Ontario applying for an external clinical practicum in the GTA.

2014, 2015

*Member, Orientation Committee*

2014, 2015

*Co-Editor, Department of Psychology "Year in Review" Report*

2014

*Member, Greater Toronto Area (GTA) Practicum Day Committee*

April 2014                      *Workshop Co-Facilitator, York University & York Region District School Board Mental Health Awareness Day*

December 2013 –              *Student Representative, Department of Psychology “Search For A Chair”*  
March 2014                      *Committee*

September 2011 –              **University of Toronto, Faculty of Social Work**  
April 2012                      *Student Outreach Director, Graduation Committee*

September 2011                *Member, Orientation Committee*

April 2011 –                      *“Buddy,” University of Toronto MSW Buddy Program*  
April 2012

July 2010 – August              **ACT Fast**  
2011                              *Co-Founder and Executive Member*

- Established organization to provide CPR and AED (automatic external defibrillator) training free of charge.

## **MEMBERSHIPS**

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College of Psychologists of Ontario, Member #7067  
Canadian Psychological Association  
Ontario Psychological Association