

# Dr. Rebecca McDermott

PhD., C.Psych(supervised practice)

## *Curriculum Vitae*

### CONTACT INFORMATION

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#### **Arnprior Family Health Team**

396 John St. N  
Arnprior, On, K7S 2P5  
Phone: (613) 622-5763  
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#### **Private Practice**

398 John St. N.,  
Arnprior, ON, K7S 2PG  
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### CURRENT EMPLOYEMENT

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#### **2015- Present: Psychologist – Arnprior Family Health Team (0.7 FTE)**

- *Supervisor:* Dr. Vanessa Illing PhD., C.Psych
- *Types of clients:* outpatient adolescents and adults with a range of psychological and behavioural disorders (e.g. anxiety, eating, personality and trauma related disorders).
- *Activities*
  - Provide consultation for physicians and other staff
  - Provide education to other staff, e.g.,
    - Training on Motivational interviewing
    - Training social work in new therapeutic modalities or techniques
  - Run psychotherapy groups (e.g., DBT & CBT for GAD)
  - Assess and provide psychotherapy for individual adolescent and adult clients

#### **2015- Present: Psychologist – Private Practice (0.4 FTE)**

- *Supervisor:* Dr. Tricia Schottler PhD., C.Psych
- *Types of clients:* outpatient adults (primarily currently serving members) with a range of psychological disorders (e.g. anxiety, mood, obsessive compulsive, and trauma related disorders).
- *Activities*
  - Conduct psychodiagnostic assessments for treatment and pension purposes
  - Provide psychotherapy for individual adult clients
  - Consult with case managers and family physicians

### EDUCATION

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2015 *Residency in Clinical Psychology, Royal Ottawa Hospital\**

2015 *Doctor of Philosophy, Clinical Psychology\**  
The University of Western Ontario

Research Advisor: David Dozois, Ph.D., C.Psych.  
Dissertation: The Transdiagnostic Prevention of Emotional Disorders: A  
Randomized Controlled Trial

**2011**                    ***Master of Science, Clinical Psychology\****  
The University of Western Ontario  
Research Advisor: David Dozois, Ph.D., C.Psych.  
Thesis: The Causal Role of Attention Bias in Depressive Symptomatology

**2009**                    ***Bachelor of Science, Psychology, Honours Degree with Distinction***  
McMaster University  
Research Advisor: Scott Water, Ph.D.  
Thesis: Using the SNARC Effect to Explore Implicit Access of Spatially-  
Represented Magnitude Information

\* Denotes Canadian Psychological Association (CPA) Accreditation. The CPA is the Canadian equivalent of the American Psychological Association.

## **SUPERVISED CLINICAL EXPERIENCE**

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### ***Youth Psychiatry, Royal Ottawa Hospital (upcoming- March 2015)***

- *Supervisor:* Dr. Margret DeCorte PhD., C.Psych
- *Theoretical Training:* cognitive behavioural therapy
- *Types of clients:* outpatient adolescents (16-18) experiencing psychological disorders (e.g. anxiety, OCD, and trauma related disorders).
- *Activities*
  - Completed intake assessments with youth
  - Co-lead CBT groups for anxiety
  - Treat individual adolescent clients

### ***Operational Stress Injury Clinic, Royal Ottawa Hospital (present)***

- *Supervisor:* Dr. Sarah Bertrim and Dr. Louis Oliver, PhD., C.Psych
- *Theoretical Training:* prolonged exposure, cognitive processing therapy, emotion focused therapy (couples), and acceptance and commitment therapy
- *Types of clients:* veterans, serving members of the Canadian Forces, and their family members who were experiencing psychological difficulties resulting from their operational duties (i.e., operational stress injuries including Posttraumatic Stress Disorder, Depression, Alcohol or Substance Abuse, anxiety, pain, and sleep disorders)
- *Activities*
  - Completed comprehensive assessments involving structured diagnostic interviews and psychometric testing to determine presence of operational stress injuries; presented assessment findings in integrative reports and offered recommendations regarding eligibility for disability award
  - Provided ongoing individual therapy for clients; presented case formulations and progress updates in interdisciplinary team meetings
  - Collaborated with Veteran's Affairs case managers

- Participate in training events conducted by the OSI clinic.
- Supervise clinical psychology practica student.

***Anxiety Disorders Program, Royal Ottawa Hospital (present)***

- *Supervisor:* Dr. Andrew Jacobs, PsyD., C.Psych
- *Theoretical training:* cognitive behavioural therapy, motivational interviewing, exposure and response prevention
- *Types of clients:* Adults experiencing anxiety and anxiety associated disorders
- *Activities*
  - Co-led CBT group and conducted treatment assessments
  - Provided individual therapy for individuals with anxiety disorder (and OCD)

***Child and Adolescent Mental Health Care, Victoria Hospital (2014)***

- *Supervisor:* Dr. Kerry Collins, PhD., C.Psych
- *Theoretical training:* cognitive behavioural therapy, motivational interviewing
- *Types of clients:* Children and adolescents experiencing mood and anxiety disorders
- *Activities*
  - Co-led transdiagnostic CBT groups
  - Completed psychodiagnostic assessment and associated reports
  - Provided individual therapy and parenting consultation

***Dialectical Behaviour Therapy Program, Victoria Hospital (2013–2014)***

- *Supervisor:* Dr. Walter Friesen, PhD., C.Psych
- *Theoretical training:* dialectical behaviour therapy and Mindfulness
- *Types of clients:* adults with mood- and personality-based problems of emotion dysregulation
- *Activities*
  - Co-led DBT skills training groups
  - Conducted assessment of psychosocial history and provided individual therapy
  - Participated in weekly DBT consultation team meetings
  - Consulted with patient's external treatment teams

***Brain Works, Private Practice (2013)***

- *Supervisor:* Sarah Scott-Vernon, PhD., C.Psych
- *Theoretical training:* cognitive-behavioural
- *Types of clients:* individuals who experienced either a motor vehicle or work related injury. Common presenting problems included chronic pain, anxiety disorders, and depression.
- *Activities*
  - Conducted psychovocational and psychodiagnostic assessments.
  - Provided individual therapy for patients who suffer from anxiety, depression and chronic pain
  - Collaborate on a interdisciplinary pain management group

***The Fertility Clinic, Victoria Hospital (2013)***

- *Supervisor:* Christopher Newton, PhD., C.Psych
- *Theoretical training:* cognitive-behavioural, emotion focused

- *Types of clients:* individuals and couples with infertility-specific stress, loss, anxiety, sexual dysfunction (Dyspareunia, Vaginismus, & Inorgasmia), and relationship issues.
- *Activities*
  - Conducted psychosocial interviews with and provided brief counseling to couples commencing fertility treatment
  - Provided individual therapy for patients with a sexual dysfunction (Dyspareunia, Vaginismus, & Inorgasmia)

***Operational Stress Injury Clinic, Parkwood Hospital (2012–2013)***

- *Supervisor:* Charles Nelson, PhD., C.Psych & Shannon Gifford, PhD., C.Psych
- *Theoretical training:* cognitive processing therapy, prolonged exposure therapy, acceptance and commitment therapy, experiential/process-oriented
- *Types of clients:* veterans, serving members of the Canadian Forces, and their family members who were experiencing psychological difficulties resulting from their operational duties (i.e., operational stress injuries including posttraumatic stress disorder, depression, alcohol or substance abuse, anxiety, pain, and sleep disorders)
- *Activities*
  - Completed comprehensive assessments involving structured diagnostic interviews and psychometric testing to determine presence of operational stress injuries; presented assessment findings in integrative reports and offered recommendations regarding eligibility for disability award
  - Provided ongoing individual therapy for clients; presented case formulations and progress updates in interdisciplinary team meetings

***Concurrent Disorders Clinic, Regional Mental Health - London (2012)***

- *Supervisor:* David LeMarquand, PhD., C.Psych
- *Theoretical training:* cognitive-behavioural
- *Types of clients:* patients with a severe psychiatric disorder (e.g. Bipolar I, schizophrenia) and a severe substance abuse issue
- *Activities*
  - Conducted integrated, comprehensive assessments with clients to determine psychiatric diagnoses and level of functioning.
  - Attend team rounds, update on client progress, and consulting with an interdisciplinary team

***Psychological Services, Western's Student Development Centre (2011–2012)***

- *Supervisor:* Kathy Dance, PhD., C. Psych
- *Theoretical training:* psychodynamic and cognitive-behavioural
- *Types of clients:* self-referred undergraduate students with a variety of diagnoses (eating disorders, depression, anxiety disorders, & relationship distress)
- *Activities*
  - Conducted brief assessments with patients to determine their treatment needs
  - Provided ongoing individual therapy for clients who suffered from a range of difficulties including (Anorexia/Bulimia, Panic Disorder, Depression, Social Anxiety, Generalized Anxiety, & relationship issues)
  - Conducted brief group interventions on body image and stress management

***Centre for Children and Families in the Justice System (2011)***

- *Supervisor:* Karen Bax, PhD., C.Psych
- *Theoretical training:* family systems, motivational interviewing
- *Types of clients:* adolescents and their families that were involved in with the Youth Justice Court or the Children's Aid Society
- *Activities*
  - Conducted assessments with youth involved in the Justice system to help determine treatment needs.
  - Participated in assessments for Children's Aid Society with families and individual parents

***Mood Disorder Unit, Regional Mental Health- London (2011)***

- *Supervisor:* Mustaq Khan, PhD., C.Psych
- *Theoretical training:* Cognitive-behavioural, Humanistic
- *Types of clients:* in and out patients with a severe mood disorder (e.g. Major Depression (severe) and Bipolar I)
- *Activities*
  - Conducted comprehensive assessments with outpatients to determine cognitive abilities, diagnosis, personality, and treatment recommendations
  - Conducted brief assessments with mood disorder inpatients to clarify diagnosis, assess cognitive ability, malingering, and treatment gains.

**PREVIOUS CLINICALLY-RELEVANT EMPLOYMENT EXPERIENCE**

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***Western Prevention Study, University Clinic (2012–2013)***

- *Supervisor:* David Dozois, PhD., C.Psych
- *Theoretical training:* cognitive-behavioural
- *Types of clients:* Undergraduate students that were at high risk for emotional disorders
- *Activities*
  - Conducted brief diagnostic assessment interviews with clients

***Child Emotional Laboratory, McMaster University (2009)***

- Research Assistant
- Supervisor: Louis Schmidt, PhD.
- *Activities*
  - Test children with and without selective mutism aged 5-9 on a series of self-report and performance measures (e. g. WRAT vocabulary) and collect EEG recordings
  - Collect psychological information on children from families and teachers

***Student Services, McMaster University (2007-2009)***

- Academic Counseling (Peer mentor)
- Supervisor: Peter Walsh, Med
- *Activities*
  - Provide academic counseling to students, covering time management, procrastination, and test anxiety
  - Provide presentations on study methods, stress management, procrastination, and managing test anxiety

### *Eating Disorder Program, St. Joseph's Hospital (2008-2009)*

- Research Assistant
- Supervisor: Michelle LaLiberte, PhD., C.Psych
- Activities
  - Maintain, record, and update clinical records
  - Observe eating disorder group treatment sessions

### *Schizophrenia Ward, St. Joseph's Hospital, Mountain Site (2006-2008)*

- Activity Volunteer
- Activities
  - Coordinate funding and programming with the hospital staff
  - Plan and prepare weekly activities for a schizophrenia ward
  - Interact and run a weekly, two-hour activity

## **TEACHING AND SUPERVISION EXPERIENCE**

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### *Teaching*

- Introductory Psychology – Algoma University (2014)
  - Course Instructor

### *Teaching Assistantships*

- Introductory Psychology –Western University (2010-present)
  - Head TA
- Research Methods and Analysis – Western University (2009-2010)
  - Tutorial instructor
- Introductory Psychology –McMaster University (2007-2009)
  - Tutorial instructor
- Introductory Biology – McMaster University (2007)
  - Tutorial instructor

### *Supervisory Roles*

- Clinical Supervisor for PhD clinical psychology student, Royal Ottawa Hospital (2015)
- Honours Thesis Research Advisor, The University of Western Ontario (2012-2013)  
Project Title: The Role of Life Events, Stress Reactivity, and Negative Automatic Thoughts on Depression
- Research assistant supervision: Supervised 9 research assistants working on four different research projects

## **PUBLICATIONS AND PRESENTATION**

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### *Peer-Reviewed Journal Articles*

- **McDermott, R. & Dozois, D. J. A. (2016).** A Randomized Controlled Trial of Internet-Delivered CBT and Attention Bias Modification for the Prevention of Depression. Manuscript in preparation.
- **McDermott, R. & Dozois, D. J. A. (2015).** The causal role of attentional bias in a cognitive component of Depression. *Journal of Experimental Psychopathology*, 201, 1-13.

### *Invited Book Chapters*

- Dozois D. J. A., **McDermott, R.**, & Frewen, P. A. (2014). Anxiety Disorders. In D. J. A. Dozois & P. Firestone (Eds.). *Abnormal Psychology: Prospective*. Toronto, Ontario: Prentice Hall.
- Dozois D. J. A., **McDermott, R.**, & Frewen, P. A. (2012). Anxiety Disorders. In D. J. A. Dozois & P. Firestone (Eds.). *Abnormal Psychology: Prospective*. Toronto, Ontario: Prentice Hall.

### *Conference Presentations*

- **McDermott, R.**, & Dozois, D. J. a. (2015) Changes in depression symptomatology and cognitive processes: A randomized prevention trial. Talk Presented at the *Canadian Psychological Association Convention*.
- **McDermott, R.**, & Dozois, D. J. A., (2014) Randomized controlled trial of cognitive behavioral therapy and attentional bias modification for the prevention of depression. Talk Presented at the International Congress of Applied Psychology. Paris, France.
- **McDermott, R.**, Evaire, L., & Dozois, D. J. A., (2013). Attentional allocation in Insecure Attachment: The importance of exposure durations. A Poster presented at the *Canadian Psychological Association Convention*.
- Evaire, L., **McDermott, R.**, & Dozois, D. J. A., (2013). The relationship between Excessive Reassurance Seeking and perceived Stress. A Poster presented at the *Canadian Psychological Association Convention*.
- Rnic, K., **McDermott, R.**, & Dozois, D. J. A., (2013). Exploring the relationship between Excessive Reassurance Seeking and cognitive organization. Poster presented at the *Canadian Psychological Association Convention*.
- **McDermott, R.**, & Dozois, D. J. A., (2012) Is implicit self-esteem really self-esteem? Implications for its usage as a correlate of depression. Poster presented at the *Association for Behavioral and Cognitive Therapy Convention*.
- **McDermott, R.**, Evaire, L., & Dozois, D. J. A., (2012). Exploring the relationship between attentional bias and excessive reassurance seeking. Talk presented at the *Canadian Psychological Association Convention*.
- **McDermott, R.** & Dozois, D. J. A. (2011). Can modifying attentional allocation impact stress response? Talk presented at the Canadian Psychological Association Convention.
- **McDermott, R.** & Watter, S. (2009, March). What's really on your mind: The role of processing orientation on the SNARC effect. Talk presented at the Psychology Undergraduate Thesis Conference.

### *Other Professional Presentation*

- **McDermott, R.** (2015). Integrating DBT Skills Training into Trauma Treatment. Talk presented at the Royal Ottawa Hospital, Psychology Grand Rounds.
- **McDermott, R.** (2015). Youth eMental Health: Integrating emental health into your practice. Talk presented at the Royal Ottawa Hospital, Youth Psychiatry Rounds.
- **McDermott, R.** (2013) The Western Prevention Study. Talk presented during the Strong Mind Series at Windermere on the Mount (retirement residence).
- **McDermott, R.** & Zhang, K. (2013). The what and why of food and diet. Talk presented at the *Advocacy through Action Lecture Series*.
- **McDermott, R.** & Zhang, K. (2012). Psychology of eating. Talk presented at the *Advocacy through Action Lecture Series*.

- **McDermott, R.** (2010). Learning about Learning; What you wish you knew. Talk presented at the Advocacy through Action Lecture Series.

## Awards & Grants

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### *Research Grants*

- Academic Development Fund (Major Grants Competition), New Research and Scholarly Initiative Awards: “Symptom reduction and prevention of affective disorders” (Dozois, D. J. A. [principal investigator], **McDermott, R.** [co-investigator]) - \$137,891.00 awarded in 2012 to cover a period of one year.
- Canada Post Foundation for Mental Illness and Mental Health Grant, “The Wait-List Clinic (WLC) at Canadian Mental Health” (Otchet, F. [principal investigator], **McDermott, R.** [co-investigator])- \$63,000 awarded in 2012 to cover a period of one year.

### *Awards and Honours*

- **Ontario Graduate Scholarship** (2011 –2012) –Awarded by the province of Ontario, \$15,000
- **SSHRC Joseph-Armand Bombardier Canada Graduate Scholarship** (2010 – 2011) – Awarded to successful applicants in the master’s program in the social sciences or humanities at a Canadian University, \$17,500
- **Ontario Graduate Scholarship** (2010 –2011) –Awarded by the province of Ontario, \$15,000 (declined)
- **NSERC Undergraduate Student Research Award** (2009) – Award based on academic merit and research potential that funds undergraduate students for a summer research position, \$6,500
- **NSERC Undergraduate Student Research Award** (2008) - Award based on academic merit and research potential that funds undergraduate students for a summer research position, \$8,000
- **The Achievement Award of Excellence** (2008) Undergraduate award based on academic merit and community contribution, \$800
- **The Dr. Larry Hooker Scholarships** (2008) Undergraduate Scholarship based on academic merit, \$2000
- **The Psychology Society Prize** (2008) Award for the highest session average in the biopsychology program, \$150
- **Biology Certificate of Excellence** (2007) Award for achievement as a Biology peer mentor (Tutorial leader)
- **The Biology Achievement Award** (2006) Award for outstanding academic achievement in introductory biology, text book ~ &150
- **The McMaster Honor Award Level II** (2005 – 2006) Entrance scholarship awarded for academic merit, \$2,000

## CONTINUING EDUCATION

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### *Sample of Workshops Attended*



- *Cognitive Processing Therapy (March 2015)* Candice Monson, PHD., C.Psych.
- *Prolonged Exposure Therapy (September 2014)* Michele Bovin, PhD., C.Psych. Anne Bailliu, MSW, RSW & Chris Enns, MSW, RSW.
- *The benefits of and barriers to outcomes assessment and tracking: Methods for doubling treatment response (May 2013)* Michael Lambert, PhD., C.Psych.
- *Couple's Sexual Difficulties (December, 2012)* Guy Grenier, PhD., C.Psych.
- *Dialectical Behaviour Therapy (April, 2013)* Walter Freisen, PhD., C.Psych.
- *The Future of Clinical Psychology in our Community: Building Capacity and Serving the Need in Ontario (May 2012)*. Keynote speakers: Veronica Asgary-Eden, Ph.D., Joanna McBrice, M.A., and Deanne Simms, Ph.D.
- *Using Motivational Interviewing Strategies and Techniques to Help Patients Change Risky/Problem Behaviors (October, 2012)* Linda Carter Sobell, PhD
- *Emotion Focused Therapy (April 2012)*. Presented by Alberta Pos, Ph.D.
- *Positive Psychology (December 2011)*. Presented by Tayyab Rashid, Ph.D.
- *Clinical Psychopharmacology (May 2011)*. Presented by Akshya Vasudev, M.D.
- *Interpersonal Psychotherapy (May 2011)*. Presented by Paula Ravitz, Ph.D.
- *WIAT-III workshop (2011)*. Paul Sezgo, PhD. London, Ontario.
- *Domestic Violence (December 2010)*. Presented by Peter Jaffe, Ph.D.
- *The Role of Psychology in the Provision of Mental Health Services to London's Immigrant and Multicultural Communities: Potential University-Community Partnerships (May 2010)*. Featured speakers from a variety of community agencies.
- *Mindfulness Meditation: Stress Management and Relaxation through Meditation (December 2009)*. Presented by Kate Partidge, Ph.D.

## PROFESSIONAL SERVICE

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### ***Professional Association Memberships***

- *Association of Cognitive Behavioural Therapy*, Student member (2012-2015)
- *Canadian Psychological Association*, Student Affiliate (2010–2015)
- *London Regional Psychological Association*, Student Affiliate (2013-2014)

### ***Committee Memberships***

- *Psychology Day Committee*: Responsibilities included collaborating with fellow psychologist to provide a psychology-training event.
- *Clinical Student Advisory Committee (2011-2014)*: Responsibilities included organizing and evaluating a series of seminars and workshops for clinical psychology graduate students, faculty, and adjuncts; liaising between faculty and students; and welcoming and orienting new students to the clinical program.
- *Adjunct Advisory Committee (2013-2014)*: Evaluate adjunct faculty candidates for adjunct status and renewal as well as provide feedback on the clinical area annual retreats.
- *Library Committee (2012-2014)*: Advise on book purchases for the clinical library.
- *Advocacy Through Action (2009–2013)*: A student-run organization that strives to bring psychology the community of London, Ontario, through an annual series of public

lectures on various topics relating to mental health and well-being.

***Editorial Experience***

- Manuscript Reviewer, *Abnormal Psychology* (2011)