

DR. CHRISTIANE WHITEHOUSE

Email: info@gmpsychoanalysts.com

Phone: 902-492-2546

Fluent English; Conversational French; Conversational Spanish

EDUCATION

2021 **PhD, Clinical Psychology**
Dalhousie University (Halifax, Nova Scotia)

2014 **BSc Honours, Psychology (Neuroscience option)**
Acadia University (Wolfville, Nova Scotia)

EMPLOYMENT & CLINICAL EXPERIENCE

2021 – Present **Clinical & Neuropsychologist**
Genest MacGillivray Psychologists, Halifax, NS

- Providing individual psychological intervention (therapy)
- Conducting neuropsychological (i.e., cognitive) and psychodiagnostic (i.e., mental health) assessments
- On leave January to November 2024

2021 – Present **Clinical Psychologist**
Psychiatric Acute Care, Halifax, NS
Nova Scotia Health Authority

- Delivering individual psychological intervention to inpatients of the Psychiatric Acute Care units
- Providing consultation within a multi-disciplinary team
- On leave January to November 2024

2020 – 2021 **Psychology Resident**
St. Joseph's Healthcare Hamilton, Ontario

- Focused on neuropsychological assessment, both outpatient and inpatient
- Additional training in clinical & health psychology, providing psychological intervention to inpatients

2017 – 2020 **Clinical Practicum Placements – Graduate Student**
Nova Scotia Health Authority, Halifax, Nova Scotia

- Chronic Pain Management Unit, Behaviour Change Institute, Senior's Health, Acquired Brain Injury Inpatient Program, Nova Scotia Hospital, Community Mental Health

Christiane Whitehouse (she/her), PhD, RPsych

PROFESSIONAL AFFILIATIONS

- 2021 – Present **Nova Scotia Board of Examiners in Psychology (NSBEP)**
Registration Number: R1093
- 2021 – Present **Association of Psychologists of Nova Scotia (APNS)**
Member ID: 1866

PROFESSIONAL DEVELOPMENT TRAINING [Past 5 years]

- **ACT for Perfectionism and People Pleasing** (*Ongoing* Jan, 2025). “Advanced level, six week practical [online] course” – 12 hours. Dr. Russ Harris, physician, internationally acclaimed Acceptance and Commitment Therapy (ACT) trainer. Author of “ACT Made Simple” and “The Happiness Trap”.
- **Non-Violent Crisis Intervention Training** (Jan, 2025). In-person classroom learning and hands-on practice with colleagues – 8 hours. Crisis Prevention Institute (CPI).
- **Introduction to Dialectical Behavioural Therapy** (DBT; Oct, 2023). Training workshop – 15 hours. Emily Lane, Registered Social Worker. Nova Scotia Health’s Provincial Center for Training, Education, & Learning (PCTEL).
- **Canadian Association for Cognitive and Behavioural Therapies (CACBT) 13th Annual Conference. Theme: “Toward a Culturally-Responsive CBT”** (May, 2023). Recovery-Orientated Cognitive Behavioural Therapy by Dr. Judith Beck (Seminar – 1 hour). Engaging Clients in Collaborative Case Conceptualization with Dr. Christine Padesky (Workshop – 2 hours). From a Culture of Silence toward a Culture of Inclusion: Destigmatizing Mental Illness Among Mental Health Providers, Researchers, and Trainees by Dr. Sarah Victor (Seminar – 1 hour). From a Colourblind Approach to Antiracist CBT by Dr. Jude Mary Cénat & Dr. Angela Haeny (Seminar – 1.5 hours). Healing Minority Stress among the 2SLGBTQIA+ Community through CBT by Dr. Taylor Hatchard (Workshop – 3 hours). Introducing Mikwendaagwad “It Is Remembered” Sacred Circle CBT by Charity Fleming, MSW (Seminar – 1.5 hours). The Dual Pandemic of COVID and Racism: Asian Canadian Experiences by Dr. Nigel Lou (Seminar – 1.5 hours).
- **Behaviour Change Counselling Development Program** (Jan – Nov, 2023, *ongoing*). Primary Health Care and Chronic Disease Management Network, Nova Scotia Health. Completed 7 (of 8) self-directed learning modules (30 minutes – 1 hour each) & 3 interactive workshop style practice sessions (1 hour each).
- **Trans Wellness Initiative Introduction to Affirming Spaces Training** (July, 2022). Community-Based Research Centre (CBRC) program to advance 2SLGBTQ+ health. Seminars & interviews with 10 Presenters – 5 hours.

Christiane Whitehouse (she/her), PhD, RPsych

- **Advanced Minnesota Multiphasic Personality Instrument – 3rd Edition (MMPI-3) Validity Scale Interpretation** (July, 2022). Seminar – 3 hours. Dr. Yossef Ben-Porath, PhD, co-developer of MMPI-3 and MMPI-2-RF, Kent State University.
- **Individual Cognitive Behavioural Therapy for Comorbid Insomnia (CBT-I)** (Mar, 2022). Workshop – Full day. Dr. Colleen Carney, PhD, CPsych, Associate Professor and Director of the Sleep and Depression Laboratory at Ryerson University. Author of “Quiet Your Mind and Get to Sleep” and many others.
- **Acceptance and Commitment Therapy (ACT) for Self-Harming and Suicidality** (Mar, 2022). Seminar – 2 hours. Dr. Russ Harris, MD.
- **CBT-I (Cognitive Behavioural Therapy for Insomnia) for Patients who Failed CBT-I** (Feb, 2022). Seminar – 1 hour. Dr. Michael Grandner, PhD, Director of Sleep and Health Research Program at University of Arizona.
- **Medical and Mental Health Care from a Gender Affirming, Informed Consent Perspective** (May, 2021). Workshop – 3 hours. Dr. Françoise Susset, MD & Devon Simpson, Social Worker. McMaster University, Hamilton, Ontario.
- **Managing Guilt and Shame** (Jan, 2021). Workshop – 3 hours. Dr. Christine Padesky, PhD, Clinical Psychologist and author of “Mind Over Mood” CBT workbook.
- **San’yas Indigenous Cultural Safety Training** (Dec, 2021). Online, interactive, instructor-facilitated training (10 hours). Provincial Health Services Authority British Columbia.
- **Understanding and Treating Eating Disorders: What Every Practitioner Needs to Know** (Nov, 2020). CCPA Accredited Psychotherapist Training (2 hours), as part of the annual Body Peace Conference. Dr. Anita Federici, PhD, Clinical Psychologist.
- **Equity, Diversity, and Inclusion in Academic Medicine: Focus on Gender** (Nov, 2020). Education Session and Workshop – 3 hours. Dr. Sonia Anand, Professor and Canada Research Chair. McMaster University and St. Joseph’s Healthcare Hamilton.

VOLUNTEER & ADVOCACY [Past 5 years]

2020 – Present **Group Coordinator** [2020-2023] & **Member** [Present] of the Canadian Council of Professional Psychology Programs (CCPPP) Anti-Racism Working Group

2021 – 2024 **Lead Developer** in creating workshop in collaboration with the international non-profit, Dragonfly Mental Health

- Presenting workshop (*Managing Upward: Optimizing Student-Supervisor Communication to Support Wellbeing*) to graduate students across Europe and North America
- Involved in training others to provide workshop

Christiane Whitehouse (she/her), PhD, RPsych

- 2016 – 2022 **Mentor** for the CPA Student Mentorship Program
- 2018 – 2020 **Co-Founder** of the Graduate Student Wellness Committee Psychology and Neuroscience Department, Dalhousie University
- Co-developed and taught a lecture for first-year clinical psychology PhD students on *The Ethics of Self-Care*, among other initiatives

CLINICAL SUPERVISORY EXPERIENCE

- 2023 – 2024 Clinical psychology resident
Rotation: Psychiatric Acute Inpatient Care
- 2020 Pre-doctoral clinical neuropsychology graduate student
Supervision of supervision: Dr. Elena Ballantyne
- 2018 – 2019 Pre-doctoral clinical psychology graduate students (x 4)
Supervision of supervision: Dr. Alissa Pencer & Dr. Shannon Johnson

SCHOLARSHIPS AND AWARDS

DATE	AWARD/HONOUR	VALUE	ORGANIZATION
Sept 2021	Certificate of Academic Excellence for Doctoral Thesis	N/A	Canadian Psychological Association
Sept 2019	The Beatrice Clinical Studentship Award	\$400	Dalhousie University
2017 – 2020	Frederick Banting and Charles Best Canada Graduate Scholarship Doctoral Award	\$105,000	Canadian Institutes of Health Research
2017 – 2018	Doctoral Studentship - <i>Honorary</i>	\$22,000	Multiple Sclerosis Society of Canada
2016 – 2017	Doctoral Studentship	\$22,000	Multiple Sclerosis Society of Canada
2016 – 2018	Scotia Scholar Award - <i>Honorary</i>	\$20,000	Nova Scotia Health Research Foundation
2016 – 2017	Nova Scotia Graduate Scholarship	\$15,000	Dalhousie University
2016 – 2017	Bright Red Student Research Award	\$5,000	Heart and Stroke Foundation
2015 – 2016	Canada Graduate Scholarship Master's Award	\$17,500	Canadian Institutes of Health Research
2015 – 2016	Nova Scotia Research and Innovation Graduate Scholarship - <i>Honorary</i>	\$10,000	Dalhousie University

SCHOLARLY WORK

PUBLICATIONS

- Whitehouse, C. E.,** Eskes, G. A., Klein, R., Newman, A. J., Fisk, J. D. (2022). Attention Network Function in Persons with Multiple Sclerosis [*Manuscript submitted for publication*]. Nova Scotia Health Authority.
- Marrie, R. A., **Whitehouse, C. E.,** Patel, R., Figley, C., Kornelsen, J., Bolton, J. M., Graff, L. A., Mazerolle, E. L., Marriott, J. J., Bernstein, C. N., and Fisk, J. D. (2021). Performance of Regression-Based Norms for Cognitive Functioning of Persons With Multiple Sclerosis in an Independent Sample. *Frontiers in Neurology, 11*:621010. doi: 10.3389/fneur.2020.621010
- Whitehouse, C. E.,** Fisk, J. D., Bernstein, C. N., Berrigan, L. I., Bolton, J. M., Graff, L. A., Hitchon, C. A., Marriott, J. J., Peschken, C. A., Sareen, J., Walker, J. R., Stewart, S. H., and Marrie, R. A. (2019). Comorbid anxiety, depression, and cognition in MS and other immune-mediated disorders. *Neurology, 92*(5), e406-e417. doi: <https://doi.org/10.1212/WNL.0000000000006854>
- Whitehouse, C. E.,** Green, J., Giles, S. M., Rahman, R., Coolican, J., and Eskes, G. A. (2018). Development of the Halifax Visual Scanning Test: A New Measure of Visual-Spatial Neglect for Personal, Peripersonal, and Extrapersonal Space. *Journal of the International Neuropsychological Society, 25*(5), 490-500. doi: 10.1017/S135561771900002X

PEER-REVIEWED PRESENTATIONS

- Whitehouse, C. E.,** and Fisk, J. D. (2019, May). Depression, anxiety, fatigue, and pain affect performance on the brief international cognitive assessment for MS in patients with minimal to moderate neurologic disability. The Consortium of Multiple Sclerosis Centres (CMSC) 2019 Annual Meeting. Seattle, Washington. (Poster Presentation).
- Abstract published in the *International Journal of MS Care, 21*, 63-64.
- Whitehouse, C. E.,** Fisk, J. D., Bernstein, C. N., Hitchone, C., Marrie, R. A. (2017, Oct) The impact of depression and anxiety symptoms on information processing speed in MS and other immune-mediated inflammatory diseases. 7th Joint Meeting of the European and American Committees for Treatment and Research in Multiple Sclerosis (ECTRIMS-ACTRIMS), Paris, France. (Poster Presentation).
- Received competitive Travel Grant to attend the conference, awarded by the MSParis2017 Scientific Programme Committee and short-listed for a poster prize among ~2,000 abstracts.
- Whitehouse, C. E.,** Fisk, J. D., Berrigan, L. I., Bernstein, C. N., Marrie, R. A. (2016, Dec). Multiple sclerosis and inflammatory bowel disease: A comparison of cognitive impairments in two immune mediated-inflammatory diseases. National endMS Conference, Toronto, Ontario. (Poster Presentation).

Christiane Whitehouse (she/her), PhD, RPsych

INVITED PRESENTATIONS

- Apr 2019 **Leadership Volunteers in Atlantic Canada**, Multiple Sclerosis Society of Canada, Halifax, NS
- Mar 2019 **Dalhousie University's Undergraduate Neuroscience Society**
- Jan 2019 **Nova Scotia Health Authority Brain Injury (ABI) Journal Club**
 - Spoke of existing research and my work in stroke and ABI.
- Sept 2018 **Teaching Assistant Day**, Dalhousie University
 - "*Maintaining Health and Wellness in Graduate School*".
- Apr 2017 **Heart and Stroke Foundation**, Halifax, NS
 - Led Lunch and Learn presentation for Heart and Stroke Staff on "*Life after Stroke: Developing Games to Improve Attention*".
- Feb 2017 **Chronic Disease Networking Workshop**, Quebec City, Quebec
 - CIHR-hosted workshop. Presented poster titled: "*Psychiatric comorbidities mediate cognitive impairments in immune mediated-inflammatory diseases*".
- Feb 2017 **Parkland on the Gardens Retirement Community**, Halifax, NS
 - Invited by the Heart and Stroke Foundation to adapt "*Life after Stroke*" presentation to a lay audience.

ONLINE TRACKING OF CONTRIBUTIONS TO RESEARCH

Web of Science Researcher ID AAO-1664-2020
ORCID 0000-0003-3853-0712