

GITA CANARAN, M.A., C. Psych. Clinical Psychologist

Archways Centre for CBT
Springbank Medical Centre
Suite 205- 460 Springbank Dr.
London ON N6J 0A8

Tel: 519-472-6612

Fax 519-472-3489

www.archways.ca

PROFESSIONAL

- Clinical Psychologist - College of Psychologists of Ontario.
- Adjunct Faculty – Dept. of Psychiatry, Western University, London ON
- Allied Scientist - Lawson Health Research Institute, London ON
- M.A. (Clinical Psychology) – Lakehead University, Thunder Bay ON.
- B.A. (Honours Psychology) – McMaster University, Hamilton ON.

CLINICAL

Archways Centre for CBT – 2019 to present. Focussing on treatment of uniformed and non-uniformed first responders, including prevention, early intervention, diagnosis and trauma focussed therapies including EMDR. Listed provider with WSIB.

Parkwood Institute Treatment and Rehabilitation Program - St. Joseph's Health Care London. 2004 to 2019. Providing assessment, consult, differential diagnosis and treatment of adult psychiatric tertiary populations. Treatment often involves an Integrated Therapy approach including Trauma therapy (EMDR, TIR, schema-based approaches) as well as Cognitive Behavioural Therapy (CBT, CBTp, MB-CBT), Dialectical Behaviour Therapy (DBT) and Mentalization within a Psychosocial Rehabilitation Model. Specific interest in the treatment of complex traumatic psychosis including provision of supervision and teaching to residents, students and staff.

Also:

Co-Chair and Advanced Practitioner – Traumatic Psychosis Community of Practice, CBT for Psychosis

Director of Communications - OAPA Board of Directors

Lecturer – PTSD, Mindfulness, Personality Disorders, Traumatic Psychosis, Psychosis

Co-Investigator - The Montreal Cognitive Assessment (MoCA): A Validation Study

Chair – Advanced Practitioners Group for CBTp

Co-Chair – Psychology Discipline Council, Psychosis Research and Evaluation Task Team

Team Leader – Dialectical Behaviour Therapy Intensive Training Team

Chair – Specialized Populations Task Team

Project Lead/Research Coordinator – Multisensory Relaxation Room

Member – Psychotherapy Act Working Group; OPA Psychotherapy Task Force Quality Council Committee, Open Team Stations Task Team Shared Leadership Council, Healing Palette Committee, Moods and Anxiety Program Planning Task Team, Psychology Retreat Planning Committee, Ward Milieu Task Team

Excellence in Professional Practice Award – 2018. Excellence in Teaching and Coaching.

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Private Practice, London Ontario. 1997 - present. Crisis response, assessment, diagnosis and treatment of general individual adults. Stabilization for traumatic events, integrated trauma therapy, CBT, DBT, EMDR, Mindfulness, Schema Therapy, Attachment Trauma treatment, Mentalization, Interpersonal approaches.

London Health Sciences Centre (South St. Campus). Traumatic Stress Service Workplace Program. 2003 – 2004. Assessed, diagnosed and treated clients who experienced a traumatic incident while working and who suffered with posttraumatic stress disorder (PTSD) and/or related problems. Provided individual and group therapy on an outpatient basis, including trauma-focused therapy, pain management and return to work plans.

Regional Mental Health Care St. Thomas Crisis and Relapse Prevention Unit. 1999 - 2003. Assessed, diagnosed and treated adult inpatients and outpatients. Provided individual and group therapy. Initiated and led Trauma and Personal Growth group for patients experiencing Complex PTSD with Axis II involvement. Liaised with various community agencies and family physicians in a shared-care model. Provided educational in-services and supervision of therapists.

RESEARCH

Prevention and Early Intervention Program for Psychosis (PEPP) – University of Western Ontario (UWO) Department of Psychiatry, London Health Sciences Centre – Victoria Campus. Clinical Research Coordinator. 1998-1999. Coordinated research protocol for the program involving inpatients and outpatients experiencing first episode psychosis, conducted clinical assessments and differential diagnosis using Structured Clinical Interview for DSM-IV Diagnosis (SCID-IV), completed neurocognitive testing and various symptom rating scales, counselled patients at risk for psychosis, and managed database. Supervisor: Dr. Ashok Malla.

Western University (UWO) - Department of Neuropsychiatry, London Health Sciences Centre – University Campus. Clinical Research Associate. Coordinated studies in Magnetic Resonance Imaging (MRI), Magnetic Resonance Spectroscopy (MRS) and functional Magnetic Resonance Imaging (fMRI) for studies in schizophrenia, including recruiting, assessing, completing differential diagnosis (SCID) and neurocognitive testing. Adapted and implemented neurocognitive paradigms and assisted in the development of relevant software for use during fMRI studies. Also coordinated studies in mood disorders, obsessive-compulsive disorder, neuropathological and family studies in schizophrenia. Assisted in preparation of research grants, ethics proposals and journal submissions. Collected and maintained data for statistical analysis. Neuropsychiatry Research Group – member. 1993-1998. Supervisor: Dr. Peter Williamson.

McMaster University Medical Centre - Research Technician in Department of Biomedical Sciences. Coordinated and conducted psychopharmacology research projects involving chronic dopamine receptor stimulation as an animal model for schizophrenia in a behavioural psychopharmacology lab using open field and pool environments. 1987-1990. Supervisor: Dr. Henry Szechtman; Research Assistant in Department of Psychiatry for Positron Emission Tomography (PET) research in Schizophrenia. 1989-1990. Supervisor: Dr. Jock Cleghorn; Research Assistant in Department of Biomedical Sciences. Conducted neurohistological studies in an animal model for Alzheimer's Disease. 1989. Supervisor: Dr. Michele Pisa.