

**Stephen White, M.A., C.Psych.
Psychologist**

Experience:

2017 - Present **Psychologist, Brainworks, Huntsville, ON**

- Psychological consultation, assessment and treatment from a behavioural /cognitive-behavioural perspective to people with brain injuries, chronic pain, depression and anxiety symptoms, adjustment concerns
- Individual rehabilitation program planning
- Supervising and clinically directing Social Workers and Rehabilitation Therapists

2007 - 2017 **Clinical Psychologist, Hands the Family Help Network, North Community Network of Specialized Care, Developmental Support Services, and Child & Youth Mental Health Program, Bracebridge, ON**

- Provision of direct client services, consultation and training to partners and agencies in Northern Ontario through face to face and videoconferencing
- Provision of supports to individuals with developmental disabilities
- Built relationships with clinical and community partners
- Developed expertise and provided training in Developmental Services Ontario (DSO) Quality Assurance Measures as they relate to behavioural interventions, as well as eligibility for adult developmental services
- Provision of clinical supervision to psychologists
- Provision of supervision during assessments and consultation to the Hands Child and Youth Mental Health Program

2008 - 2013 **Team Psychologist, Community Resource Team, OPTIONS Northwest, Thunder Bay, ON**

- Provided psychological services including, psychological assessments and clinical consultation and staff training
- Provided training to psychologists related to Developmental

London Office

79 Ridout Street South, London, ON N6C 3X2
Phone: (519) 657-1180 Fax: (519) 657-1182

Near North Office

387 Muskoka Road 3 North, Huntsville, ON P1H 1C5
Phone: (705) 787-7500 Fax: (705) 787-0698

- Services eligibility criteria
 - Consulted DSO for review of eligibility assessments and to provide assistance and clarification in the interpretation of eligibility criteria

- 2005 - 2007 **Team Psychologist**, Columbia Health Centre, Dartmouth, NS
 - Treated clients suffering from chronic non-malignant pain in an interdisciplinary pain treatment clinic, using a combination of mindfulness-based stress reduction and psychoeducation
 - Worked closely with team members and provided individual and group treatment, as well as family intervention
 - Taught classes related to pain management and health

- 2001 **Supervising Psychologist**, Department of Educational Psychology, University of Alberta, Edmonton, AB
 - Provided clinical supervision to graduate students

- 1997 - 2005 **Psychologist II**, Grey Nuns Community Hospital, Edmonton, AB
 - Provided individual and group psychotherapy, as well as psycho-diagnostic, cognitive, intellectual, and personality assessments for adult outpatient and inpatient psychiatric population

- 1993 - 1999 **Director / Proprietor**, Parkland Counselling Services, Stony Plain, AB
 - Provided individual, family, couples, and group counselling and psychological assessment to children, adolescents and adults
 - Areas of treatment included: anxious and depressive conditions, childhood abuse, pain management, habit and behavioural disorders
 - Provided community workshops in parenting and stress management

- 1993 - 1994 **EAP Counsellor**, Warren Sheppel EAP Consultants, Toronto, ON
 - Provided psychological assessments, individual, family and marital counselling to adults, adolescents and children

- 1992 - 1993 **Psychologist**, Student Counselling Services, University of Alberta, Edmonton, AB
 - Provision of individual, couples, and family counselling to a variety of adult clients suffering from a variety of difficulties
 - Conduct psychological assessments
 - Provided career and academic counselling, along with workshops and presentations on stress management and outreach to university residences

- 1991 - 1992 **Graduate Assistant**, Department of Educational Psychology, University of Alberta, Edmonton, AB

- Introduction to psychological testing
- 1987 - 1991 **Psychometrist**, the Homewood Health Centre, Guelph, ON
 - Provided psychological and psycho-diagnostic assessment
 - Provided group and individual psychotherapy to adult and adolescent psychiatric patients
- 1987 **Graduate Assistant**, Loyola College, Baltimore, MD
 - Taught labs in the administration, scoring and interpretation of various psychological testing instruments
- 1987 **Graduate Assistant**, Loyola College, Baltimore, MD
 - Taught and demonstrated relevant psychological concepts to students in undergraduate psychology courses
- 1986 **Behaviour Specialist**, Francis X. Gallagher Services, Baltimore, MD
 - Designed and implemented behaviour support plans for intellectually disabled adolescents and children

Education:

- 2004 **Ph.D. Candidacy, Educational Psychology**, University of Alberta, Edmonton, AB
- 1990 **Master of Arts, Clinical Psychology**, Loyola College, Baltimore, MD
 - Thesis: "Distraction and Tolerance to Cold Pressor Pain: A Test of a Limited Attentional Resources Hypothesis of Pain Processing."
- 1985 **Bachelor of Arts, Psychology**, McGill University, Montreal, QC

Certifications:

- 2013 - Present **Registered Psychologist**
College of Psychologists of Ontario
Certificate # 5221
- 2011 - 2013 **Registered Clinical Psychologist**
Nova Scotia Board of Examiners in Psychology
- 2008 - 2013 **Registered Psychological Associate**
College of Psychologists of Ontario
- 1992 - 2008 **Registered Clinical Psychologist**
College of Alberta Psychologists

Professional Memberships:

- Ontario Association of Psychological Associates
- National Association for the Dually Diagnosed

Publications:

Benevides, Tina & White, Stephen (2016). **An Innovative Approach to Delivery of the Skills System to People with Developmental Disabilities in Northern Ontario.**

- *The NADD Bulletin*, Vl. 19 #4

White, Stephen (2013). **Mindfulness: Making Moments Matter.**

- *The Direct Support Workers Newsletter*, Vita Community Services, Vl. 2, Is. 6

Workshops, Seminars and Presentations Given:

- **Supporting Traumatized Individuals with Developmental Disabilities**, Staff Training Day, New Liskeard, ON
- **Pain**, Staff Training Day, Bracebridge, ON
- **The Skills System - A DBT Informed Emotion Regulation Skills Training Curriculum for People with Cognitive Difficulties**, Co-Presented with Julie Brown, 2016 NADD Conference, Niagara Falls, ON
- **The NCNSC Skills System**, Human Services and Justice Coordinating Committee Conference, Toronto; Ontario Association on Developmental Disabilities, Kingston 2015
- **Emotion Regulation: The Cornerstone of Emotional, Psychiatric and Behavioural Health**, Videoconference presentation via. Ontario Telemedicine Network
- **Borderline Personality Disorder Series: Introduction to BPD; Attitudes towards People Diagnosed with BPD; DBT Skills; BPD and Intellectual Disability**, Videoconference presentation via. Ontario Telemedicine Network
- **Resilient Teams**, CMHA, North Bay, ON
- **Data Collection and Positive Behavioural Supports**, Videoconference presentation via. Ontario Telemedicine Network
- **The Skills System: An Adaptation of DBT Skills for People of all Ability Levels - Development of a Northern Program**, Dual Diagnosis Services Study Day, North Bay, ON
- **From MR to ID: A Journey, the DSM vs. Diagnosis of Intellectual Disability**, Videoconference presentation via. Ontario Telemedicine Network
- **Hoarding: I May Need That Later**, APSW Conference, Barrie, ON & CHMA Chatham Conference, Chatham, ON
- **Interdisciplinary Teams in the Support of Individuals with Dual Diagnosis**, Videoconference presentation via. Ontario Telemedicine Network
- **Quality Assurance Measures: Mandating Holistic, Person-Centered Supports**, North Community Network of Specialized Care - North East

- Conference, North Bay, ON
- **Third Party Review of BSP's Containing Intrusive Behavioural Interventions**, NCNSC Annual Conference, Sudbury, ON
 - **Becoming Fully Present**, North Community Network of Specialized Care - North East Conference, North Bay, ON
 - **Mindfulness**, Simcoe County Supported Independent Living Counsellors Training Day
 - **BPD, ID, and Prader-Willi Syndrome: The Whole Ball 'O Wax**, North Bay Regional Centre, North Bay, ON
 - **Mindfulness**, Northern Institute for Organizational Capacity & Videoconference presentation via. Ontario Telemedicine Network
 - **Anxiety Disorders in the Developmentally Delayed: Overview**, Videoconference presentation via. Ontario Telemedicine Network
 - **Chronic Pain Treatment Program: Helping People Reach Their Potential**, Columbia Health, Dartmouth, NS
 - **Dialectical Behaviour Therapy for Borderline Personality Disorder**, Grey Nuns Community Hospital
 - **Understanding Panic Disorder**, Grey Nuns Community Hospital, Public Education Presentation
 - **Anxiety Disorders in the Developmentally Delayed: Obsessive Compulsive Disorder**, Videoconference presentation via. Ontario Telemedicine Network
 - **Anxiety Disorders in the Developmentally Delayed: Acute Stress Reaction and PTSD**, Videoconference presentation via. Ontario Telemedicine Network
 - **Working Collaboratively with Families**, Videoconference presentation via. Ontario Telemedicine Network
 - **Behavioural Treatment of Sleep Difficulties**, Videoconference presentation via. Ontario Telemedicine Network
 - **Introduction to DBT: DBT-Based Skills; Attitudes Towards People with BPD**, Nursing Education Series, Grey Nuns Community Hospital, Edmonton, AB
 - **BPD - related attitudes & Dialectical Behaviour Therapy**, Canadian Forces Base, Edmonton, AB
 - **Borderline Personality Disorder**, Edmonton Institution for Women, Edmonton, AB
 - **Borderline Personality Disorder: Treating the Untreatable**, Lethbridge, AB
 - **Borderline Personality Disorder: Challenging Caregiver Attitudes**, Canadian Mental Health Association, Edmonton, AB

Professional Highlights:

- Over 25 years practicing as a registered psychologist
- Extensive experience providing psychological assessment and treatment services to people with cognitive impairments
- Extensive experience providing psychological services in person and via video conferencing
- Developed and facilitated a 12-week Dialectical Behavioural Therapy (DBT) program specifically for people with cognitive impairments
- Over two years full time work in pain management - including individual, group, and family interventions
- Developed a computerized psychological testing service providing testing to all new admissions
- Led Cognitive Behavioural Therapy (CBT) of depression and anxiety disorders group
- Extensive experience working with individuals diagnosed with anxiety disorders, in particular, Obsessive Compulsive Disorder, phobic disorders, Panic Disorder with Agoraphobia, and Post Traumatic Stress Disorder
- Knowledge and experience with a wide variety of psychological tests and measures, experience completing court-ordered psychological assessments
- Experience working with Developmental Services Ontario, expertise with the interpretation the latest eligibility criteria. Developed collaborative working relationships with developmental service providers
- Experience providing clinical supervision to Ph.D. and Master level students

Professional Development:

2017

The Barbara Wand Seminar in Professional Ethics, Standards and Conduct, College of Psychologists of Ontario, Ottawa, ON

- Using Technology Safely and Ethically in Clinical Practice - Christine Korol
- Tricky Issues in Clinical Practice - Rick Morris
- Best Practices and Methods in Online Treatment - Christine Korol

2017

Brainworks Clinical Staff Training Day, Brainworks, Huntsville, ON

- Using HRV Biofeedback and Neurofeedback in Community Based Rehabilitation - Andrea Groomes
- Enhancing Rehabilitation with Community Resources - Sara
- Helping Rehabilitation Team Members Equip Themselves with Creative and Unique Supports - Jodie Downie
- Crisis Management Planning and Strategies for Managing Depression - Dike Onouha
- Introduction to Identifying and Changing Core Beliefs in People Who Have Sustained a Serious Injury - Stephen White

- 2017 **A Year in Review: Understanding the Impact of the SABS Changes**, Practical Strategies Webinar, PIA Law
Volunteer Activities:
- 2013-2017 **Committee Chair**, Third Party Review Working Group
- *Development of the 3rd party review of Behavioural Support Plans containing intrusive behaviour interventions which has been adopted by the North Network partners*
- 2010 - 2012 **Director of Communications**, Ontario Association of Psychological Associates
- 2010-2013 **Committee Chair**, Consistency of Clinical Approaches and Practice Committee
- *Identification and development of evidence-based practices in the Northern development sector*
- 2008-2014 **Leader**, Community Networks of Specialized Care Psychology Resource Group
- *A group of psychological service providers across the province who work in the development sector, with the goal of enhancing consistency of practice, better understanding of legislation, collegial support and information sharing*
- 2000-2004 **President**, Edmonton DBT Network
- *Led initiative to promote Dialectical Behaviour Therapy in the treatment of psychiatric difficulties associated with emotion regulation.*
- 1990 **President**, Homewood Staff Association
- 1990 **Psychology Representative**, Homewood Staff Relations Roundtable Committee