

# Dr. Laura Nichols, C. Psych.

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## Summary

CONSULTATION & SUPERVISION, ASSESSMENT & TREATMENT; PUBLIC SPEAKING

PTSD, Operational Stress, Mood Disorders & Anxiety; Process Based CBT, CPT & PE

My demeanor is relaxed and warm which I boast is due to my east coast roots! I offer evidenced based psychological treatments such as Cognitive Behavior Therapy and its various specialized forms such as, Prolonged Exposure and Cognitive Processing Therapy for PTSD, Exposure and Response Prevention for OCD, and Mindfulness Based Cognitive Therapy.

I work exclusively with adults who are struggling with PTSD, OCD, bipolar disorder, and anxiety.

I deliver presentations and workshops on a range of mental health topics. Fees for presentations are reasonable and are based on 1/2 day, full day or 2 hours.

<http://centreforchange.ca>

## Experience



### Member Board of Directors

Ontario Psychological Association

Jan 2021 - Present (1 year 11 months +)

### Founder, Clinical Psychologist

Centre for Change

Jun 2017 - Present (5 years 6 months +)

•Post-traumatic Stress Disorder

•Operational Stress

\*OCD

\*Mood Disorders

\*Panic Disorder

### Certified BOS (Before Operational Stress) Clinician

BOS Mental Health Inc.

Jun 2019 - Apr 2021 (1 year 11 months)



### Clinical Psychologist

City of Ottawa

Mar 2013 - Jun 2017 (4 years 4 months)

Assessment, supervision, consultation and psychotherapy.

I provide cognitive behavioural therapy for a wide range of clinical problems, including, but not limited to:



### **Adjunct/Part-time Professor**

University of Ottawa

Jan 2007 - May 2013 (6 years 5 months)

Internship in Counselling:

At the internship seminar students will participate in discussions about cases, professional issues, and counselling events. These discussions are intended to provide the student with a –rounded experience. Its primary purpose is to expose students to a variety of problems, issues, and perspectives. Internship courses are designed to facilitate the transition from being a student in counselling to an autonomous, ethical, and professional counsellor.

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

Sogge & Associates Practice in Psychology

Apr 2012 - Mar 2013 (1 year)

Primarily I deliver individual Cognitive Behavioral Therapy for treatment of bipolar disorder, depression, anxiety disorders, addictions and eating disorders. I also provide diagnostic assessments. I integrate strategies and principles from Mindfulness Based Cognitive Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy and Motivational Interviewing. I deliver community presentations and workshops.



### **Psychologist, Mood Disorders Program (Supervised Practice)**

The Royal Mental Health Centre

Sep 2010 - Aug 2012 (2 years)

Provided diagnostic assessments. Delivered individual and group Cognitive Behavioral Therapy, Behavioral Activation Therapy and Interpersonal Therapy. Provided consultations to staff. Developed and delivered presentations to clients on inpatient mood program and community. Conducted program evaluation. Supervised doctoral students.

Reviewer, Institute of Mental Health Research

Chair, Psychology Month

Member, Strategic Planning

Member, Residency Selection Committee



### **Part-time Psychology Instructor**

University of Ottawa

Jan 2007 - May 2010 (3 years 5 months)

1. Adolescent Development
2. Interpersonal Relations
3. Social Psychology
4. Lifespan Development



### **Psychology Staff, Community Mental Health Program**

## The Royal Mental Health Centre

2009 - 2010 (2 years)

Conducted cognitive assessments; provided community consultation on mental health, homeless and dual diagnosis; carried out program evaluation.

## Part-time Psychology Instructor

University of New Brunswick-Fredericton

Jan 2003 - May 2006 (3 years 5 months)

1. Clinical Psychology
2. Adolescent Development
3. Health Psychology
4. Social and Lifespan Development
5. Motivation



## Counsellor

University of New Brunswick

2004 - 2006 (3 years)

Conducted client intake sessions. Delivered individual psychotherapy to university students.

## Clinical Associate

Advanced Psychological Services

2003 - 2005 (3 years)

Psychology Private Practice

## Clinical Therapist

Addiction Services Nova Scotia

Mar 1996 - Sep 1998 (2 years 7 months)

Conducted comprehensive substance use assessments. Provided individual and group psychotherapy.

Designed and delivered psychoeducational group sessions for substance use inpatient program.

Worked in urban and rural settings.

## Prevention & Community Education

Addiction Services

1992 - 1998 (7 years)

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Addiction Services

1992 - 1998 (7 years)



## Part-time Instructor, School of Recreation, Physical & Health Education

Dalhousie University

Jan 1997 - Apr 1997 (4 months)

## 1. Drugs and Society


### **Prevention and Community Education**


Addiction Services Nova Scotia


Sep 1992 - Mar 1996 (3 years 7 months)


Designed, delivered and evaluated educational and professional training sessions on substance use.


## **Education**


 **University of New Brunswick**  
Ph.D., Clinical Psychology  
1998 - 2011

 **University of New Brunswick**  
Doctor of Philosophy - PhD, Clinical Psychology

 **Saint Mary's University**  
Honours Equivalent, Psychology  
1995 - 1998

 **University of Maine**  
M.Ed., Counselling  
1987 - 1989

 **University of Maine**  
Master of Education - MEd, College Student Counseling and Personnel Services

 **Dalhousie University**  
Bachelor of Arts, Psychology  
1983 - 1987

## **Licenses & Certifications**

**Cognitive Processing Therapy for PTSD - CPT Provider Roster**

## **Skills**

Mental Health Advocacy • Diagnostic Assessment • Post Traumatic Stress • Process Based Cognitive Behavioral Therapy • Stages of Change and Guiding Change • Psychological Assessment • Teaching • Clinical • Eating Disorders • Anxiety Disorders

## **Honors & Awards**

**CPA John C. Service Member of the Year Award** - Canadian Psychological Association  
May 2021