

**Dr. Amy Shannon, PhD, CPsych (ONT), RPsych (AB)
Clinical Psychologist**

CONTACT INFORMATION

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EDUCATIONAL BACKGROUND

- Doctor of Philosophy, Clinical Psychology
Dissertation Title: An Experimental Investigation of the Purpose of Fat Talk
York University, Toronto, Ontario, Canada
Supervisor: Jennifer Mills, Ph.D, C.Psych
Degree Conferred: September, 2019
- Graduate Diploma, Health Psychology
York University, Toronto, Ontario, Canada
Diploma Conferred: September, 2019
- Master of Arts, Clinical Psychology
Thesis Title: An Experimental Investigation of Ways to Negate the Harmful Effects of Fat Talk
York University, Toronto, Ontario, Canada
Supervisor: Jennifer Mills, Ph.D, C.Psych
Degree Conferred: September, 2015
- Bachelor of Arts, Honours Psychology
Thesis Title: Differences Between Undergraduate Exercisers and Non-exercisers: The Role of Perfectionism, Self-Regulation, and Eating Behaviours.
University of New Brunswick, Saint John, New Brunswick, Canada
Supervisor: Lisa Best, Ph.D.
Degree Conferred: May, 2013

MEMBERSHIPS AND PROFESSIONAL AFFILIATIONS

- College of Psychologists of Ontario (registration number 6845)
- College of Alberta Psychologists (registration number 8432)
- Ontario Psychological Association
- Psychologists' Association of Alberta
- Canadian Psychological Association

SELECT TEACHING EXPERIENCE

- Clinical Supervisor - Program Sanctioned Hours, Clinical Psychology Graduate Program, York University (2023 – Present)
- Clinical Competency Examiner, Clinical Psychology Graduate Program, York University (September 2025)

- Course Director - Personality Assessment, Clinical Psychology Graduate Program, York University (Winter 2024)
- Clinical Supervisor – York University Psychology Clinic, Clinical Psychology Graduate Program, York University (Summer 2023)
- Course Director - Abnormal Psychology, Psychology Undergraduate Program, York University (Winter 2023)
- Guest Lecturer - Personality Assessment, York University Clinical Psychology Graduate Program (Annual lecture from Fall 2022 – Present)

SELECT PEER-REVIEWED PUBLICATIONS

- **Shannon, A., & Mills, J. S.** (2019). Thinking about overeating results in higher likelihood of anticipated fat talk. *Body Image, 31*, 13–18.
<http://doi.org/https://doi.org/10.1016/j.bodyim.2019.08.003>
- **Shannon, A., Flett, G.L. & Goldberg, J.O.** (2019) Feelings of not mattering, perceived stigmatization for seeking help, and help-seeking attitudes among university students. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-019-00138-6>
- **Shannon, A., Goldberg, J. O., Flett, G. L., & Hewitt, P. L.** (2018). The relationship between perfectionism and mental illness stigma. *Personality and Individual Differences, 126*, 66–70.
<http://doi.org/https://doi.org/10.1016/j.paid.2018.01.022>
- **Mills, J.S., Shannon, A., & Hogue, J.** (2017). Beauty, body image, and the media. In *Perception of Beauty*, M.P. Levine (Ed.), InTech, DOI: 10.5772/intechopen.68944.
- **Shannon, A., & Mills, J. S.** (2015). Correlates, causes, and consequences of fat talk: A review. *Body Image, 15*, 158–172.
<http://doi.org/http://dx.doi.org/10.1016/j.bodyim.2015.09.003>

SELECT CLINICAL EXPERIENCE

- **Position:** Clinical Director and Clinical Psychologist at Resolution Psychology
Description: I am clinical director of a small private practice where I provide psychological assessment and treatment to individuals and couples. I also supervise qualifying psychologists and provide workshops and seminars to the community regarding mental health.
Dates: April 2023 – Present
- **Position:** Clinical Psychologist at Canada IME
Description: I conduct comprehensive independent medical evaluations for third parties within in a civil-legal context as part of a multidisciplinary team.
Dates: July 2025 - Present
- **Position:** Clinical Psychologist at Dr. Shannon Psychological Services
Description: I had a sole proprietor private practice where I provided psychological assessment and treatment to individuals and couples.
Dates: December 2020 – April 2023

- **Position:** Clinical Psychologist at The Centre for Addiction and Mental Health
Description: I conducted comprehensive psychodiagnostic assessments for third parties within in a civil-legal context. I also supervised psychology residents and was involved in program development and evaluation.
Dates: December 2020 – April 2023

- **Position:** Clinical Psychologist (Supervised Practice) at The Centre for Addiction and Mental Health
Description: As part of an interdisciplinary team, I conducted comprehensive psychodiagnostic assessments for third parties within in a civil-legal context. I also conducted individual therapy with individuals who had experienced trauma. I also conducted program evaluation research to improve services offered at the clinic.
Dates: September 2019 – December 2020

- **Position:** Psychologist (Supervised Practice) at CBT Associates
Description: I provided psychological treatment to individuals and couples who were experiencing a variety of challenges including: eating disorders, mood disorders, anxiety disorders, emotion regulation difficulties, and relationship difficulties.
Dates: September 2019 – December 2020

- **Position:** Clinical Psychology Resident at The Centre for Addiction and Mental Health
Description: As part of an interdisciplinary team, I conducted comprehensive psychodiagnostic assessments for third parties within in a civil-legal context. I also conducted individual therapy with individuals who had experienced trauma. I also conducted program evaluation research to improve services offered at the clinic.
Dates: September 2018 – September 2019