

Dr. E. Rachel Skerrett, PhD., Psychologist

rachel@skerrettpsychology.com

EDUCATION

Chicago School of Professional Psychology Fellowship in Clinical Psychopharmacology (APA Accredited) Post-Doctoral Master of Science, Clinical Psychopharmacology	2023
Grand Canyon University PhD. Psychology, with emphasis on Cognition and Instruction Dissertation: Evaluating the Effect of Cranial Electrotherapy Stimulation on Auditory and Visual Attention and Sleep in ADHD: A Pilot Study	2020
Canisius University Master of Science, Counselling	2005
Simon Fraser University Bachelor of Arts, Psychology	2002

REFEREED ABSTRACTS

Skerrett, E. R., Mulvey, G., Landry, V., & Krigbaum, G. (2020, July 31- Aug 2). *Evaluating the Effect of Cranial Electrotherapy Stimulation on Attention and Sleep in ADHD: A Pilot Study*. [Conference poster abstract]. Twenty-eighth annual conference of the International Society for Neuroregulation & Research, Virtual. <https://www.isnr-conference.org/28th-annual-conference-programs>
-Student Poster Award Recipient

PEER REVIEW OF ABSTRACTS

Canadian Psychological Association 2021, 2022

MEMBERSHIPS

Registered Psychologist (Ontario)	2010 - Present
Ontario Psychological Association	2014 - Present
Registered Psychologist (Alberta)	2008 – Present
Registered Psychologist (Nova Scotia)	2021 - Present
Canadian Psychological Association	2008 - Present
American Psychological Association (Division 55)	2021 - Present
Listed on Canadian Register of Health Service Psychologists	2008 - Present
International Society for Neurofeedback and Research	2015 - Present
Biofeedback Certification International Alliance	2021 - Present

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EXPERIENCE

Skerrett Psychology Professional Corporation

Psychologist, Director

2011 - Present

- Registered in clinical, counselling, and school psychology
- Provide assessment, diagnosis, and treatment for children, adolescents, and adults
- Supervise candidate psychologists, psychotherapists, psychometrists, counsellors, psychometrists, and administrative staff
- Oversee and manage all aspects of business
- Maintain contracts and ensure staff and program productivity
- Collaborate with allied health providers to provide multidisciplinary treatment as needed

Kelowna College of Professional Counselling

Adjunct Instructor (part-time)

May 2020 - Present

- Theory and Practice of Psychotherapy, I & II
- Introduction to Clinical Psychopharmacology
- Evidence-based Treatments and Psychopharmacology, I & II

Dr. Svec Institute and Rehabilitation Clinics

Psychologist, Partner

2011

Manage 4 multidisciplinary psychology clinics and 14 staff including: office manager, psychologist, psychotherapists, psychometrists, kinesiologists, social service worker, nurse, physician, administrative assistants.

- Provide direct services to clients ranging in age from children to adults
- Supervise and consult with staff providing multidisciplinary care
- Plan and implement skills development training

Dr. Svec Institute and Rehabilitation Clinics

Clinical Supervisor, Chatham, Sarnia, London, and Windsor

2008 - 2011

Provide assessment, diagnosis, and counselling for children, adolescents, and adults

- Direct service provision
- Supervise or consult with staff
- Provide staff training

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Peace Country Health (Alberta Health)
Mental Health Psychologist, Student Health Services

2006 - 2008

Provide assessment, treatment planning and individual and family therapy for children and adolescents with social, behavioral, or emotional issues in 10 schools. Based in hospital Public Health Department with travel to schools, hospitals, and community clinics.

- Consult with teachers, principals, child and family services, physicians, and other relevant community agencies
- Conduct presentations for community groups, secondary schools, and psychologists
- Respond to school crises by providing risk assessment and grief groups
- Work within multidisciplinary team. Receive supervision from registered psychologist.

YWCA of Peterborough, Victoria, and Haliburton
Clinical Therapist

July - Dec. 2005

- Provide individual and group therapy for women who have experienced trauma, or emotional/sexual/physical abuse.
- Consult with children's aid, police, probation/parole, transitional support, crisis workers and other community agencies. Visit clients in office, their home or in hospital
- Receive supervision from psychologist

Niagara Child and Youth Services (Pathstone)
Counsellor, Student Placement

Dec. 2004 -May 2005

- Deliver ongoing counselling for ages 7-17 and their families
- Observe intake, assessment, and agency treatment programs
- Maintain client records, attend case conferences, and team meetings. Receive supervision.

Canadian Mental Health Association
Crisis Worker

June - Dec. 2004

- Assess mental health crises for people of all ages and populations in the emergency room or CMHA office in 3 hospitals
- Provide suicide risk assessment
- Decide upon immediate needs of patients in high pressure situations
- Collaborate with multidisciplinary team of nurses, physicians, psychiatrists, police, and community agencies for appropriate referrals