

KATHERINE E. WILSON

2045 Harvard Street, Halifax, NS
(902) 407-4455 ▪ info@cornerstoneclinic.ca

EDUCATION AND TRAINING

Master of Science, Clinical Psychology **Acadia University (2012 – 2014)**

- GPA: 4.0/4.0; Relevant coursework included ethics, clinical skills training in psychotherapy, personality and cognitive assessment, and advanced statistics and research methods
- Master's thesis research focused on maternal emotional distress, caregiving helplessness, and mother-child relationships in a high psychosocial risk sample; supervised by Dr. Doug Symons
- Awarded a master's level Joseph-Armand Bombardier Canada Graduate Scholarship from the SSHRC

Honours Bachelor of Arts, Psychology (Research Specialist) **Wilfrid Laurier University (2007 – 2012)**

- GPA (final two years): 3.9/4.0, GPA (overall): 3.5/4.0; Minor in Communication Studies
- Honours thesis research focused on the effect of cognitive restructuring and cognitive defusion tasks on social anxiety; supervised by Dr. Nancy Kocovski

Additional Coursework and Workshops

- Foundations of Mindfulness American Psychological Association, currently enrolled
- Gottman Couples Therapy: Level 1 Clinical Training The Gottman Institute, November 2014
- Applied Suicide Intervention Skills Training (ASIST) LivingWorks Education, July 2013

PROFESSIONAL EXPERIENCE

Cornerstone Psychological Services, Halifax, NS, December 2014 – present

Psychologist (Candidate Register)

- Provide effective and client-focused therapy for individual adults and adolescents (18+)

Capital District Health Authority, Dartmouth, NS, December 2014 – present

Research Assistant, Memory for Life Project

- Assist in the management of a project designed to improve memory for seniors with Mild Cognitive Impairment

St. Michael's Hospital, Toronto, ON, November 2014 – present

Research Coordinator, Knowledge Translation department

- Contribute to the development of systematic and scoping reviews across a variety of research topics

Canadian Psychological Association (CPA), Wolfville, NS; Waterloo, ON

Campus Representative at Acadia U. (Sept. 2013 – August 2014) and Wilfrid Laurier U. (May 2011 – June 2012)

- Served as liaison between students, faculty, and the CPA, and promoted the CPA's initiatives in a variety of ways

Dalhousie University Counselling and Psychological Services, Halifax, NS, September 2013 – May 2014

Practicum Student; supervised by Dr. Jennifer Volsky Rushton

- Provided effective therapeutic interventions to clients with a variety of presenting issues, such as difficulties with anxiety, mood, stress management, relationships, self-esteem, adjustment, identity, and emotion regulation
- Collaborated with colleagues to develop and lead various groups/workshops (e.g. mindfulness relaxation training)

Annapolis Valley Health Adult Mental Health Services, Kentville, NS, May 2013 – October 2013

Practicum Student; supervised by Dr. Glen Berry

- Conducted diagnostic interviews with, and formal assessments on, clients with attention and learning difficulties
- Wrote thorough and integrative reports based on assessment results and provided referrals to appropriate services

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Acadia University, Wolfville, NS, September 2012 – April 2013

Teaching Assistant, Advanced Psychology courses

- Provided support to faculty, including marking and invigilating, and tutored students in comprehension of content

Brock University, St. Catharines, ON, Toronto, ON, & Waterloo, ON, May 2010 – August 2012

Testing Research Assistant for Dr. Dawn Good

- Administered neuropsychological tests to children and adolescents with acquired brain injuries (ages 6 to 18) at Holland Bloorview Kids Rehabilitation Hospital (Toronto)

Wilfrid Laurier University, Waterloo, ON, January 2011 – April 2012

Research Assistant for Dr. Nancy Kocovski

- Conducted extensive literature reviews, edited manuscripts, and assisted in school visits to discuss social anxiety

RESEARCH CONTRIBUTIONS

Volsky Rushton, J., & **Wilson, K.** (2014, June). *Graduate students are students too: A workshop series for graduate students offered by Dalhousie Counselling Services*. Presentation at the 2014 Canadian Association of College and University Student Services (CACUSS) annual conference, Halifax, NS.

Blackie, R. A., **Wilson, K.**, Pitura, V. A., & Kocovski, N. S. (2013, November). *Post-event processing and positive thoughts: The effect of cognitive restructuring, unstructured writing, or waiting in socially anxious individuals*. Poster session presented at the 2013 Association for Behavioral and Contextual Therapies annual conference, Nashville, TN.

Symons, D. K., & **Wilson, K.** (2013, September). *Implementing a relationship-based intervention for preschool-age children in Nova Scotia*. Workshop at the Nova Scotia Child Care Association Conference, Halifax, NS.

Symons, D. K., Webster, A., **Wilson, K.**, Dellapinna, E., & Stacey, A. (2012, November). *King's County Relationship Intervention Program (KRIP): Working with community partners and families to combat child maltreatment*. Poster session presented at the Industry & Community Partnerships Day, Acadia University, Wolfville, NS.

Wilson, K., Seemangal, J., Chattopadhyay, R., Mothersill, C. (2012, November). *Respirology Ambulatory Care: Pursuing patient satisfaction*. Poster session presented at the Research Education and Innovation Day at St. Michael's Hospital, Toronto, ON.

Wilson, K., Lee, B. H. B., San Pedro, M. A., Seemangal, J., & Mothersill, C. (2012, November). *Patient satisfaction in the Sleep Laboratory*. Poster session presented at the Research Education and Innovation Day at St. Michael's Hospital, Toronto, ON.

Wilson, K. (2012, April). *The effects of cognitive restructuring vs. unstructured writing on social anxiety*. Poster session presented at the 42nd Annual Ontario Undergraduate Thesis Conference, York University, Toronto, ON.

ASSOCIATION MEMBERSHIPS

Association for Behavioral and Cognitive Therapies
Association of Psychologists of Nova Scotia
Canadian Psychological Association