

# Curriculum Vitae

**MARC P. WOODS, PhD, R.D. PSYCH. (# R0670)**

Genest MacGillivray Psychologists  
5739 Inglis St.  
Halifax, NS  
B3H 1K5

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## Education

### UNIVERSITY

***Ph.D., Clinical Psychology (2001 – 2006)***

University of Regina, Regina, Saskatchewan

Supervisor: Dr. Gordon Asmundson

Dissertation Title: *Evaluating the efficacy of graded in vivo exposure for the treatment of fear in patients with chronic back pain: A randomized controlled clinical trial*

External Examiner: Dr. Stephen Morley

***M.A., Clinical Psychology (1997-1999)***

University of Regina, Regina, Saskatchewan

Supervisor: Dr. Robert Moore

Thesis Title: *Predictors of short term exercise adherence within a social-cognitive framework*

***B.A. (Hons.), Psychology (1992-1997)***

Memorial University of Newfoundland, St. John's, Newfoundland

Supervisor: Dr. Michael Murray

Thesis Title: *Motivations to train among athletes: A qualitative study of university basketball players.*

### HIGH SCHOOL

***Grade 12 Diploma (Hons.)***

Beaconsfield High School

St. John's, Newfoundland

## Clinical Experience

- 2010-Present     ***Psychologist – Independent Contractor, Genest MacGillivray Psychologists (GMP)*** (Dec. 7/10 – Present; currently 4 days/week)  
GMP - 5739 Inglis St., Halifax, NS, B3H 1K5  
Activities Provide individual psychological assessment and treatment for adult and late teen clients presenting with psychosocial difficulties (e.g., depression, anxiety, sleep disturbance, health problems, pain, eating disorders; trauma); related report writing; contribute to building the case load for the clinic.
- 2010-Present     ***Psychologist – Independent Contractor, PT Health Services*** (Sept 20/10 - Present; currently 1 day/week)  
Elmsdale Integrated Health Clinic & Fall River Physiotherapy Clinic  
Activities Provide individual psychological assessment and treatment for adult and late teen clients presenting with psychosocial difficulties (e.g., depression, anxiety, sleep disturbance, health problems); related report writing; participate in weekly client reviews; contribute to building the case load for the clinics; The Primary case load consists of WCB Tier 1, 2 and 3A clients, as well as MVC clients and clients from other insurers (e.g., DVA) or private pay.
- 2005-2010        ***Psychologist - Chronic Pain Centre*** (Oct 17/05 – Sept 30/10, Full Time)  
204, 75 – 24<sup>th</sup> St. East, Saskatoon Health Region  
Activities Provide individual psychological counselling for adult patients with chronic pain and related psychological concerns; conduct structured assessment interviews and testing on same population to determine eligibility for the program; facilitate and co-facilitate cognitive-behavioural/process group and psychoeducational sessions for clients in the program; conduct weekly relaxation training for clients in day program; administrative duties (e.g., weekly client review meetings); keep up-to-date with current literature and review relevant clinical material for this position; consultation with multi-disciplinary staff.
- 2007-Present     ***Psychologist – Private Practice with Glenn Pancyr, PhD, RD Psych***  
(Oct/07 – Aug/10)  
Activities Provide psychological assessment and counselling for adult clients referred independently or via various insurers, physicians or other sources; provide written reports of assessment and/or therapy outcomes to the insurer and family physicians.

- 2008                    ***Psychologist – Department of Clinical Health Psychology*** (June/08 – Nov 1/08, Half-Time)  
Saskatoon Health Region, Ellis Hall, Royal University Hospital  
Activities Provide individual psychological counselling for adult patients with medical conditions and related psychological concerns; conduct phone intake and assessment interviews on this population; consultation with other psychology staff.
- 2004                    ***Resident – Clinical Health Psychology Rotation, Pre-Doctoral Internship in Clinical Psychology*** (May/05 – August/05, Full Time)  
Saskatoon Health Region, Ellis Hall, Royal University Hospital  
Activities Provide individual psychological counselling for adult patients with medical conditions and related psychological concerns at both Ellis Hall and the Department of Family Medicine, RUH; conduct assessment interviews and cognitive and personality testing on same population; co-facilitate cognitive-behavioural group for individuals with social anxiety; provide supervision using diverse theoretical models (i.e., interpersonal, cognitive-behavioural, humanistic) to one first year Clinical Psychology graduate student and one second year Psychiatry Resident; associated report writing and data entry; administrative duties (e.g., weekly review meetings); consultation with other psychology staff; attend and participate in weekly educational seminars on a variety of topics.
- 2005                    ***Resident – Chronic Pain Rotation, Pre-Doctoral Internship in Clinical Psychology*** (Jan/05 – April/05, Full Time)  
Saskatoon Health Region, FIT for Active Living and Chronic Pain Centre  
Activities Provide individual psychological counselling for adult patients with chronic pain ailments in a multi-disciplinary team setting; conduct structured assessment interviews and personality testing on same population; provide educational seminars to patient population on topics of stress management, coping with pain, and sleep management; facilitate a process group on loss and change; facilitate and co-facilitate relaxation groups (six sessions per group); facilitate and co-facilitate three discussion/process groups (five session per group); administrative duties (e.g., scheduling meetings); associated report writing and data entry; consultation with multi-disciplinary team staff (e.g., for client review); attend and participate in weekly educational seminars on a variety of topics.

- 2004 ***Resident - Child and Youth Rotation, Pre-Doctoral Internship in Clinical Psychology*** (Sept/04 – Dec/04, Full Time)  
Saskatoon Health Region, Child and Youth Services  
Activities Provide psychological counselling for out-patient children and families; conduct cognitive, personality, and behavioural assessments on same populations; co-facilitate two groups for children with ADHD/ODD ages 6-8 and 7-9; associated report writing for all clinical activities; attend and participate in educational seminars on a variety of topics once per week; administrative duties; provide therapy to one long-term adult patient with clinical health problems.
- 2004 ***Dissertation Research*** (May/04 – Aug/04, Part Time)  
University of Regina  
Activities Provision of CBT treatment (graded *in vivo* exposure) to patients with chronic low back pain; associated report writing and data entry; provide supervision to MA level graduate students conducting graded *in vivo* exposure.
- 2003 ***Practicum*** (Sept/03 – Dec/03, Part Time - 2 days/week)  
Wascana Rehabilitation Center, Neuropsychology Unit  
Activities Administration of neuropsychological test battery to in-patients and out-patients suspected of having neuropsychological impairments; assist in interpreting results and providing feedback to patients and family; associated report writing; co-facilitation of pain-management group.
- 2003 ***Psychometrist*** (Feb/03 – Aug/03, Part-Time - 1.5 days/week)  
Wascana Rehabilitation Center, Functional Rehabilitation Program  
Activities Psychological assessment of individuals with chronic pain for the purpose of determining whether tertiary treatment funded by Saskatchewan Government Insurance (SGI) was warranted; assessments incorporated interviews and personality assessment devices; related report writing and multi-disciplinary conferencing to review cases.
- 2000-2001 ***Psychologist I, Provisionally Registered*** (Feb/00 – Aug/01, Full-Time)  
Waterford Hospital  
Activities Provide psychological counselling for in-patient and out-patient psychiatric populations; conduct cognitive and personality assessments on same populations; associated report writing; attend and participate in multi-disciplinary doctors' rounds twice weekly on psychiatry ward.

- 1999                    ***Child Assessment Assistant*** (Jan/99 – April/99, Part Time)  
Center for Advancement of Learning and Language (CALL) for children  
Activities Administration of various psychometric devices and laterality tests to child clients suspected of learning disabilities; assist in interpreting said tests and providing feedback to parents; associated report writing.
- 1999                    ***Practicum*** (Jan/99 – April/99, Part Time – 2 days/week)  
Student Services and Counselling Center, University of Regina  
Activities Provide psychological assistance for students and prospective students of the university seeking career or personal counselling and associated report writing; interpret and provide feedback on the Strong Interest Inventory (SII) and Myers Briggs Type Indicator (MBTI) as needed; participate in weekly reviews of activities performed at the Counselling Centre.
- 1998                    ***Internship*** (Fall Semester - 4 Months, Full Time)  
St. Clare's Mercy Hospital, St. John's, NFLD.  
Activities Provide psychological counselling for in-patient and out-patient populations; conduct intellectual and personality assessments on same populations; associated report writing; attend and participate in doctors rounds thrice weekly on psychiatry ward; co-facilitate stress management group
- 1998                    ***Practicum*** (May/98 – Aug/98, Part-Time - 1 day/week)  
CALL, Regina, SK.  
Activities Administration of various psychometric devices, including WISC-III, Gates-MacGinitie (G-Mac), Visual Motor Integration (VMI), WRAT-R, PPVT-R, KFD, HTP and some laterality tests to child clients suspected of learning disabilities; assist in interpreting said tests and providing feedback to parents; associated report writing.

## **Clinical Workshops/Conferences Attended**

- 2014                    Complicated Grief – Dr. Robert Nemeyer
- 2012                    Canadian Psychological Association - 73rd Annual Convention
- 2010                    13<sup>th</sup> World Congress of the International Association for the Study of Pain (IASP)
- 2009                    Competency Based Supervision (by Dr. Carol Falender, May 28 & 29, 2009)
- 2008                    Post Traumatic Stress Disorder – University of Saskatchewan Psychiatry  
Academic Day (presentations by Dr. Rachel Yahuda, Dr. Pratibha Reebye, and Dr. Robin Menzies)
- 2007                    Acceptance and Commitment Therapy: Theory and Treatment (by Dr. Robyn Walser)

- 2006 Navigating Ethics in a Huge Organization (by Dr. Carole Sinclair)
- 2006 Bipolar Disorders: An Update on Psychological and Pharmacological Advances – University of Saskatchewan Psychiatry Academic Day (presentations by Dr. M. Otto, Dr. A. Duffy, and Dr. S. Beaulieu)
- 2005 Anxiety Disorders: An Update on Psychological and Pharmacological Advances – University of Saskatchewan Psychiatry Academic Day (presentations by Dr. D. Barlow, Dr. G. Asmundson)
- 2003 The Information in Informed Consent (by Dr. Patrick O’Neill, CPA President)
- 2003 Performance Psychology Symposium (by Dr. David Cox)
- 2003 Therapy Dynamics and Life Experiences II (by Dr. P. Antrobus)
- 2002 Family therapy: An Emotionally Focussed Systems Approach (by D. Arbuthnott)
- 2002 Therapy Dynamics and Life Experiences I (by Dr. P. Antrobus)
- 2001 The Therapy Assessment Interview and the Therapeutic Relationship (by Dr. K. Arbuthnot and D. Arbuthnot)
- 2001 Emotion Focussed Therapy – The Transforming Power of Affect (by Dr. Leslie Greenberg)
- 2000 Parent/Teen Control Issues (Presented by the Health Care Corporation of St. John’s [HCCSJ])
- 2000 Am I Waving or Drowning? Stress Management Techniques (HCCSJ)
- 2000 Looking For Normal [in the Workplace] (HCCSJ)
- 2000 Therapeutic Crisis Intervention (HCCSJ)
- 2000 A Two-Day Course in Clinical Traumatology (by Dr. Charles R. Figley)
- 2000 Introduction to Hypnosis (by Dr. Ian Simpson)
- 2000 Who Says Men Don’t Get Depressed? (by Dr. Peter Cornish)
- 2000 Waterford Psychiatric Day – Schizophrenia
- 1999 Grief Counselling and Grief Therapy (by Dr. J.W. Worden)
- 1998 Interventions for Self Mutilation (HCCSJ)
- 1998 Suicide Intervention (HCCSJ)
- 1998 Cognitive Therapy Workshop (by Dr. David Burns)

## **Academic Work Experience**

- 2008-Present ***Adjunct Professor***  
 Department of Physical Medicine and Rehabilitation, College of Medicine,  
 University of Saskatchewan  
Duties Provide guest seminars on psychology and pain to medical students at different stages of training; provide consultation to the Director.
- 2006-2010 ***Rotation Co-ordinator and Supervisor***  
 Saskatoon Health Region Psychology Residency Program  
Duties Help to organize clinical psychology rotations for residents

interested in a rotation at the Chronic Pain Centre; provide supervision for residents of the CPC rotation; attend monthly Resident Advisory Committee meetings; related administrative duties.

- 2003            **Teaching Assistant** (Winter Employment - Part Time)  
University of Regina, Graduate Studies - Psychology  
Duties    Preparing for and leading introductory psychology class discussion for two seminars/week with corresponding office hours; correction of associated tests and papers, preparation of class assignments.
- 2002            **Research Assistant** (Summer/Fall Employment)  
University of Regina, Graduate Studies – Psychology  
Duties    Literature review; preparation of papers for publication; recruiting and testing participants for CIHR grant research; statistical analyses of related data.
- 2001-2002      **Teaching Assistant** (Fall/Winter Employment - Part Time)  
University of Regina, Graduate Studies - Psychology  
Duties    Preparing for and leading introductory psychology class discussion for two seminars/week with corresponding office hours; correction of associated tests and papers, preparation of class assignments.
- 1998            **Teaching Assistant** (Winter Employment - Part Time)  
University of Regina, Graduate Studies - Psychology  
Duties    Correction of weekly statistic assignments; associated office hours; supervision of Developmental and Social psychology classes; correction of associated tests and papers
- 1997            **Teaching Assistant** (Fall Employment - Part Time)  
University of Regina, Graduate Studies - Psychology  
Duties    Preparing for and leading introductory psychology class discussion for two seminars/week with corresponding office hours; correction of associated tests and papers, preparation of class assignments.
- 1997            **Research Assistant** (Winter Employment - Part Time)  
Memorial Undergraduate Career Experience  
Duties    Teaching dyslexic children of various ages to read using Glass Drills; developing and organizing tutorial sessions.
- 1996            **Research Assistant** (Fall Employment - Part-Time)  
Memorial Undergraduate Career Experience  
Duties    Analyzing and organizing numerical data; rating imagery test results;

statistical manipulations of results.

- 1995                    **Research Assistant** (Fall Employment - Part-Time)  
Memorial Undergraduate Career Experience Program (MUCEP)  
Duties    Gathering a subject pool for a social psychology study; contacting  
and testing volunteer subjects; organizing test materials and collecting data.

## **Scholarships and Awards**

- 2006                    Nominated for 1<sup>st</sup> Annual Ronald Melzack Award  
2005                    Saskatchewan Health Care Bursary  
2001-2002            Board of Trustees Scholarship, Health Care Corporation of St. John's  
1999                    Graduate Scholarship, University of Regina  
1996-1997            Edward Patrick Browne Scholarship, Memorial University of Newfoundland  
(MUN)  
1995-1996            Edward Patrick Browne Scholarship, MUN  
1995-1996            Academic All-Canadian  
1995-1996            Dean's List  
1994-1995            Dean's List  
1994-1995            Edward Patrick Browne Scholarship, MUN  
1994-1995            Academic All-Canadian  
1992-1993            Edward Patrick Browne Scholarship, MUN

## **Publications & Presentations**

Woods, M. (2013). *Understanding Pain - Psychosocial Factors*. National webinar provided to *pt Health* employees, May 30, 2013.

Woods, M. (2012). *Pain, psychosocial factors and the return to work*. Seminar provided at the Return to Work Issues in Worker's Compensation Workshop in Halifax, NS (Dec. 4, 2012).

Wagner, F., Janzen, B., Tkachuk, G. & Woods, M (2011). An evaluation of the long-term treatment outcomes of an interdisciplinary chronic pain centre program. *Journal of Musculoskeletal Pain, 19*, 134-143.

Tkachuk, G. & Woods, M (2010). Changes in pain acceptance mediate outcomes predicted by catastrophizing and fear: Revision of the Fear-Avoidance model. Poster session presented at the 13<sup>th</sup> World Congress of the International Association for the Study of Pain, Montreal, QB, Canada.

Woods, M., & Asmundson, G.J. (2008). Evaluating the efficacy of graded in vivo exposure for the treatment of fear in patients with chronic back pain: A randomized controlled clinical



trial. *Pain*, 136, 271-280.

Tkachuk, G., Woods, M. (2008). Increased pain acceptance mediates outcomes related to improvements in catastrophizing, fear and self-efficacy. *Pain Research and Management*, 13 (2), 122.

Tkachuk, G., Woods, M. (2008). Changes in Acceptance are associated with outcomes of interdisciplinary chronic pain treatment. *Pain Research and Management*, 13 (2), 149.

Woods, M. (2008, January). *Managing challenging patients: Effective communication strategies and promotion of patient self-care*. Workshop conducted at Back at It: A Review of Current Approaches to Managing Neck and Back Pain conference in Saskatoon, SK, Canada.

Woods, M. (2008, January). *Psychosocial implications of pain*. Workshop conducted at Back at It: A Review of Current Approaches to Managing Neck and Back Pain conference in Saskatoon, SK, Canada.

Woods, M. (2007, February). *Managing the psychosocial implications of pain: Effective communication and promotion of self-care*. Workshop conducted at Pain Management: Drugs and Beyond conference in Regina, SK, Canada.

Woods, M. (2006, October). *Understanding pain*. Presentation conducted at the Multiple Sclerosis Society of Canada Family Conference in Saskatoon, SK, Canada.

Woods, M., Asmundson, G.J., Hadjistavropoulos, H.D., & Robinson, T. (2006, June). *Evaluating the efficacy of graded in vivo exposure for the treatment of fear in patients with chronic back pain: A randomized controlled clinical trial*. In S.H. Stewart (Chair), *Young Canadian health psychology researchers: The best and the brightest*. Symposium conducted at the annual meeting of the Canadian Psychological Association, Calgary, AB, Canada.

Woods, M., Asmundson, G.J., Hadjistavropoulos, H.D., & Robinson, T. (2004, June). *Evaluating the efficacy of graded in vivo exposure for the treatment of fear in patients with chronic back pain: A randomized controlled clinical trial*. Poster session at the annual meeting of the Canadian Psychological Association, St. John's, NF, Canada.

Woods, M. (1998, June). Assessment of a new pistol course of fire. In R.N. MacLennan (Chair). *Applied psychological research in police training*. Symposium conducted at the annual meeting of the Canadian Psychological Association, Edmonton, AB, Canada.

Woods, M. (1998, June). *Motivations to train among athletes: A qualitative study of university basketball players*. Poster session presented at the annual meeting of the Canadian Psychological Association, Edmonton, AB, Canada.

Woods, M. (1997). Breast cancer and the effects of cognitive coping methods: Research for the development of interventions. *The Newfoundland Psychologist*, 19(1), 8-10.

## **Other Activities**

2012	Member of APNS committee to help revise and renew WCB's contract for psychological services
1997-2013	Member of men's league basketball teams in St. John's, Regina, Saskatoon and Halifax
2006-2010	Member of the Resident Advisory Committee for the SHR Psychology Residency Program
2006-2009	CPR trained and accredited
2007	Organizational committee member for Back At It: A Review of Current Approaches to Managing Neck and Back Pain
2003 & 2004	Volunteer, Caring Hearts Camp, weekend retreat for grieving children
2003	Volunteer, Program Co-Ordinator, Lazarus Foundation
2002	Faculty Representative, Psychology Graduate School Association, University of Regina
1999-2000	Assistant Coach, Memorial University of Newfoundland Men's Basketball
1996-1997	Boys' High School Basketball Assistant Coach
1994	Volunteer, Research Assistant for Dr. Carole Peterson, Memorial University of Newfoundland, Psychology Department
1994	Boy's High School Basketball Coach
1992-1997	Member, Memorial University of Newfoundland Varsity Basketball Team
1991-1996	Volunteer Instructor, Boys' and Girls' Memorial University of Newfoundland Basketball Camps
1991-1992	Volunteer, Women's High School Volleyball Coach
1989-1993	Member, Canada Games Men's Basketball Team

## **Professional Member**

Nova Scotia Board of Examiners in Psychologists, Canadian Psychological Association, Association of Psychologists of Nova Scotia