

DR. CHRISTIANE WHITEHOUSE

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Fluent English; Conversational French

EDUCATION

2021 **PhD, Clinical Psychology**
Dalhousie University (Halifax, Nova Scotia)

2014 **BSc Honours, Psychology (Neuroscience option)**
Acadia University (Wolfville, Nova Scotia)

PROFESSIONAL AFFILIATIONS

2022 – Present **Canadian Association for Cognitive Behavioural Therapies (CACBT)**
Member ID: 103490

2021 – Present **Nova Scotia Board of Examiners in Psychology (NSBEP)**
Registration Number: R1093

2021 – Present **Association of Psychologists of Nova Scotia (APNS)**
Member ID: 1866

2016 – Present **Canadian Psychological Association (CPA)**
Member ID: 45760

EMPLOYMENT & CLINICAL EXPERIENCE

2021 – Present **Clinical & Neuropsychologist**
Genest MacGillivray Psychologists, Halifax, NS

- Providing individual psychological intervention (therapy)
- Conducting neuropsychological (i.e., cognitive) and psychodiagnostic (i.e., mental health) assessments

2021 – Present **Clinical Psychologist**
Psychiatric Acute Care, Halifax, NS
Nova Scotia Health Authority

- Delivering group and individual psychological intervention to inpatients of the Psychiatric Acute Care units & group intervention to outpatients of the Mental Health Day Hospital
- Consultation with interdisciplinary team members

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- 2020 – 2021 **Psychology Resident**
St. Joseph's Healthcare Hamilton, Ontario
- Focused on neuropsychological assessment, both outpatient and inpatient
 - Additional training in clinical & health psychology, providing psychological intervention to inpatients
- 2017 – 2020 **Clinical Practicum Placements – Graduate Student**
Nova Scotia Health Authority, Halifax, Nova Scotia
- Chronic Pain Management Unit, Behaviour Change Institute, Senior's Health, Acquired Brain Injury Inpatient Program, Nova Scotia Hospital, Community Mental Health

CLINICAL SUPERVISORY EXPERIENCE

- 2020 Pre-doctoral clinical neuropsychology graduate student
Supervision of supervision: Dr. Elena Ballantyne
- 2018 – 2019 Pre-doctoral clinical psychology graduate students (x 4)
Supervision of supervision: Dr. Alissa Pencer & Dr. Shannon Johnson

VOLUNTEER & ADVOCACY [Past 5 years]

- 2020 – Present **Member** of the Canadian Council of Professional Psychology Programs (CCPPP) Anti-Racism Working Group
- 2021 – Present **Lead Developer** in creating workshop in collaboration with the international non-profit, Dragonfly Mental Health
- Presenting workshop (*Managing Upward: Optimizing Student-Supervisor Communication to Support Wellbeing*) to graduate students across Europe and North America
 - Involved in training others to provide workshop
- 2016 – 2022 **Mentor** for the CPA Student Mentorship Program
- 2018 – 2020 **Co-Founder** of the Graduate Student Wellness Committee Psychology and Neuroscience Department, Dalhousie University
- Co-developed and taught a lecture for first-year clinical psychology PhD students on *The Ethics of Self-Care*, among other initiatives
- 2018 – 2019 **Council Member** on the Nova Scotia Woman's Heart and Brain Health Council, invited by the Heart and Stroke Foundation

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PROFESSIONAL DEVELOPMENT TRAINING [Past 5 years]

- **Canadian Association for Cognitive and Behavioural Therapies (CACBT) 13th Annual Conference** (May, 2023). Recovery-Orientated Cognitive Behavioural Therapy by Dr. Judith Beck (Seminar – 1 hour). Engaging Clients in Collaborative Case Conceptualization with Dr. Christine Padesky (Workshop – 2 hours). From a Culture of Silence toward a Culture of Inclusion: Destigmatizing Mental Illness Among Mental Health Providers, Researchers, and Trainees by Dr. Sarah Victor (Seminar – 1 hour). From a Colourblind Approach to Antiracist CBT by Dr. Jude Mary Cénat & Dr. Angela Haeny (Seminar – 1.5 hours). Healing Minority Stress among the 2SLGBTQIA+ Community through CBT by Dr. Taylor Hatchard (Workshop – 3 hours). Introducing Mikwendaagwad “It Is Remembered” Sacred Circle CBT by Charity Fleming, MSW (Seminar – 1.5 hours). The Dual Pandemic of COVID and Racism: Asian Canadian Experiences by Dr. Nigel Lou (Seminar – 1.5 hours).
- **Behaviour Change Counselling Development Program** (Jan – Nov, 2023, *ongoing*). Primary Health Care and Chronic Disease Management Network, Nova Scotia Health. Completed 6 (of 8) self-directed learning modules (30 minutes – 1 hour each) & 3 interactive workshop style practice sessions (1 hour each).
- **Trans Wellness Initiative Introduction to Affirming Spaces Training** (July, 2022). Community-Based Research Centre (CBRC) program to advance 2SLGBTQ+ health. Seminars & interviews with 10 Presenters – 5 hours.
- **Advanced Minnesota Multiphasic Personality Instrument – 3rd Edition (MMPI-3) Validity Scale Interpretation** (July, 2022). Seminar – 3 hours. Dr. Yossef Ben-Porath, PhD, co-developer of MMPI-3 and MMPI-2-RF, Kent State University.
- **Individual Cognitive Behavioural Therapy for Comorbid Insomnia (CBT-I)** (Mar, 2022). Workshop – Full day. Dr. Colleen Carney, PhD, CPsych, Associate Professor and Director of the Sleep and Depression Laboratory at Ryerson University. Author of “Quiet Your Mind and Get to Sleep” and many others.
- **Acceptance and Commitment Therapy (ACT) for Self-Harming and Suicidality** (Mar, 2022). Seminar – 2 hours. Dr. Russ Harris, MD, internationally-acclaimed ACT trainer. Author of “ACT Made Simple” and “The Happiness Trap”.
- **CBT-I (Cognitive Behavioural Therapy for Insomnia) for Patients who Failed CBT-I** (Feb, 2022). Seminar – 1 hour. Dr. Michael Grandner, PhD, Director of Sleep and Health Research Program at University of Arizona.
- **Medical and Mental Health Care from a Gender Affirming, Informed Consent Perspective** (May, 2021). Workshop – 3 hours. Dr. Françoise Susset, MD & Devon Simpson, Social Worker. McMaster University, Hamilton, Ontario.
- **Managing Guilt and Shame** (Jan, 2021). Workshop – 3 hours. Dr. Christine Padesky, PhD, Clinical Psychologist and author of “Mind Over Mood” CBT workbook.

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- **San’yas Indigenous Cultural Safety Training** (Dec, 2021). Online, interactive, instructor-facilitated training (10 hours). Provincial Health Services Authority British Columbia.
- **Understanding and Treating Eating Disorders: What Every Practitioner Needs to Know** (Nov, 2020). CCPA Accredited Psychotherapist Training (2 hours), as part of the annual Body Peace Conference. Dr. Anita Federici, PhD, Clinical Psychologist.
- **Equity, Diversity, and Inclusion in Academic Medicine: Focus on Gender** (Nov, 2020). Education Session and Workshop – 3 hours. Dr. Sonia Anand, Professor and Canada Research Chair. McMaster University and St. Joseph’s Healthcare Hamilton.
- **Non-Violent Crisis Intervention Training** (Sept, 2020). In-person practice (3 hours) and 10 online modules. Crisis Prevention Institute (CPI).
- **ACT and Diversity with an LGBTQ Emphasis** (May, 2019). Workshop – Full day. Dr. Matthew Skinta. Association of Psychologists of Nova Scotia.
- **Comorbidities in Multiple Sclerosis** (Feb, 2019). Online educational modules (1.5 hours). Consortium of Multiple Sclerosis Centers.
- **endMS Summer School** (June, 2018). Intensive graduate student summer training program (4 days). Multiple Sclerosis Society of Canada and Sick Kids Hospital, Toronto. Theme: “Environmental and Lifestyle Factors Associated with MS: Bench to Bedside”.

SCHOLARSHIPS AND AWARDS

DATE	AWARD/HONOUR	VALUE	ORGANIZATION
Sept 2021	Certificate of Academic Excellence for Doctoral Thesis	N/A	Canadian Psychological Association
Sept 2019	The Beatrice Clinical Studentship Award	\$400	Dalhousie University
2017 – 2020	Frederick Banting and Charles Best Canada Graduate Scholarship Doctoral Award	\$105,000	Canadian Institutes of Health Research
2017 – 2018	Doctoral Studentship - <i>Honorary</i>	\$22,000	Multiple Sclerosis Society of Canada
2016 – 2017	Doctoral Studentship	\$22,000	Multiple Sclerosis Society of Canada
2016 – 2018	Scotia Scholar Award - <i>Honorary</i>	\$20,000	Nova Scotia Health Research Foundation
2016 – 2017	Nova Scotia Graduate Scholarship	\$15,000	Dalhousie University
2016 – 2017	Bright Red Student Research Award	\$5,000	Heart and Stroke Foundation
2015 – 2016	Canada Graduate Scholarship Master’s Award	\$17,500	Canadian Institutes of Health Research

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2015 – 2016 Nova Scotia Research and \$10,000 Dalhousie University
Innovation Graduate
Scholarship - *Honorary*

SCHOLARLY WORK

PUBLICATIONS

Whitehouse, C. E., Eskes, G. A., Klein, R., Newman, A. J., Fisk, J. D. (2022). Attention Network Function in Persons with Multiple Sclerosis [*Manuscript submitted for publication*]. Nova Scotia Health Authority.

Marrie, R. A., **Whitehouse, C. E.**, Patel, R., Figley, C., Kornelsen, J., Bolton, J. M., Graff, L. A., Mazerolle, E. L., Marriott, J. J., Bernstein, C. N., and Fisk, J. D. (2021). Performance of Regression-Based Norms for Cognitive Functioning of Persons With Multiple Sclerosis in an Independent Sample. *Frontiers in Neurology*, *11*:621010. doi: 10.3389/fneur.2020.621010

Whitehouse, C. E., Fisk, J. D., Bernstein, C. N., Berrigan, L. I., Bolton, J. M., Graff, L. A., Hitchon, C. A., Marriott, J. J., Peschken, C. A., Sareen, J., Walker, J. R., Stewart, S. H., and Marrie, R. A. (2019). Comorbid anxiety, depression, and cognition in MS and other immune-mediated disorders. *Neurology*, *92*(5), e406-e417. doi: <https://doi.org/10.1212/WNL.00000000000006854>

Whitehouse, C. E., Green, J., Giles, S. M., Rahman, R., Coolican, J., and Eskes, G. A. (2018). Development of the Halifax Visual Scanning Test: A New Measure of Visual-Spatial Neglect for Personal, Peripersonal, and Extrapersonal Space. *Journal of the International Neuropsychological Society*, *25*(5), 490-500. doi: 10.1017/S135561771900002X

PEER-REVIEWED PRESENTATIONS

Whitehouse, C. E., and Fisk, J. D. (2019, May). Depression, anxiety, fatigue, and pain affect performance on the brief international cognitive assessment for MS in patients with minimal to moderate neurologic disability. The Consortium of Multiple Sclerosis Centres (CMSC) 2019 Annual Meeting. Seattle, Washington. (Poster Presentation).

- Abstract published in the *International Journal of MS Care*, *21*, 63-64.

Whitehouse, C. E., Fisk, J. D., Bernstein, C. N., Hitchone, C., Marrie, R. A. (2017, Oct) The impact of depression and anxiety symptoms on information processing speed in MS and other immune-mediated inflammatory diseases. 7th Joint Meeting of the European and American Committees for Treatment and Research in Multiple Sclerosis (ECTRIMS-ACTRIMS), Paris, France. (Poster Presentation).

- Received competitive Travel Grant to attend the conference, awarded by the MSParis2017 Scientific Programme Committee and short-listed for a poster prize among ~2,000 abstracts.

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Whitehouse, C. E., Fisk, J. D., Berrigan, L. I., Bernstein, C. N., Marrie, R. A. (2016, Dec). Multiple sclerosis and inflammatory bowel disease: A comparison of cognitive impairments in two immune mediated-inflammatory diseases. National endMS Conference, Toronto, Ontario. (Poster Presentation).

OTHER MEETINGS AND CONFERENCES

Whitehouse, C. E., DeFreitas, V., Johnson, S., Carter, S. (2019, Nov). The montreal cognitive assessment as a predictor of functional outcome following discharge from acquired brain injury rehabilitation. Department of Psychiatry 29th Annual Research Day, Dalhousie University, Halifax, Nova Scotia. (Poster Presentation).

Whitehouse, C. E., Fisk, J. D., Bernstein, C. N., Hitchone, C., Stewart, S. H., Marrie, R. A. (2017, Nov). The impact of depression and anxiety symptoms on information processing speed in MS and other immune-mediated inflammatory diseases. Department of Psychiatry 27th Annual Research Day, Dalhousie University, Halifax, Nova Scotia. (Poster Presentation).

- Selected as “Best Graduate Student Poster”.

Whitehouse, C. E., Fisk, J. D., Berrigan, L. I., Bernstein, C. N., Marrie, R. A. (2016, Dec). Multiple sclerosis and inflammatory bowel disease: A comparison of cognitive impairments in two immune mediated-inflammatory diseases. Brain Repair Centre Research Day, Dalhousie University, Halifax, Nova Scotia. (Poster Presentation).

Whitehouse, C. E., Eskes, G. A., Braha, R. E., Boyce, J., Champod, A. S., King, M., Laberge, E. (2016, Oct). Feasibility and Effectiveness of Implementing Prism Adaptation Treatment after Stroke (IPATS) in a Clinical Setting. Real Knowledge Translation Patient and Citizen Engagement Workshop, Strengthening Transitions in Pediatric Care & Nova Scotia Health Research Foundation. Halifax, Nova Scotia. (Poster Presentation).

Whitehouse, C. E., Eskes, G. A., Braha, R. E., Boyce, J., Champod, A. S., King, M., Laberge, E. (2016, April). Effectiveness of Implementing Spatial Neglect after Right Hemisphere Stroke: A Clinical Trial. 42nd Annual Graham Goddard In-House Conference, Dalhousie University, Halifax, Nova Scotia. (Oral Presentation).

Whitehouse, C. E., Eskes, G. A., Braha, R. E., Boyce, J., Champod, A. S., King, M. (2016, March). Feasibility and Effectiveness of Implementing Spatial Neglect after Right Hemisphere Stroke: A Clinical Trial. Crossroads Interdisciplinary Health Research Conference, Halifax, Nova Scotia. (Oral Presentation).

INVITED PRESENTATIONS

Apr 2019 **Leadership Volunteers in Atlantic Canada**, Multiple Sclerosis Society of Canada, Halifax, NS

Mar 2019 **Dalhousie University’s Undergraduate Neuroscience Society**

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- Jan 2019 **Nova Scotia Health Authority Brain Injury (ABI) Journal Club**
○ Spoke of existing research and my work in stroke and ABI.
- Sept 2018 **Teaching Assistant Day**, Dalhousie University
○ “*Maintaining Health and Wellness in Graduate School*”.
- Apr 2017 **Heart and Stroke Foundation**, Halifax, NS
○ Led Lunch and Learn presentation for Heart and Stroke Staff on “*Life after Stroke: Developing Games to Improve Attention*”.
- Feb 2017 **Chronic Disease Networking Workshop**, Quebec City, Quebec
○ CIHR-hosted workshop. Presented poster titled: “*Psychiatric comorbidities mediate cognitive impairments in immune mediated-inflammatory diseases*”.
- Feb 2017 **Parkland on the Gardens Retirement Community**, Halifax, NS
○ Invited by the Heart and Stroke Foundation to adapt “*Life after Stroke*” presentation to a lay audience.

INTERVIEWS

- Dec 2017 **MS & Me Radio**
Radio interview, Multiple Sclerosis (MS) Global Support Network
- Nov 2017 **MS Society of Canada, Atlantic Division**
“Researcher Spotlight” in the MS Connect Atlantic Newsletter
- Oct 2017 **Shift.ms: MS Forum & Social Network**
ECTRIMS-ACTRIMS Conference; Paris, France

MANUSCRIPT PEER REVIEW

- Sept 2022 The Journal of Nervous and Mental Disease
- Jan 2021 Multiple Sclerosis Journal
- Nov 2020 Multiple Sclerosis Journal
- June 2020 Disability and Rehabilitation

ONLINE TRACKING OF CONTRIBUTIONS TO RESEARCH

Web of Science Researcher ID AAO-1664-2020
ORCiD 0000-0003-3853-0712