

Dr. Sarah Lade, Ph.D.
Clinical Psychologist and Neuropsychologist

FORMAL EDUCATION

Ph.D. in Clinical Psychology (2014-2023) – CPA Accredited Program – Combined Specialty in Clinical Psychology and Clinical Neuropsychology

- McMaster University (Hamilton, ON)

Dissertation Title: *The Qualitative Dimensions of Operational and Organizational Stress in Equity-Deserving Military and Public Safety Personnel*

- Co-supervisors: Margaret McKinnon, Ph.D., C.Psych. & Heather McNeely, Ph.D., C.Psych.

Honours Bachelor of Science

Department of Psychology, Neuroscience and Behaviour, McMaster University, Hamilton, ON
(2013)

Undergraduate Honours Thesis Title: *Interpersonal Musical Movement and Social Preference in 10- and 12-Month-Old Infants.*

- Supervisor: Laurel Trainor, Ph.D.

PROFESSIONAL AFFILIATIONS

- Association of Psychologists of Nova Scotia (APNS) ID: 2052
 - Canadian Psychological Association (CPA) ID: 97278
 - Nova Scotia Regulator of Psychology (NRSP): R1221
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CLINICAL EXPERIENCE

Clinical Psychologist - (January 2024-Current)

Bayer's Road Community Mental Health and Addictions, Halifax, NS

- Provision of individual and group-based psychological intervention services to outpatients of Bayer's Road Community Mental Health and Addictions
- Provision of brief psychological consultation assessments to inform treatment planning
- Formulating, implementing and tailoring comprehensive treatment plans to complex clients
- Risk assessment, monitoring and safety planning for at-risk clients
- Provision and coordination of consultative services to interdisciplinary allied health care team members
- Provision of supervision of allied healthcare learners and graduate-level clinical psychology
- Program development and outcome monitoring of group treatments
- File reviewer for the Dalhousie clinical psychology residency program

Clinical Psychologist and Neuropsychologist – (January 2024–Current)

Genest MacGillivray Psychologists, Halifax, NS

- Provision of individual psychological intervention services to individual treatment clients from insurance and third-party providers, lawyers, and self-pay clients
- Provision of comprehensive psychological assessments for individuals seeking diagnostic clarification
- Provision of psychotherapy services to adults and/or older adults presenting with a range of mental health and cognitive concerns
- Provision of neuropsychological assessments and feedback to adults and older adults with respect to diagnosis, accommodation requirements, treatment needs and functional limitations

Supervised Psychometrist – (October 2023–December 2023)

Genest MacGillivray Psychologists, Halifax, NS

- Private clinical and consulting healthcare practice providing expert psychological and neuropsychological assessment services, counselling and therapy services
- Job duties included providing psychometric testing services, including preparing, administering, and scoring comprehensive neuropsychological batteries

Clinical Researcher – (September 2022 – Present)

Trauma and Recovery Lab, McMaster University

- The Trauma and Recovery Lab focuses on reducing the deleterious impact of trauma on individuals and families, and on fostering scientifically-informed approaches to recovery and post-traumatic growth
- Duties included:
 - Administering, scoring, and interpreting the Clinician-Administered PTSD Scale for DSM-5 and the Mini Neuropsychiatric Interview for:
 - Research participants with C-PTSD involved in a Goal Management Training RCT study at the Trauma and Recovery Lab at McMaster University
 - Research participants (first responders) completing Equine Assisted Learning for PTSD at the Trauma and Recovery Lab at McMaster University
 - Conducted risk assessments with research participants and engaged in safety planning where required.
 - Research grant writing

Psychology Resident - Saskatoon and Region Predoctoral Residency and Fellowship Program – (September 2022 – August 2023)

- Major rotation in Clinical Neuropsychology with the Saskatchewan Neuropsychology Program and Saskatchewan Epilepsy Program (September 2022-April 2023); Supervised by Dr Lisa Lejbak. Minor rotation in Forensic Psychology with the Serious Violent Offenders Program (May 2023-August 2023); Supervised by Dr. Keira Stockdale.
- *Neuropsychology Rotation (8-month Major rotation; General Neuropsychology Service and the Saskatchewan Epilepsy Program - September 2022-April 2023):*

- Conducted interviews, testing, and provided feedback for clinical neuropsychology assessments for a variety of neuropathological conditions, including Hemispherectomy, Multiple Sclerosis, Stroke, Post-COVID-19 neuropathology, Traumatic Brain Injury, preparation for Deep Brain Stimulation, Parkinson’s Disease, Functional Neurological Disorder, and pre/post-surgical Epilepsy
 - Liaised with allied health professionals on client cases including psychometrists, psychologists, fellow psychology residents, and a variety of doctors (neurologists, psychiatrists, etc.)
 - Provided talk on resiliency amidst neurological sequelae of Multiple Sclerosis to over 150 patients in Saskatchewan for “NeuroSask” (a virtual program through the University of Saskatchewan for people with neurological conditions)
 - Involved in ongoing Short-Term Dynamic Psychotherapy for Affect Phobia for a Functional Neurological Disorder patient
 - Engaged in didactic learning experiences through weekly Epilepsy Grand Rounds and Neuroscience Seminars
 - Participated in biweekly learning seminars on relevant topics from psychologists with the residency program
 - Conducted a program evaluation project of a cognitive rehabilitation group for individuals with complex brain injuries for the Saskatchewan Epilepsy Program
- *Forensic Rotation (3-month Minor Rotation; Serious Violent Offender Response Program – June – August 2023)*
 - Conducted integrated psychological assessments for complex, high needs, justice-involved individuals, including:
 - Psychodiagnostic, personality, cognitive and violence/sexual violence risk factors
 - Complex case conceptualization requirements
 - Planning directives for future therapeutic intervention in cases of fluctuating risk-responsivity need
 - Complex ethical decision-making requirements
 - Conducting psychological assessments using Violence Risk Assessment tools (VRS/VRS-SO/PCL-R) and psychodiagnostic tools (MMPI-III, PAI, SCL-R)
 - Provision of ongoing psychotherapy for high-profile profile high-risk clients who presented with:
 - Psychosis, active substance use, low mood/anxiety, stress, and trauma-related symptoms, and personality disorders (e.g., Antisocial Personality Disorder, Borderline Personality Disorder, etc.)
 - Fluctuating and escalating risk of future violence
 - Incorporated complex case conceptualization factors, including history of recidivism, intersectionality, disenfranchised grief and minority stress
 - Use of Interactive Behaviour Change Skills in assessment/intervention approach, including consideration of relationship skills, effective reinforcement and disapproval, effective use of authority, and responding to resistance to encourage prosocial behaviour change
 - Integrative and flexible approach to psychotherapeutic intervention including the use of Dialectical Behaviour Therapy, Motivational Interviewing,

Acceptance and Commitment Therapy, Cognitive Processing Therapy, and Cognitive Behavioural Therapy

- Exposure to systemic social justice issues and criminal justice psychology, involving working with clients and team members from urban, rural, northern, and custody settings
- Built and honed psychological consultation skills through:
 - Liaising and consulting with community clinic colleagues, including community justice support workers, probation officers, police officers, RCMP officers, psychiatric nurses, etc.
 - Providing weekly updates as part of a comprehensive team of care and justice support care providers
 - Conducted regular and emergency case meetings for safety planning, police involvement, and medication review
- Provided ongoing clinical supervision to upper-year University of Saskatchewan graduate practicum students in the provision of virtual co-therapy to a justice-involved incarcerated client with complex psychological and risk-related needs

Supervised Psychometrist/Clinician – (October 2021–August 2023)

Kaplan and Levitt Psychologists, Hamilton, ON

- Private healthcare practice of rehabilitation, clinical, and neuropsychologists providing assessment and treatment in an understanding and client-centered environment
- Supervised clinician administering cognitive test batteries to a private practice population of primarily motor vehicle accident clientele with varying degrees of cognitive, psychological, and medical challenges
- Conduct OCF-18 intakes for practice and prepare documentation for submission to 3rd party payers/insurance companies
- Acquired important experience with Extended Healthcare Benefits (EHB), Automobile insurance (SABS) and Workplace Safety Insurance Board (WSIB) providers
- Prepared written documentation of behavioral observations of patients during the testing process
- Conducted an independent project comparing and examining auto insurance barriers for clients across Canadian provinces for *Psynopsis* article

Clinical Practicum Student – (October 2021-May 2022)

Traumatic Stress Injury and Concurrent Program, Homewood Health Centre, Guelph, ON

- Homewood Health Centre is one of the largest mental health and addiction facilities in the country, offering specialized, unique, and nationally recognized programs
- Completed an 8-month inpatient placement for patients with complex mental illness, concurrent addictions, and persistent negative psychological effects of a traumatic event
- Co-lead Cognitive Processing Therapy psychotherapy groups of 5-10 patients for individuals with complex trauma and comorbid disorders (e.g., personality disorders, addictions), as well as individualized therapeutic support, as well as co-lead Dialectical Behaviour Therapy skills groups
- Individually lead groups based on self-compassion and change models in Post-Traumatic Stress Disorder

- Co-lead weekly DBT-skills groups for over 30 inpatients simultaneously in a lecture theatre
- Liaised with and supported an inpatient care team of psychotherapists, nurses, psychologists, doctors, psychiatrists, occupational therapists, social workers, and other support staff

Supervised Clinical Therapist/Psychometrist – (October 2019–August 2022)

Brookside Psychologists, Burlington, ON

- Healthcare group made up of clinical psychologists, neuropsychologists, registered psychotherapists, and supervised therapists
- Provided psychodiagnostic assessment and integrative psychotherapeutic treatment services for private practice clients presenting with a variety of mental health concerns, including Major Depressive Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder, Obsessive-Compulsive Disorder, Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Gender Dysphoria, Post-Traumatic Stress Disorder, Schizoaffective disorder, in addition to comorbid personality disorders and/or Cluster B/C traits.
- Managed ongoing treatment caseload of 15 patients, with bi-weekly hourly supervision with a clinical supervisor
- Provided regular written reports of treatment progress
- Worked from a variety of treatment modalities, including CBT, CPT, DBT and ACT, in an integrative format
- Conducted gender dysphoria assessments and follow-up identity therapy tailored to client needs
- Assisted with medical legal cases for the practice, with neuropsychological testing, as well as report writing
- Worked with a variety of coverage providers (e.g., 3rd party payers, insurance providers, Workplace Safety Insurance Board)

Clinical Practicum Student – (May-August 2019)

Mood Disorders Clinic, St. Joseph's Health Care, Hamilton, ON

- Co-led psychological intervention groups, including Behavioural Activation for Depression, CBT for Depression/Bipolar Depression, and DBT/Emotion Regulation Skills for Young Adults/Adults
- Conducted psychodiagnostic assessments and wrote integrated reports
- Didactic discussion of intervention theories of current groups with clinical supervisor
- Active interdisciplinary team member of social workers, psychiatrists, psychologists, etc.
- Attended clinic team meetings

Clinical Practicum Student – Longitudinal Practicum (September 2018-April 2019)

Clinical Neuropsychology Services, St. Joseph's Health Care Hamilton, ON

- Conducted neuropsychological, psychoeducational, and psychodiagnostic assessments
- Co-led two rounds of "Memory Boost" group (i.e., cognitive rehabilitation group for patients with memory issues resulting from wide-ranging etiologies, including natural aging, multiple dementia subtypes, ECT, TBI, depression, and anxiety)

- Worked with a wide range of patients ranging from 18-65 years of age with a variety of presenting conditions, including developmental disorders, intellectual disabilities, psychiatric disorders, personality disorders, etc.
- Member of team of psychometrists, psychologists and neuropsychologists
- Attended biweekly didactic neuropsychology seminars; presented two case conceptualizations
- Participated in weekly mental health and psychiatry rounds

Clinical Practicum Student – Summer Practicum (April 2018-August 2018)

Clinical Neuropsychology Services, St. Joseph’s Health Care, Hamilton, ON

- Built on previous skills and continued to develop competence in the development, administration, scoring, and interpretation of neuropsychological, psychoeducational, and psychodiagnostic test batteries
- Co-lead “Memory Boost” group (i.e., cognitive rehabilitation group for patients with memory issues resulting from wide-ranging etiologies, including natural aging, multiple dementia subtypes, ECT, TBI, depression, and anxiety)
- Conducted supervised clinical interviews and feedback sessions with clients and family

Clinical Practicum Student – Longitudinal Practicum (September 2015-April 2016)

Clinical Neuropsychology Services, St. Joseph’s Health Care, Hamilton, ON

- Developed, administered, scored, and interpreted neuropsychological, psychoeducational, and psychodiagnostic test batteries for a variety of psychiatric patients in an outpatient hospital
- Developed competence in administration, scoring and interpretation of a comprehensive neuropsychological assessment battery
- Observed and participated in clinical interviews, observed feedback sessions with clients and family

TREATMENT ORIENTATION AND MODALITIES

- Humanistic, Integrative, and Cognitive-Behavioural Orientation
- Proficiency in providing treatment in evidence-based psychotherapeutic interventions, including:
 - Cognitive Behavioural Therapy (CBT)
 - Acceptance and Commitment Therapy (ACT)
 - Cognitive Processing Therapy (CPT)
 - Dialectical Behaviour Therapy (DBT) Skills
 - Mindfulness-Based Cognitive Therapy (MBCT)

PEER-REVIEWED MANUSCRIPTS

Lade, S., Brown, A., Ritchie, K., Milman, H., Park, R., Heber, A., ... & McKinnon, M. (2025). The Impact of Military Sexual Misconduct on the Deployment Experiences of Woman-Identifying Canadian Veterans. *Armed Forces & Society*, 0095327X241312206.

Lade, S., Easterbrook, B., Brown, A., Millman, H., D'Alessandro-Lowe, A. M., O'Connor, C., & McKinnon, M. C. (2023). The mental health toll of service: an examination of self-reported impacts of public safety personnel careers in a treatment-seeking population. *European Journal of Psychotraumatology*, 14(2), 2269696.

Tam-Seto, L., Garland-Baird, L., Held, N., Heber, A., Buchart, L., Ibbotson, A. Young, S., **Lade, S.,** ... & McKinnon, M. (2025). Lessons to learn: Strategies to sustain a restorative program for survivors of military sexual trauma. *Journal of Community Safety and Well-Being*, 10(1), 48-53.

Tam-Seto, L., Garland-Baird, L., Held, N., Heber, A., Buchart, L., Ibbotson, A., Young, S., **Lade, S.** ... & McKinnon, M. (2025). Lessons to learn: Strategies to sustain a restorative program for survivors of military sexual trauma. *Journal of Community Safety and Well-Being*, 10(1), 48-53.

GRADUATE CLINICAL COURSEWORK

Clinical Neuroanatomy	Psychological Assessment	Psychodiagnostics II
Human Neuropsychology	Research Design and Test Construction	Developmental Psychopathology
Psychological Intervention	Psychodiagnostics I	Ethics in Clinical Psychology
Statistics and Research Design	Contemporary Problems in Psychology	Computational Methods in EEG (Audit)

TEACHING ASSISTANTSHIPS

Honours Human Behaviour	Motivation and Emotion	Attitudes and Persuasion
Adolescent Psychology	Child Development	Introduction to Music Cognition
Abnormal Psychology	Personality	History of Psychology
Psychometrics	The Arts and the Brain	Research Methods

SCHOLARSHIPS AND AWARDS

- Yearly Psychology Graduate Departmental Scholarships (\$15,000 yearly)

- (2015-2016; 2016-2017; 2017-2018; 2019-2020; 2020-2021; 2021-2022)
- Ontario Graduate Fellowship Scholarship (\$15,000) (2018-2019)

SELECT PEER-REVIEWED TALKS

Lade, S., Ibbotson, A. Imre-Millei, B., McKinnon, M. & Tam-Seto, L. (2023). *Experiences of Military Sexual Trauma in the 2SLGBTQIA+ Military Community – A Scoping Review*. Talk given at the 2023 Annual Meeting of the Canadian Institute for Military and Veteran Health Research in Ottawa, Ontario, Canada.

Lade, S., Brown, A., Milman, H., Heber, A., Park, R., Ritchie, K., Davis, K., Lanius, R., & McKinnon, M. (2022). *The Impact of Sexual Misconduct on the Deployment Experience of Female Veterans*. Talk given at the 2022 Annual Meeting of the Canadian Institute for Military and Veteran Health Research in Halifax, Nova Scotia, Canada.

SELECT PEER-REVIEWED PRESENTATIONS

- Presented peer-reviewed research at over 12 international conferences. *More information available upon request.*

FORMAL MENTORSHIP

- Provision of formal supervision to graduate practicum student in Clinical Psychology at Bayer's Road Community Mental Health and Addictions – Summer 2025
- Provision of formal supervision to clinical psychology graduate student in forensic rotation
Supervision of supervision: Dr. Keira Stockdale
- Supervision provided to 11 undergraduate and graduate students, in both clinical research and clinical practicum settings. *More information available upon request.*

SELECT CONFERENCE ATTENDANCE

- Speaker at the Annual Meeting of the Canadian Institute for Military and Veteran Health Research (CIMVHR) (2023) – Ottawa, ON
- Speaker at the Annual Meeting of the Canadian Institute for Military and Veteran Health Research (CIMVHR) (2022) – Halifax, NS
- 39th Annual National Academy of Neuropsychology Annual Conference (2019)
- Neurosciences and Music Conference (Boston) (2017)
- Canadian Association of Cognitive and Behavioural Therapies Conference (CACBT) (2016)

COMMITTEE INVOLVEMENT

- Nova Scotia Health Clinical Psychology Residency Review Committee – (2024-Current)
- Nova Scotia Health Equity and Diversity Consult Group – (2024-Current)
- Canadian Psychological Association – Committee on Ethics (CoE) - (2023-Current)
- Student Advocates for Equity, Diversity, and Inclusion Task Force (SAFEDI) – (2019-2022)
- Promoting Recognition and Inclusivity across St. Joe’s and McMaster for Sexual, Gender and Intersectional Minorities Working Group (PRISM) – (2021-2022)
- Sexual Violence Prevention and Response Task Force (SVPR) – (2021-2022)
- Equity Actions Committee (2015–2018)
- Graduate Student Services Review Committee (GSSRC) (2015–2017)
- Student Accessibility Services Working Group (SASWG) (2015-2016)

SELECT PROFESSIONAL DEVELOPMENT TRAINING

- *Understanding Cognitive Disorders in Older Adulthood*. Dr. Regina Koepp. (October 16, 2025).
- *How to Identify and Treat the Invisible Wounds of Neglect*. NICABM Webinar. (September 30, 2025).
- *Best Practices for Managing Risks Associated With Records Requests*. Allison Funicelli and Cara Staus. American Psychological Association Webinar. (September 17, 2025)
- *Assessing Suicide Risk in Autistic Adults* – Virtual PCTEL workshop. Dr. A. McVey. (September 10, 2025)
- *Nonviolent Crisis Intervention Training* - In-person classroom learning and hands-on practice with colleagues – 8 hours. Crisis Prevention Institute (CPI) (May 23, 2025)
- *W.O. McCormick Academic Day – Trauma and Related Disorders* (April 25, 2025)
- *Assess, Regulate, Activate, and Transform Emotions in Psychotherapy*. Dr. L. Greenberg, Dr. S. Warwar (December 6th and 7th, 2024)
- *Readiness Assessments with Trans and Gender Diverse Adults*. Dr. S. MacDonald, J. Davis, MSW (November 26-28th, 2024)
- *Telepsychology Panel Discussion: Managing the challenges*. Dr. E. Church, Dr. C. Smith-Burke, Dr. R. McGee, Dr. T. Taggart. (May 31, 2024).
- *Understanding NSSI and Predictive Factors for Suicide*. Dr. D. Dickstein, Dr. K. Batejan. (May 17, 2024)
- *Mindfulness-Based Cognitive Therapy (MBCT) Curriculum Workshop* – (Philadelphia Behaviour Therapy Association). Dr. C. Molnar. (January – February 2024).

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