

**Dr. Julia Holt**  
Psychologist  
Genest Psychological Services Incorporated  
5739 Inglis Street, Halifax, NS B3H 1K5

## **CURRICULUM VITAE**

### **Education, Professional Certification and Qualifications**

1989 Ed.D (Educational Psychology), University of Toronto, ON  
1969 M.A. (Psychology), Dalhousie University, Halifax, NS  
1964 B.A. (Honours, Psychology), Dalhousie University, Halifax, NS

### **Professional Organization Memberships**

Registered Psychologist, Nova Scotia Board of Examiners in Psychology (#R0515)  
Registered Psychologist, Ontario College of Psychologist Registration (#2255)  
Association of Psychologists of Nova Scotia  
American Psychological Association  
Canadian Psychological Association

### **Work History**

Present	Private Practice, Halifax, NS
Oct /05 - Mar/07	Clinical Psychologist, Colchester East Hants Health Authority, Truro, NS
Jan/92 - Oct/05	Private Practice, Peterborough, ON
Jan/92 - May/92	Assistant Professor, Dept. of Psychology, Trent University, Peterborough, ON (Term Appointment)
Sept/90 - Apr/91	Psychologist, Peterborough Civic Hospital, Peterborough, ON (part time)
Jun/89 -Sept/90	Department Administrator, Counselling Unit, Sir Sandford Fleming College, Peterborough, ON
Aug/88 - Jun/89	Counsellor, Sir Sandford Fleming College, Peterborough, ON
Sept/68 - June/88	Psychoeducational Consultant, Toronto Board of Education, Toronto, ON

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| Feb/67 - Aug/68  | Research Assistant, Department of Applied Psychology, Ontario<br>Institution for Studies in Education, Toronto, ON |
| Oct/66 - Jan/67  | Psychological Services Consultant, Department of Health, Toronto, ON   |
| Jun/65 - Sept/66 | Assistant Provincial Psychologist, Department of Public Welfare,<br>Halifax, NS                                    |

## **Professional Experience**

### Psychological Treatment

- Individual, couples, family and group psychotherapy using Cognitive Behavioural Therapy, Interpersonal and Systematic approaches.
- Develop and deliver treatment plans for victims of motor vehicle accidents, abuse, and trauma
- Develop and deliver treatment plans for adult and juvenile offenders in correctional facilities and community release programs.
- Current primary focus is Cognitive Behavioural Therapy for mood disorders, and lifestyle modification for health enhancement.

### Psychological Assessment

- DSM-IV and ICD-10 diagnosis
- Full range of psychometric instruments pertinent to assessing mental health, trauma impact, personality, psychological factors of health and lifestyle

### Psychological Consultation

- Provision of consulting Psychologist services to Child and Family Services Agency
- Provision of consulting Psychologist services to Youth Offender/Secure Treatment facility
- Provision of consulting Psychologist services to Women's Health Center Eating Disorder Program

### Supervision

- Developed and delivered practicum programs for graduate students
- Supervised unit of eight counseling staff at a community college
- Supervised candidate for registration - Ontario College of Psychologists

### Teaching

- University courses, College courses  
Sample Workshops
  - Impact of Parental Mental Illness on Child Development

- Role of Fathers on Child Development
- Triage - Matching therapy interventions to Client Needs
- The confident Rider Workshop (Equestrian Sports Psychology)

#### Trent University Teaching:

Summer 2001	Psychology 381H	Development of Adolescents And Young Adults
May - July 1997	Psychology 280	Child Psychology
May - July 1993	Psychology 301	Educational Psychology
May - July 1993	Psychology 280	Child Psychology
January - April 1993	Psychology 382	Exceptional Development
September 1992- April 1993	Psychology 280	Child Psychology
April - July 1992	Psychology 385	Abnormal Psychology
April - July 1992	Psychology 280	Child Psychology
January - May 1992	Term Appointment	Assistant Professor
September 1991 - May 1992	Psychology 340	Abnormal Psychology
May - July 1991	Psychology 235	Personality Theory
September 1990- April 1991	Psychology 235	Personality Theory

#### Mount Saint Vincent University Teaching:

Fall Term 2006	Child Clinical Psychopathology, Year 2, Master's degree in school psychology
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#### Dalhousie University Teaching:

Fall & Winter Terms '06-'07	Field Placement Seminar (Issues in clinical Practice) Clinical Psychology PhD Program
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