

## CURRICULUM VITAE

**Name:** Barbara Jane Fox, BA, Ph.D.

**Work Address:**

Genest Psychological Services Inc.  
Suite 1120  
Halifax Professional Centre  
5991 Spring Garden Road  
Halifax, NS B3H 1Y6

email: [info@genestpsychology.com](mailto:info@genestpsychology.com)  
telephone: 902 492-2546

**Citizenship:**

Canadian

**Education:**

Ph.D. The University of Vermont  
APA Approved Program in Clinical Psychology  
August 1995 – October 2000

Dissertation Topic *Pathways to Self-Silencing and Depression in Late  
Adolescence: A Longitudinal Study*  
Supervised by: Phyllis Bronstein, Ph.D.  
Defended December, 1998

Bachelor of Arts Honours Psychology (1995)  
University of New Brunswick  
Fredericton, NB, Canada

Honours Research Topic *Effect of Family Violence, Peer Relationships,  
Incarceration, and Traditionality on Male  
Adolescent Attitudes Toward Physical Dating  
Violence*  
Supervised by: E. Sandra Byers, Ph.D.

**Professional Memberships and Credentials:**

- Registered, Nova Scotia Board of Examiners in Psychology (Registration # 398)
- American Psychological Association
- Canadian Psychological Association
- Association of Psychologists of Nova Scotia
- The International Society for Traumatic Stress Studies
- International Society for the Study of Dissociation
- Canadian Society for the Study of Trauma and Dissociation
- Association of Psychologists of Nova Scotia Membership Committee

- Association of Psychologists of Nova Scotia Trauma Response Committee

### **Honors and Academic Awards:**

- Social Sciences and Humanities Research Council (SSHRC) Doctoral Fellowship (1997, 1998, 1999)
- The College of Saint Catherine's Women's Research Scholarship (1996)
- New Brunswick Women's Doctoral Scholarship - Competitive (1995-1999)
- Lieutenant Governor's Silver Medal Award for Highest GPA in Faculty of Arts University of New Brunswick (1995)
- Honors Psychology Award (1994) - University of New Brunswick
- Dean's Award for Highest GPA in Arts (1993, 1994, 1995) - University of New Brunswick
- D. King Hazen Scholarship (1993, 1994)
- Martha Fraser McIntosh Competitive Scholarship (1992)
- J.K. Flemming Competitive Scholarship (1992)
- Norris Hayward Memorial Competitive Scholarship (1992)
- Dean's List (1992, 1993, 1994, 1995) - University of New Brunswick
- University of New Brunswick CAMPUS Scholarships (1992, 1993, 1994)

### **Clinical and Research Experience:**

#### **Postdoctoral Employment**

September 2000 to Present  
Genest Psychological Services, Inc.  
Suite 1120  
Halifax Professional Centre  
5991 Spring Garden Road  
Halifax, NS B3H 1Y6

In this position, I am employed as a Clinical Psychologist in a private practice delivering professional services to a diverse population. These services include psychotherapy and cognitive, personality, affective, and forensic assessment. Treatment issues include marital and family therapy, depression (including postpartum depression), anxiety disorders, personality disorders, Posttraumatic Stress Disorder, genetic implications, eating disorders, substance abuse issues, domestic violence, and developmental issues. I provide services to both adolescents and adults from diverse cultural and socioeconomic backgrounds.

#### **Postdoctoral Employment**

September 2000-2003  
Operational Trauma Stress & Support Centre  
FHS/S80  
P.O. Box, 99000, Station Forces  
Halifax, NS B3K 5X5

In this position, I was responsible for assessment and treatment of military members who present with operational Posttraumatic Stress Disorder. I continue to be involved with research design and supervision of research ongoing at the OTSSC. This research is focused on the development of PTSD in military members and is designed to investigate predictors and mediators of this disorder. I provide consultation to other professionals (psychiatrists, medical officers, social workers, outside providers, etc.). I was involved in the development and delivery of presentations to patient groups (psychoeducational programs) and educational outreach initiatives within the military and the broader community.

### **Pre-doctoral Clinical Psychology Internship**

September 1999 to August 2000  
 Queen Elizabeth II Health Sciences Centre  
 Department of Psychology  
 1278 Tower Road  
 Halifax, NS B3K 6A3

Director of Clinical Training: Doug Cane, Ph.D.  
 Supervisors: First Rotation: Chris Bilsbury, Ph.D. and Diane Birch, Ph.D.  
 Second Rotation: Janice Howes, Ph.D. and Michael Vallis, Ph.D.  
 Third Rotation: David Pilon, Ph.D.

This pre-doctoral internship involved completion of three four-month rotations in a minimum of two areas of discipline. I completed two rotations in Mental Health and one in the area of Health Psychology. Experiences included:

- Assessment and therapy with inpatient and outpatient populations, including the treatment of mood and anxiety disorders, posttraumatic stress disorder, issues related to abuse, eating disorders, substance abuse and characterologic disorders.
- Consultation to health care professionals addressing psychological adjustment related to physical health including diabetes, gastrointestinal disorders, cancer, hepatitis C and cardiac risk.
- Psychiatric inpatient group therapy
- Involvement with an interdisciplinary treatment team addressing issues related to an inpatient population
- Facilitation of therapy groups in an eating disorders day-treatment programme and with a psychoeducational group for people diagnosed with hepatitis C.

### **Graduate Clinical Psychology Internship**

July 1998 to July 1999  
 Vermont State Hospital  
 Waterbury, Vermont  
 Supervisors: Elliott Benay, Ph.D. and Larry Thompson, Ph.D.

Vermont State Hospital is a tertiary care facility charged with the stabilization, assessment, treatment and placement of Vermont's most severely "mentally ill" population. The hospital has a male maximum security/forensic unit, a medium security/admissions unit, and an overflow/chronic unit. This internship included:

- Work as a member of an interdisciplinary team providing assessment, therapeutic intervention, and community consultation
- Administer, score, and interpret personality, intelligence, and trauma inventories and tests
- Prepare forensic (risk assessments), personality and trauma related evaluations
- Present cases and formulations at team treatment meetings and hospital rounds
- Provide short and medium term individual and group therapy with people experiencing the effects of severe character disorder, schizophrenia, affective disorders and trauma-related disorders
- Act as a consultant to staff psychiatrists, social workers, and case managers

### **Graduate Clinical Psychology Internship**

July 1997 to June 1998

Seneca Center - Psychiatric Partial Hospitalization Program

Fletcher Allen Health Care, Burlington, VT

Supervisor: Mary Willmuth, Ph.D., Director of Psychology (FAHC)

- a
- Conducted intake assessment and diagnostic interviews and presented cases to treatment team
  - Conducted suicide assessments and developed individualized crisis and safety plans
  - Presenting problems included personality disorders (Borderline Personality Disorder, Antisocial Personality Disorder, Dependent Personality Disorder, Avoidant Personality Disorder), Major Depressive Disorder, Dysthymic Disorder, Bipolar Disorder, Obsessive-Compulsive Disorder, Adjustment Disorder, Posttraumatic Stress Disorder, Schizoaffective Disorder, and concomitant issues related to family violence, substance abuse, relational issues and a variety of psychosocial stressors
  - Led daily group therapy sessions focused on Anger Management, Interpersonal Effectiveness, Problem Solving, Assertiveness Training, and Discharge Planning
  - Co-facilitated a weekly Aftercare Program and a Family Support Group
  - Developed Treatment Plans and Discharge Summaries
  - Trained in Cognitive-Behavioral and Dialectical Behavior Therapy Approaches to treatment
  - Case Management of clients

### **Visiting Scholar and Core Member**

May 1998 to May 1999

Fletcher Allen Health Care Women's Initiative

Supervisor: Dr. Brooke Barss, M.D.

This project supports and facilitates mental health care services that reflect the lived experience of women -- clients and health care providers alike. In a number of different settings, the Women's Initiative membership provides a coordinated, multidisciplinary response to mental health concerns specific to women: through community education topics, case consultation, individual and group therapy, and through community outreach.

- Participate in dialogue and educational activities (e.g. topics and case presentations)
- Participate as a co-therapist in a Women's Postpartum Depression and Anxiety Group
- Attend weekly meetings involving medical and mental health professionals
- Attend weekly Academic Tutorials addressing women's mental and physical health

### **Graduate Clinical Psychology Internship**

July 1996 to June 1997

The University of Vermont Counseling Center

Burlington, VT

Supervisor: Miv London, Ph.D.

- Provided individual and couples therapy to University of Vermont staff, graduate and undergraduate students
- Presenting problems included depression, anxiety, self-harm behaviors and suicidal ideation, sexual assault issues, obsessive-compulsive disorder, eating disorders, adjustment disorders, relational issues, legal issues, substance use and abuse issues.
- Facilitated outreach programs in university residences addressing sexual assault and smoking cessation
- Provided academic and career consultation for students
- Administered and interpreted vocational inventories

### **Family Therapy Team Member**

January 1995 to May 1999

Family Therapy Team, Department of Psychology

The University of Vermont Behavior Therapy and Psychotherapy Center

Supervisor: Phyllis Bronstein, Ph.D.

- Provided family and couples therapy as a co-therapist
- Participated as a reflecting team member
- Trained in Strategic, Family Systems, and Narrative approaches to family and couples therapy
- Presenting problems included relational issues, marital difficulties, child

behavioral issues, child custody issues, SRS custody issues, family violence, family illness, grieving and bereavement issues, unemployment and issues related to poverty and economic stress, school-related child behavioral issues, and parenting behaviors

### **Graduate Clinical Psychology Internship**

January 1996 to May, 1996  
The University of Vermont Counseling Center  
Burlington, VT  
Supervisor: Iren Smolarski, Ph.D.

- Provided individual therapy to undergraduate students
- Presenting problems included adjustment disorders, depression, anxiety, eating disorders, sexual assault, substance use and abuse issues

### **Coordinator of the Family Research Project**

January 1996 to the present  
Family Research Project Team  
The University of Vermont  
Burlington, VT  
Supervisor: Phyllis Bronstein, Ph.D.

This longitudinal research project included investigations of parenting styles, child-parent relationships, child and adolescent adjustment and outcomes, including depression, academic achievement, peer relationships, emotional expressiveness, and self-esteem. Personal research on the team involved an investigation of earlier parenting and family predictors of self-silencing, depression, and emotional expressiveness in late adolescence. I used this data set in my doctoral research.

### **Graduate Intern - Research Assistant**

July 1995 to July 1996  
Department of Mental Health  
Waterbury, VT.  
Supervisor: John Burchard, Ph.D.

- Participated on an evaluation team collecting data and measuring outcomes on service delivery, satisfaction, and behavior of severely emotionally disturbed children, adolescents, and their caregivers.

### **Graduate Intern**

January 1996 to December 1996

Behavior Therapy and Psychotherapy Center  
 The University of Vermont  
 Burlington, VT  
 Supervisor: Karen Fondacaro, Ph.D.

- Participated as a team member in the WAVES Program for women survivors of violent intimate relationships
- Participated in program design and weekly team supervision meetings

### **Research Team Member**

January 1993 to June 1995  
 The Muriel McQueen Fergusson Centre for Family Violence Research  
 University of New Brunswick  
 Fredericton, NB CANADA  
 Supervisor: M. B. Carmen Poulin, Ph.D.

- This federally funded team is involved in research related to women in transition from abusive relationships
- The mandate of the Centre calls for projects to be action oriented in that research will result in an action or response from social, political, community, or educational institutions and bodies
- Participated in a project investigating the services provided by provincial women's and children's shelters, which was presented to the Provincial Government

### **Research Assistant**

January 1993 to December 1994  
 University of New Brunswick  
 Department of Psychology  
 Fredericton, NB CANADA  
 Supervisor: M. B. Carmen Poulin, Ph.D.

- Conducted interviews with women residents in provincial women's shelters
- Conducted open-ended interviews with directors and staff in provincial women's and children's shelters
- Contributed to the design of and piloted a semi-structured interview protocol designed to identify factors influencing women's decisions related to abusive intimate relationships.
- Prepared and presented an unpublished paper to members of the Muriel McQueen Fergusson Centre for Family Violence Research
- Organized and conducted a validation study of the Abuse Myth Acceptance (AMA) Scale developed by Floyd and Poulin (1991).

### **Honours Research Project**

July 1994 to May 1995

Department of Psychology  
 University of New Brunswick  
 Fredericton, NB CANADA  
 Supervisor: E. Sandra Byers, Ph.D.

- Designed and conducted an investigation of attitudes toward dating violence in a population of incarcerated adolescent male offenders many of whom experienced and/or witnessed domestic violence.

### **Employment Experience:**

2000 – Genest Psychological Services Inc.  
 to present

2000 – Operational Trauma Stress and Support Centre (DND) – Clinical/Research  
 2003

1999 - Pre-doctoral Internship - Queen Elizabeth II Health Sciences Centre  
 2000

1998 - Clinical Internship - Vermont State Hospital  
 1999

1997 - Clinical Internship - Seneca Center (Fletcher Allen Health Care)  
 1998

1996 - Clinical Internship - UVM Counseling Center  
 1997

1995 - Research Assistant (University of Vermont)  
 1996

1993 - Research Assistant (University of New Brunswick)  
 1994

1990 - Certified (CADS) Instructor for Disabled Skiers

1987 - Certified (CSIA) Ski Instructor  
 1994 Crabbe Mountain Winter Park, Millville, NB

1985 - Employed in a Family Business  
 1990

### **Professional Workshops:**

2001 – Current Status in the Psychological Assessment & Treatment of PTSD –

Presented by Terence M. Keane, Ph.D., DVA National Centre for PTSD; Fredericton, NB; May 4<sup>th</sup>, 2001.

- 2001 – EMDR Level I Training Workshop – Presented by the EMDR Institute, Inc. with Dr. Steve Silver. Bangor, Maine, March 2-4, 2001.
- 2000 - “The Impact of Witnessing Violence on Children & Adolescents: An Urgent Need for Community Action” - Lecture and Training with Dr. Peter Jaffe, Director of the London Family Court Clinic. Presented by The Nova Scotia Family Violence Prevention Initiative, February 18, 2000.
- 1999 - “Changing Expectations” - Clinical Workshop with Dr. Irving Kirsch, University of Connecticut. Presented by Dalhousie University, Halifax, Nova Scotia, December 3, 1999.
- 1999 - “Introductory Hypnosis Seminar”. Presented by The Clinical Hypnosis Society of Nova Scotia, Halifax, November 5, 6 & 7, 1999.
- 1999 - “Intensive Short-Term Dynamic Psychotherapy” - a Seminar Series presented by Allan Abbass, MD, FRCPC, Director of Psychotherapy, Dalhousie University.
- 1999 - “Interpersonal Therapy for Depression and Borderline Personality Disorder” with Laurie Gillies, Ph.D. Presented by The Association of Psychologists of Nova Scotia, September 27-28, 1999.
- of
- 1999 - “Dissociation in Children, Adolescents, and Adults” - A Conference with Frank W. Putnam. Presented by the Vermont Trauma Institute; June 11, Colchester, VT.
- 1998 - “Depression and It’s Shadowlands (Presented by: Dr. Frederic W. Engstrom)
- 1997 - “Narrative on Tour” - Narrative Therapy Workshop (Presented by: Vicki Dickerson & Jeff Zimmerman)
- 1997 - “Social Justice and Family Therapy” (Presented by: Charles Waldegrave)
- 1993 - Volunteer Work at Sanctuary House - A Women’s and Children’s Shelter Woodstock, NB

### **Publications:**

Fox, Barbara, & Wright, Leanne M. (1996). An investigation of team development in two Vermont catchment areas providing services to severely emotionally disturbed children and their families. Proceedings of the 9th Annual Research Conference: A System of Care for Children’s Mental Health: Expanding the Research Base.

Fox, Barbara, Bronstein, Phyllis, & VanNess Knolls, Michelle (1997). Earlier family factors and self-silencing as predictors of depression in late adolescents: A longitudinal study. (ERIC Document Reproduction Service No. ED 406 021).

### **Symposium Presentations:**

Kamon, Jody, Bronstein, Phyllis, Fox, Barbara, & VanNess-Knolls, Michelle. Family Factors and gender as long-term predictors of adolescent emotional expressiveness and adjustment. Paper read at the 7th Biennial Meeting of the Society for Research on Adolescence, San Diego, CA, February, 1998.

Fox, Barbara, & Wright, Leanne M. An investigation of team development in two Vermont catchment areas providing services to severely emotionally disturbed children and their families. Paper read at the 9th Annual Research & Training Conference For Children's Mental Health, Tampa, FL, February, 1996.

Fox, Barbara, & Wright, Leanne M. An investigation of team development in two Vermont catchment areas providing services to severely emotionally disturbed children and their families. Paper read at The University of Vermont College of Medicine, Grand Rounds, March, 1996.

### **Papers Presented:**

Arsenault, J., Fox, B., Dean, A. & Jetly, R. Collateral Damage: The impact on spouses living with traumatized and dissociative Canadian peacekeepers. Paper presented at the 2003 International Society for the Study of Dissociation (ISSD), Chicago, November 2003.

Cooper, K., Fox, B., Arsenault, J., Jetly, R. Goodland, D. Faces of trauma in Canadian peacekeepers: Dissociation to Psychosis – It ain't just PTSD! Paper presented at the 2003 International Society for the Study of Dissociation (ISSD), Chicago, November 2003.

Jetly, R., Fox, B., Dean, A., & Arsenault, J. Trauma and dissociation: A psychoeducational group approach to treatment. A workshop presented at the 2002 International Society for the Study of Dissociation (ISSD), Baltimore, MD, November, 2002.

Jetly, R. & Fox, B. If he didn't dissociate, would he have PTSD?: A curious case of adaptation to trauma. Paper presented at the 2002 International Society for the Study of Dissociation (ISSD), Baltimore, MD, November, 2002.

Jetly, R. & Fox, B. Operational trauma in a sample of Canadian military peacekeepers: Is the mind keeping the score? Paper presented at the 2001 International Society for the Study of Dissociation (ISSD), New Orleans, November, 2001.

Fox, Barbara, Herrera, Ingrid S., & Knolls, Michelle, L. Parenting as a predictor of adolescent self-silencing and depression: A longitudinal study. Poster presented at the 1999 American Psychological Association Annual Convention, Boston, MA, August, 1999.

Kamon, Jody, Bronstein, Phyllis, Fox, Barbara, & Knolls, Michelle, L. Parenting as a Longitudinal Predictor of Adolescent's Behavioral and Psychological Adjustment. Poster presented at the 1999 American Psychological Association Annual Convention, Boston, MA, August, 1999.

Fox, Barbara & Kamon, Jody. Earlier family factors and emotional expressiveness as predictors of self-silencing in late adolescence: A longitudinal study. Poster presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, New Mexico, April, 1999.

Knolls, Michelle & Fox, Barbara. Child-to-parent interaction as a predictor of adolescents' behavior in dating relationships: A longitudinal study. Poster presented at the biennial meeting of the Society for Research in Child Development, Albuquerque, New Mexico, April, 1999.

Fox, Barbara, Bronstein, Phyllis, & Kamon, Jody. Parenting as a longitudinal predictor of early adolescent self-esteem. Poster presented at the 1998 American Psychological Association Annual Convention, San Francisco August, 1998.

Kamon, Jody, Bronstein, Phyllis, & Fox, Barbara. Family Conflict and Gender: Predictors of Children's Adjustment Over Time. Poster presented at the 1998 American Psychological Association Annual Convention, San Francisco, August, 1998.

Fox, Barbara, Bronstein, Phyllis, & VanNess-Knolls, Michelle. Earlier family factors and self-silencing as predictors of depression in late adolescents: A longitudinal study. Poster presented at the Society for Research in Child Development, Washington, DC, April, 1997.

VanNess-Knolls, Michelle, Bronstein, Phyllis, & Fox, Barbara. Effects of family conflict on adolescents' dating behaviors and attitudes toward marriage:

A longitudinal study. Poster presented at the Society for Research in Child Development, Washington, DC, April, 1997.

VanNess-Knolls, Michelle, Bronstein, Phyllis, Fox, Barbara, & Kamon, Jody. A measure of adolescents' attitudes and behaviors in dating relationships. Poster presented at the Society for Research on Adolescence, San Diego, CA, February, 1998.

### **Teaching Experience:**

- Instructor: Psychology of Women  
Spring 1999  
The University of Vermont
- Instructor: Psychology of Gender, Voice, and Development  
Spring 1998  
The University of Vermont  
Division of Continuing Education
- Instructor: General Psychology  
Summer 1998  
The University of Vermont  
Division of Continuing Education

### **References:**

Dr. Myles Genest  
Genest Psychological Services  
5739 Inglis St.  
Halifax, NS  
(902) 492-2546

Dr. Elliott Benay  
Psychology Department  
Vermont State Hospital  
103 South Main Street  
Waterbury, VT 05671  
(802) 241-3067

Dr. Rakesh Jetly  
Formation Health  
Operational Trauma Stress & Support Centre  
Station Forces, Stadacona  
Halifax, NS  
(902) 427-0550 (8884)

Dr. Michael Vallis  
Queen Elizabeth II Health Sciences Centre  
Bethune Building  
1278 Tower Road

Halifax, NS B3H 2Y9  
(902) 473-2196

Dr. Chris Bilsbury  
Queen Elizabeth II Health Sciences Centre  
9th Floor, Abbie J. Lane Building  
5909 Jubilee Road  
Halifax, Nova Scotia B3H 2E2  
(902) 473-4799

Dr. David Pilon  
Eating Disorders Clinic  
Abbie J. Lane Building  
Queen Elizabeth II Health Sciences Centre  
Halifax, Nova Scotia B3H 2Y9  
(902) 473-6285