

# *Curriculum Vitae*

## *Henny Alice Westra*

### PERSONAL INFORMATION

CITIZENSHIP: Canadian

YEAR OF BIRTH: 1964

ADDRESS: Department of Psychology, Room 127 Behavioral Sciences Bldg, York University, 4700 Keele Street, Toronto, Ontario, Canada, M3J 1P3, Work Phone: (416) 736-2100 ext. 33706, Fax (416) 736-5814; email: [hwestra@yorku.ca](mailto:hwestra@yorku.ca)

### PROFESSIONAL QUALIFICATIONS

2000 to present **Registered Psychologist**, Ontario, Canada,  
College of Psychologists of Ontario, Registration # 3626

1994 - 2000 **Registered Psychologist**, Nova Scotia, Canada  
Nova Scotia Board of Examiners in Psychology, Registration #R0287

1993 - 1994 **Psychologist, Candidates Register**, Nova Scotia, Canada

Since 2002 **Certified Cognitive Therapist**, Academy of Cognitive Therapy

Since 2011 **Certified Therapist**, Canadian Association of Cognitive & Behavioral Therapies

Since 2003 **Member, Motivational Interviewing Network of Trainers**

1993 **Ph.D.** (Clinical Psychology), CPA/APA Accredited Program  
University of Western Ontario, London, Ontario, Canada

1989 **M.A.** (Clinical Psychology), University of Western Ontario  
London, Ontario, Canada

1987 **B.A.** (Honours Psychology), University of Western Ontario  
London, Ontario, Canada

### POSITIONS

July 2005 to present **Associate Professor** (tenured), Department of Psychology  
York University, Toronto, Ontario, Canada

July 2004-June 2005 Assistant Professor, Department of Psychology  
York University, Toronto, Ontario, Canada

2008 to present **Psychologist**, Private Practice (part time)

York University Psychology Clinic, Toronto, Ontario, Canada

- 2004 to 2006      **Psychologist**, Private Practice  
START Clinic, Toronto, Ontario, Canada
- 2000 to 2004      **Clinic Director, Staff Psychologist**, Anxiety & Affective Disorders Service  
London Health Sciences Centre, London, Ontario, Canada
- 1993 - 2000      **Staff Psychologist**, Department of Psychology  
Queen Elizabeth II Health Sciences Centre, Halifax, Nova Scotia, Canada
- 1995 - 1997      **Psychologist**, Private Practice  
Fenwick Psychological Services, Halifax, Nova Scotia, Canada
- 1992 - 1993      **Psychology Predoctoral Intern**, Toronto General Hospital  
CPA/APA Accredited program, Toronto, Ontario, Canada
- 1991 - 1992      **Psychological Consultant**, Bone Marrow Transplant Unit  
University Hospital, London, Ontario, Canada  
Supervisor: Dr. Warren Nielson

### CROSS-APPOINTMENTS

- 2004 – present      **Faculty of Graduate Studies**  
York University, Toronto, Ontario, Canada
- 2003 - 2004      **Scientist**  
Lawson Health Research Institute, London, Ontario, Canada
- 2001 - 2004      **Assistant Professor**, Department of Psychology  
University of Western Ontario, London, Ontario, Canada
- 2001 - 2004      **Assistant Professor**, Department of Psychiatry  
University of Western Ontario, London, Ontario, Canada
- 2001 - 2004      **Clinical Adjunct**, Department of Psychology  
University of Western Ontario, London, Ontario, Canada
- 1999 - 2000      **Assistant Professor**, Department of Psychiatry  
Dalhousie University, Halifax, Nova Scotia, Canada
- 1993 - 2000      **Adjunct Professor**, Department of Psychology  
Dalhousie University, Halifax, Nova Scotia, Canada

### HONOURS AND AWARDS

- 2012      Amethyst Award for Outstanding Achievement, Ontario Public Servants; as a member of the Ontario Minister's Advisory Group, Mental Health and Addictions Strategy Team which lead to the development of Ontario's Comprehensive Mental Health & Addictions Strategy "Open Minds, Healthy Minds"

- 2006-2011 New Investigator Award, Canadian Institute for Health Research, \$55,000 per annum
- 2009 Profiled in J. Hunsley & C. Lee "Introduction to Clinical Psychology: An Evidence-Based Approach", Wiley.
- 2009 Charlotte & Karl Buehler Award, For Advances in Humanistic Research, Awarded to Psychotherapy Researchers in the Clinical Area, York University (Rennie, Greenberg, Angus, Toukmanian, Westra, Pos, Reid)
- 2005, 2006 Psychology Department Nominee for Dean's Award for Outstanding Research, Untenured Faculty Level, York University
- 2002 Bonnie Adamson Quality & Innovation Award, Anxiety & Affective Disorders Service, Awarded by the London Health Sciences Centre
- 1990 - 1992 Medical Research Council of Canada Studentship
- 1989-1990 Ontario Graduate Scholarship  
1987-1988 Ontario Graduate Scholarship
- 1987-1990 University of Western Ontario, Special University Scholarship
- 1987 University of Western Ontario  
Nominated for the Lieutenant Governor General's Award for Outstanding Achievement at the Masters Level
- 1987 University of Western Ontario, Graduate Entrance Scholarship

**RESEARCH GRANTS AWARDED (N = 15)**

- 2011-2016 Canadian Institute of Health Research, Operating Grant  
*Adding Motivational Interviewing to CBT for Severe Generalized Anxiety Disorder*  
Drs. H. Westra, M. Constantino, & M. Antony  
\$794,178
- 2009 Public Health System Improvement Meeting Grant, Canadian Institute of Health Research  
*Strengthening mental health services in primary care: Using Web technologies to support evidence-based decision making by the public and health professionals*  
Drs. J. Walker, N. Vincent, D. Santor, H. Westra, & K. Ryan-Nichols  
\$15,000
- 2008-2013 Canadian Institute of Health Research, New Emerging Teams Grant. *Pathways to Mental Health Treatment: Mobilizing Knowledge to Improve Consumer Decision-Making, Advocacy, and Access*; H.A. Westra (co-applicant; 10% effort), With J. Walker (PI), R. Swinson, D. Phipps, L. Rose-Krasnor, L. Angus, C. Cunningham, J. Eastwood, M. Marcus, K. Ryan-Nicholls, J. Sareen, P. Furer & Centre for Excellence in Youth Engagement, Youth Net, York University Knowledge Mobilization Unit, Canadian Psychological Association, Canadian Psychiatric Association, Mood Disorders Society of Canada, Anxiety Disorders Association of Canada, Registered Psychiatric Nurses of Canada, Centre for Excellence in Public Sector Marketing, North American Society for Psychotherapy Research, Canadian Mental Health Association, Children's Mental Health Ontario, Ontario Psychological Association, Centre for Studies in Family Medicine (University of Western

Ontario), Hamilton Family Health Team, Ontario Ministry of Health and Long-Term Care, and Pathways for Children, Youth & Families York Region.  
\$1,500,000

- 2005 -2009 National Institute of Mental Health, Treatment Development Grant (R34 MH072615)  
*Motivational Interviewing and Cognitive Behavioral Therapy for Generalized Anxiety*  
Drs. H.A. Westra, H. Arkowitz, D.J.A. Dozois  
\$405,000 (USD)
- 2004-2006 Faculty of Arts Research Grant, York University  
*Impact of a Treatment Rationale on Expectancy for Change & Engagement in Cognitive Behavioral Therapy for Social Anxiety*  
Dr. H. Westra  
\$5,000
- 2004 Social Sciences & Humanities Research Council, Internal Grant, York University  
*Impact of a Treatment Rationale on Expectancy for Change & Engagement in Cognitive Behavioral Therapy for Social Anxiety*  
Dr. H. Westra  
\$2,700 (declined)
- 2004-2006 Ontario Mental Health Foundation  
*Mechanisms of Cognitive Change in Cognitive Therapy for Depression*  
Drs. D. Dozois, H. Westra, P. Bieling, I. Patelis-Siotis  
\$147,770
- 2004-2005 Department of Psychiatry, University of Western Ontario  
*Optimism, Homework Compliance, and Cognitive Behavioural Therapy Outcome in Anxiety*  
Drs. H. Westra & D.J.A. Dozois  
\$5,000
- 2002 - 2003 Academic Development Fund, University of Western Ontario  
*Motivational Enhancement Therapy for Treatment Resistant Anxiety Disorders;*  
Drs. D. Dozois & H. Westra  
\$73,228
- 2002 - 2003 Department of Psychiatry, University of Western Ontario  
*Impact of Motivational Interviewing on Medication Compliance in Bipolar Mood Disorder;*  
Dr. D. Whitney, Dr. H. Westra, E. Phoenix  
\$5,000; Declined
- 2001 Faculty of Social Science Alumni Research Award, University of Western Ontario  
*Stages of Change in the Cognitive Behavioural Treatment of Anxiety;*  
Drs. D. Dozois, H. Westra, T. Hill  
\$3,000
- 2001 Academic Development Fund, University of Western Ontario  
*Readiness for Change and the Treatment of Anxiety;* Drs. D. Dozois, H. Westra, T. Hill  
\$7,500
- 2001 Industrial Research Assistantship Program

*Evaluating the Efficacy of Virtual Reality Versus Standard Interoceptive Exposure in Panic Disorder;*

L. Shembri, Drs. H. Westra, D. Dozois, G. Campbell  
\$15,000

2000 - 2001 Queen Elizabeth II Health Sciences Centre Research Grant  
*The Effects of Selective Serotonin Reuptake Inhibitors on the Outcome of Cognitive Behavioural Therapy for Panic Disorder;* Drs. H. Westra, S. Stewart, K. Johl, M. Teehan, D. Dozois  
\$4,400

1999 - 2000 Department of Psychiatry Research Grant, Dalhousie University  
*A Randomized Study of the Effects of Two Regimens of Clonazepam on Cognitive Behavioural Therapy Outcome for Panic Disorder*  
Drs. S. Stewart, H. Westra, K. Johl, M. Teehan, D. Dozois  
\$5,000

1998- 1999 Queen Elizabeth II Health Sciences Centre Research Grant  
*A Randomized Study of the Effects of Two Regimens of Clonazepam on Cognitive Behavioural Therapy Outcome for Panic Disorder.*  
Drs. H. Westra, S. Stewart, K. Johl  
\$10,500

#### **INDUSTRY FUNDING**

2005-2007 Wyeth Pharmaceuticals  
*Predictors of Detection & Help-Seeking for Mood and Anxiety Disorders in Primary Care*  
Add-on to the Study “Development of the Primary Care Mood and Anxiety Disorders Diagnoser”  
Katzman, M., Unger, T., Westra, H.A. & Marcus, M.  
\$49,310

#### **RESEARCH GRANT DECISIONS PENDING**

Fergus, K., Pos, A., & Westra, H.A. (Co-PIs). Academic Innovation Fund, York University. **Project Title:** Perceiving Between the Lines: Developing Innovative eCurriculum to Enhance Psychotherapist Perceptual Acuity and Responsivity Across All Levels of Training; \$200,000; 2016-2018

#### **PUBLICATIONS/PRESENTATIONS SUMMARY**

59	Number of peer-reviewed articles
10	Number of non-peer-reviewed articles
2	Number of manuscripts currently under review or in preparation
10	Number of book chapters
2	Number of books
143	Number of Academic Conference Presentations

#### **REFEREED PUBLICATIONS**

- 2015 Hara, K.M., Westra, H.A., Aviram, A., Button, M.L., Constantino, M.J., & Antony, M.M. Therapist Awareness of Client Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder. *Cognitive Behavior Therapy*, 44, 162-174.
- 2015 Vella-Zarb, R., Mills, J.S., Westra, H., Carter, J.C., & Keating, L. (2015). A randomized controlled trial of motivational interviewing for binge eating. *International Journal of Eating Disorders*, 48, 328-332. doi: 10.1002/eat.22242.
- In press Sijercic, I., Button, M.L., Westra, H.A., & Hara, K.M. The interpersonal context of client motivational language in cognitive behavioral therapy. *Psychotherapy*.
- 2015 Button, M.L., Westra, H.A., Hara, K.M., & Aviram, A. Disentangling the impact of resistance and ambivalence on therapy outcomes in cognitive behavioural therapy for generalized anxiety disorder. *Cognitive Behavioural Therapy*, 44, 44-53.
- 2014 Dozois, D.J.A, Bieling, P.J., Evraier, L.E., Patelis-Siotis, I., Hoar, L., Chudzik, S., McCabe, K., & Westra, H.A. Changes in core beliefs (early maladaptive schemas) and self-representation in cognitive therapy and pharmacotherapy for depression. *International Journal of Cognitive Therapy*, 7(3), 217-234.
- 2014 Cunningham, C. E., Walker, J., Eastwood, J. Westra, H., Rimas, H., Chen, Y., Marcus, M. Swinson, R., Bracken, K. & the Mobilizing Minds Research Group. Modeling Mental Health Information Preferences during the Early Adult Years: A Discrete Choice Conjoint Experiment. *Journal of Health Communication*, 19, 413-440.
- 2014 Hunter, J.A., Button, M.L., & Westra, H.A. Ambivalence and alliance ruptures in cognitive behavioral therapy for generalized anxiety. *Cognitive Behavioral Therapy*, 43(3), 201-208.
- 2014 Lombardi, D., Button, M., & Westra, H.A. Measuring Motivation: Change Talk and Counter-Change Talk in Cognitive Behavioral Therapy for Generalized Anxiety. *Cognitive Behavioural Therapy*, 43, 12-21
- 2014 Gaskovski, P, Cavaliere, C., Mercer-Lynn, K.B., Westra, H.A., & Eastwood, J.D. Mapping good therapy sessions: A pilot study of within-session affect. *Journal of Contemporary Psychotherapy*, 44(1), 21-29.
- 2014 Nunes, M.S.P., Walker, J.R., Syed, T., De Jong, M., Stewart, D., Provencher, M., Swinson, R., Ferrari, J., Furer, P., & the Mobilizing Minds Research Group. A national survey of student extended health insurance programs in post-secondary institutions in Canada: Limited support for students with mental health problems. *Canadian Psychology*, 55(2), 101-109.
- 2014\* Nunes, M., Walker, J.R., Syed, T., De Jong, M., Stewart, D., Provencher, M.D., Swinson, R., Ferrari, J, Furer, P., & the Mobilizing Minds Research Group. A national survey of student extended health insurance programs in post-secondary institutions in Canada: Limited support for students with mental health problems *Canadian Psychology*, 55(2).  
\* Co-investigator for the Mobilizing Minds Research Group.
- 2014\* Reynolds, K., Walker J., Walsh, K. & the Mobilizing Minds Research Group. How well do websites concerning children's anxiety answer parents' questions about treatment choices? *Clinical Child Psychology and Psychiatry*. Published online before print May 14, 2014, doi: 10.1177/1359104514534948.

\* Co-investigator for the Mobilizing Minds Research Group.

- 2014\* Stewart, D. W., Walker, J. R., Beatie, B., Reynolds, K., Hahlweg, K., Leonhart, M., Tulloch, A., & the Mobilizing Minds Research Group. Postsecondary students' information needs and pathways for help with stress, anxiety, and depression. *Canadian Journal of Counselling & Psychotherapy*, 48, 356–374.  
\* Co-investigator for the Mobilizing Minds Research Group.
- 2013 Westra, H.A. & Aviram, A. Core Skills in Motivational Interviewing. *Psychotherapy Theory, Research, Practice, Training*, 50(3), 273-278.
- 2013 Weiss, C. V., Mills, J. S., Westra, H. A., Carter, J. C. A Preliminary Study of Motivational Interviewing as a Prelude to Intensive Treatment for an Eating Disorder. *Journal of Eating Disorders*, 1:34.
- 2013 Burns, D. D., Westra, H. A., Trockel, M., & A. Fisher  
Motivation and Rapid Changes in Depression in Two Inpatient Samples. *Cognitive Therapy & Research*, 37, 368-379
- 2012 Ahmed, M., Westra, H.A., & Constantino, M.J. Early Therapy Interpersonal Process Differentiating Clients High and Low in Outcome Expectations. *Psychotherapy Research*, 22, 731-745.
- 2012 Marcus, M., Westra, H.A., Eastwood, J., Barnes, K., & the Mobilizing Minds Research Group. What are young adults saying about mental health? A qualitative analysis of internet blogs. *Journal of Medical and Internet Research*, 14(1), 303-317.
- 2012 Marcus, M., Westra, H.A., & the Mobilizing Minds Research Team. Mental Health Literacy in Canadian Young Adults: Results of a National Survey. *Canadian Journal of Community Mental Health*, 31, 1-15.
- 2012 Westra, H. A., Aviram, A., Connors, L., Kertes, A., & Ahmed, M.  
Therapist Emotional Reactions and Client Resistance in Cognitive Behavioral Therapy. *Psychotherapy Theory, Research, Practice, Training*, 46, 163-172
- 2011 Westra, H. A., Aviram, A., & Doell, F. Extending Motivational Interviewing to the Treatment of Major Mental Health Problems: Current Directions and Evidence. *Canadian Journal of Psychiatry*, 56(11), 643-650.
- 2011 Aviram, A. & Westra, H.A. The Impact of Motivational Interviewing on Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder, *Psychotherapy Research*, 21(6), 698-708.
- 2011 Westra, H.A., Constantino, M., Arkowitz, H.A., & Dozois, D. J. A.  
Therapist Differences in Cognitive Behavioral Therapy for Generalized Anxiety Disorder: A Pilot Study. *Psychotherapy Theory, Research, Practice, Training*, 48, 283-292
- 2011 Westra, H.A., Constantino, M. J., & Aviram, A. The Impact of Alliance Ruptures on Client Outcome Expectations in Cognitive Behavioral Therapy. *Psychotherapy Research*, 21(4), 472-481.
- 2011 Marcus, M., Westra, H.A., Angus, L., & Kertes, A. Client experiences of Motivational Interviewing for Generalized Anxiety Disorder, *Psychotherapy Research*, 21(4), 447-461.

- 2011 Marcus, M., Westra, H.A., & Vermani, M. & Katzman, M. Patient Predictors of Detection of Depression and Anxiety Disorders in Primary Care. *Journal of Participatory Medicine*, 3(15).
- 2011 Westra, H. A. Comparing the predictive capacity of observed in-session resistance to self-reported motivation in cognitive behavioral therapy. *Behavior Research and Therapy*, 49, 106-113.
- 2011 Kertes, A., Westra, H.A., Angus, L., & Marcus, M. Client Experiences of Cognitive Behavioral Therapy for Generalized Anxiety Disorder: The Impact of Adding Motivational Interviewing. *Cognitive & Behavioural Practice*, 18, 55-69
- 2011 Westra, H.A. & Arkowitz, H. (guest editors). Introduction. Special Issue on Integrating Motivational Interviewing with Cognitive Behavioral Therapy for a Range of Mental Health Problems. *Cognitive and Behavioral Practice*, 18, 1-4
- 2010 Westra, H.A., Aviram, A., Barnes, M., & Angus, L. Therapy Was Not What I Expected: A Grounded Theory Analysis of Discordance between Client Expectations and Experience of Cognitive Behavioural Therapy. *Psychotherapy Research*, 20, 436-446.
- 2009 Westra, H.A., Arkowitz, H., & Dozois, D.J.A. Adding a Motivational Interviewing Pretreatment to Cognitive Behavioral Therapy for Generalized Anxiety Disorder: A Preliminary Randomized Controlled Trial. *Journal of Anxiety Disorders*, 23, 1106-1117. NIHMS ID: 132159
- 2009 Arkowitz, H. & Westra, H.A. Introduction. Special Issue on Motivational Interviewing & Psychotherapy. *Journal of Clinical Psychology: In Session*, 65(11), 1149-1155.
- 2009 Ahmed, M. & Westra, H.A. Impact of a Treatment Rationale on Expectancy and Engagement in Cognitive Behavioural Therapy for Social Anxiety. *Cognitive Therapy and Research*, 33, 314-322.
- 2009 Dozois, D.J.A., Bieling, P.J., Patelis-Siotis, I., Hoar, L., Chudzik, S., McCabe, K. & Westra, H.A. Changes in Self-Schema Structure in Cognitive Therapy for Major Depressive Disorder *Journal of Consulting & Clinical Psychology*, 77, 1078-1088.
- 2008 Covin, R., Dozois, D.J.A. & Westra, H.A. An Evaluation of the Psychometric Properties and Clinical Utility of the Consequences of Worry Scale (COWS). *Cognitive Therapy and Research*, 32(1), 133-142
- 2008 Ahmed, M., Westra, H.A., & Stewart, S.H. A Self-Help Handout for Benzodiazepine Discontinuation Using Cognitive Behavioural Therapy. *Cognitive and Behavioural Practice*, 15, 306-324
- 2007 Westra, H.A., Dozois, D.J.A., & Marcus, M. Early improvement, expectancy, and homework compliance as predictors of outcome in cognitive behavioural therapy for anxiety. *Journal of Consulting and Clinical Psychology*, 75(3), 363-373.
- 2006 Westra, H.A. & Dozois, D.J.A. Preparing Clients for Cognitive Behavioural Therapy: A Randomized Pilot Study of Motivational Interviewing for Anxiety. *Cognitive Therapy and Research*, 30, 481-498
- 2006 Westra, H.A., Eastwood, J., Bouffard, B., & Gerritson, C. Psychologists Pursuit of Prescriptive Authority: Does it Meet the Goals of Canadian Health Care Reform? *Canadian Psychology*, 47, 77-95.



- 2005 Dozois, D.J.A. & Westra, H.A. Development of the Anxiety Change Expectancy Scale (ACES) and Validation in College, Community, and Clinical Samples. *Behaviour Research and Therapy*, 43, 1655-1672.
- 2005 Marcus, M., Westra, H., & Katzman, A. Panic Disorder. <http://pier.acponline.org/physicians/diseases/d780/d780.html>. In: PIER [online database]. Philadelphia, American College of Physicians.
- 2005 Collins, K., Westra, H.A., Dozois, D.J.A., & Stewart, S.H. The Validity of the Brief Form of the Fear of Negative Evaluation Scale. *Journal of Anxiety Disorders*, 19, 345-359.
- 2004 Arkowitz, H. & Westra, H.A. Integrating Motivational Interviewing and Cognitive Behavioural Therapy in the Treatment of Depression and Anxiety. *Journal of Cognitive Psychotherapy*, 18(4), 337-350.
- 2004 Westra, H.A. Managing Resistance in Cognitive Behavioural Therapy: Application of Motivational Interviewing in Mixed Anxiety Depression. *Cognitive Behaviour Therapy*, 33, 161-175.
- 2004 Collins, K., Westra, H.A., Dozois, D.J.A., & Burns, D.D. Gaps in Accessing Treatment for Anxiety and Depression: Challenges for the Delivery of Care. *Clinical Psychology Review*, 24(5), 583-616.
- 2004 Dozois, D.J.A., Westra, H.A., Collins, K.A., Fung, T.S., & Garry, J.K.F. Stages of change in anxiety: Psychometric properties of the University of Rhode Island Change Assessment (URICA) scale. *Behaviour Research and Therapy*, 42, 711-729.
- 2004 Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D.J.A., & Hill, T. Benzodiazepine use associated with decreased memory for psychoeducation material in cognitive behavioural therapy for panic disorder. *Cognitive Therapy and Research*, 28, 193-208.
- 2003 Westra, H.A. & Phoenix, E. Motivational Enhancement Therapy in Two Cases of Anxiety Disorder: New Responses to Treatment Refractoriness. *Clinical Case Studies*, 2, 306-322.
- 2002 Westra, H.A., Dozois, D.J.A. & Boardman, C. Correlates of treatment change and engagement in cognitive behavioural group therapy for depression. *Journal of Cognitive Psychotherapy: An International Quarterly*, 16, 227-241
- 2002 Westra, H.A., Stewart, S.H., & Conrad, B.E. Naturalistic manner of benzodiazepine use and cognitive behavioural therapy outcome in panic disorder with agoraphobia. *Journal of Anxiety Disorders*, 16, 233-246.
- 2002 Westra, H.A. & Stewart, S.H. As-needed administration of benzodiazepines: Incidence and implications. *Current Pharmaceutical Design*, 8, 59-74.
- 2002 Stewart, S.H. & Westra, H.A.

- Benzodiazepines: From the bench to the clinic.  
*Current Pharmaceutical Design*, 8, 1-3.
- 2000 Stewart, S.H., Westra, H.A., Thompson, C.E., & Conrad, B.E.  
Effects of naturalistic benzodiazepine use on the selective processing of threat cues among anxiety disorder patients.  
*Cognitive Therapy and Research*, 24, 67-85.
- 2000 Westra, H.A., Boardman, C. & Moran-Tynski, S.  
The impact of providing pre-assessment information on no-show rates.  
*Canadian Journal of Psychiatry*, 45, 572.
- 1998 Westra, H.A. & Stewart, S.H.  
Cognitive behavioural therapy and pharmacotherapy: Complementary or contradictory approaches to the treatment of anxiety?  
*Clinical Psychology Review*, 13, 307-340.
- 1997 Westra, H.A. & Kuiper, N.A.  
Cognitive content specificity in selective attention across four domains of maladjustment.  
*Behaviour Research and Therapy*, 35, 349-365.
- 1996 Westra, H.A. & Kuiper, N.A.  
Communality and specificity of dysfunctional cognition and the prediction of four different forms of maladjustment.  
*Personality and Individual Differences*, 20, 575-588.
- 1992 Westra, H.A. & Kuiper, N.A.  
Type A, Irrational Cognitions, and Situational Factors Relating to Stress.  
*Journal of Research in Personality*, 26, 1-20.
- 1989 Martin, R.A., Kuiper, N.A. & Westra, H.A.  
Cognitive and affective components of the Type A Behaviour pattern: Preliminary evidence for a self-worth contingency model.  
*Personality and Individual Differences*, 10, 771-784.

#### **NON-REFEREED PUBLICATIONS**

- 2016 Rolling with Resistance  
*The Integrative Therapist*  
Newsletter of the Society for the Exploration of Psychotherapy Integration
- 2011 Westra, H.A.  
*Reducing Resistance in Cognitive Behavioral Therapy*  
Advances in Cognitive Therapy.
- 2010 Dozois, D. J. A., Bieling, P. J., Patelis-Siotis, I., Hoar, L., Chudzik, S., McCabe, K., & Westra, H. A.  
*Cognitive therapy shifts self-schema structure in major depressive disorder*. Advances in Cognitive Therapy.
- 2009 Westra, H.A.  
*Adding Motivational Interviewing to CBT for Anxiety*.  
Psychotherapy Bulletin

- 2009 Westra, H.A., Eastwood, J., Bouffard, B., & Gerritson, C.  
*Should Prescriptive Authority be in the Future of Canadian Clinical Psychology?*  
Newsletter of the Ontario Psychological Association, March
- 2007 Westra, H.A.  
*Client Experiences of MI*  
MINUET, (newsletter of the Motivational Interviewing Network of Trainers), 13 (3), 17-18.
- 2006 Westra, H.A.  
*MI Adapted for Anxiety*  
MINT Bulletin, (newsletter of the Motivational Interviewing Network of Trainers), 13. 35-37.
- 2004 Westra, H.A.  
*Thoughts on Influence*  
MINT Bulletin (newsletter of the Motivational Interviewing Network of Trainers), 11, 41-42.
- 2004 Westra, H.A.  
*Anxiety Change Expectancy: Nuisance Variable or Important Explanatory Construct?*  
MINT Bulletin (newsletter of the Motivational Interviewing Network of Trainers), 11, 10.
- 2002 Dozois, D.J.A. & Westra, H.A.  
*Enhancing Outcome in Cognitive Therapy for Anxiety.*  
Cognitive Therapy
- 1999 Westra, H.A.  
*The role of benzodiazepines in cognitive behavioural therapy. Research Profile.*  
QE II Centre for Clinical Research: Research News.
- 2000 Westra, H.A.  
*Applied research in Nova Scotia: Bridging the gap between science and practice.*  
Nova Scotia Psychologist, March, Editor.
- 2000 Westra, H.A.  
*Clinical research on benzodiazepines and cognitive behavioural therapy for anxiety disorders.*  
Nova Scotia Psychologist, March.

### **BOOK CHAPTERS**

- In press Westra, H.A. & Hara, K. *Motivational Interviewing for Generalized Anxiety Disorder*. Etchebarne, I (Ed.), Evidence Based theoretical models and psychotherapeutic approaches for Generalized Anxiety Disorder.
- 2015 Westra, H.A. & Aviram, A.  
*Integrating Motivational Interviewing in the Treatment of Anxiety*  
In Arkowitz, H., Miller, W.R., & Rollnick, S. (Eds.), Motivational Interviewing in the Treatment of Psychological Problems (2<sup>nd</sup> Ed.) (pps 83-109), Guilford Press.
- 2013 Westra, H.A. *Using Motivational Interviewing to Manage Resistance in Therapy*. In Hofmann, S.G., Dozois, D.J.A., Smits, J.A.J., & Rief, W. (Eds.), Cognitive Behavioral Therapy: A Complete Reference Guide (pp 331-352). Wiley-Blackwell.

- 2012 Constantino, M. J. & Westra, H. A. *An Expectancy-Based Approach to Corrective Experiences in Psychotherapy*. In L. G. Castonguay & C. E. Hill (Eds.), *Transformation in Psychotherapy: Corrective Experiences Across Cognitive, Behavioral, Humanistic, and Psychodynamic Approaches* (pp 121-139). Washington, DC: American Psychological Association.
- 2010 Westra, H.A., & Arkowitz, H. *Combining Motivational Interviewing and Cognitive Behavioural Therapy to Increase Treatment Efficacy for Generalized Anxiety Disorder*. Pp 199-232 in D. Sookman & B. Leahy (Eds.), Resolving Treatment Impasses with Resistant Anxiety Disorders. Routledge.
- 2008 Arkowitz, H., Miller, W.R., Westra, H.A., & Rollnick, S. *Motivational Interviewing and the Promotion of Mental Health: Conclusions and Further Directions*. Pp. 324-342 in Arkowitz, H., Westra, H.A., Miller, W.R., & Rollnick, S. (Eds.), Motivational Interviewing in the Treatment of Psychological Problems, Guilford Press.
- 2008 Westra, H.A. & Dozois, D.J.A. *Integrating Motivational Interviewing in the Treatment of Anxiety* Pp 26-56 in Arkowitz, H., Westra, H.A., Miller, W.R., & Rollnick, S. (Eds.), Motivational Interviewing in the Treatment of Psychological Problems, Guilford Press.
- 2004 Dozois, D.J.A. & Westra, H.A. *The nature of anxiety and depression: Implications for prevention*. Pp. 9-41 in D.J.A. Dozois & K.S. Dobson (Eds.), The Prevention of Anxiety & Depression: Theory, Research and Practice. Washington: American Psychological Association.
- 2004 Dozois, D.J.A., Dobson, K.S., & Westra, H.A. *The Comorbidity of anxiety and depression and the Implications of Comorbidity for Prevention*. Pp. 261-280 in D.J.A. Dozois & K.S. Dobson (Eds.), The Prevention of Anxiety & Depression: Theory, Research and Practice. Washington: American Psychological Association.

### BOOKS

Westra, H.A.

*Motivational Interviewing in the Treatment of Anxiety (2012)*

New York: Guilford Press

Translations: Korean, Hebrew, Polish

Arkowitz, H., Westra, H.A., Miller, W.R., & Rollnick, S. (Eds.; 2008)

*Motivational Interviewing in the Treatment of Psychological Problems*

New York: Guilford Press

Translations: Japanese, Dutch, Korean, Italian, Portuguese, Chinese, German, French

### MANUSCRIPTS SUBMITTED OR IN PREPARATION

Hara, K.M., Westra, H.A., Constantino, M.J., & Antony, M.M. The impact of resistance on empathy in cognitive behavioral therapy for generalized anxiety disorder. *Psychotherapy Research*.

Aviram, A., Westra, H.A., Constantino, M.J., & Antony, M.M. Context responsivity: Managing resistance in cognitive behavioral therapy. *Journal of Consulting and Clinical Psychology*.

Kertes, A., Aviram, A., & Westra, H.A. The impact of motivational interviewing on interpersonal process

following presentation of the treatment rationale in cognitive behavioral therapy. *Journal of Clinical Psychology and Psychotherapy*.

Westra, H.A., Constantino, M.J., & Antony, M.M. Integrating motivational interviewing with cognitive behavioral therapy for severe generalized anxiety disorder: An allegiance controlled trial. *Journal of Consulting and Clinical Psychology*.

Hara, K.M., Westra, H.A., Aviram, A., Constantino, M.J., & Antony, M.M. Empathy and homework compliance in cognitive behavioral therapy for generalized anxiety disorder. *Cognitive Behavior Therapy*.

Khattra, J., Angus, L., Westra, H., Macaulay, C., Moertl, K., & Constantino, M. Client Perspectives on Corrective Experiences in Cognitive Behavioural Therapy and Motivational Interviewing for Generalized Anxiety Disorder: A Qualitative Study. *British Journal of Psychotherapy*.

Angus, L. & Westra, H.A. Enhancing Therapist Responsiveness to client indicators of ambivalence and change: A Process-Guided Approach to Managing Ambivalence. In L.G. Castonguay & C.E. Hill (Eds.), *Therapist effects: Toward understanding how and why some therapists are better than others*. Washington, DC: American Psychological Association.

#### **ACADEMIC CONFERENCE PRESENTATIONS**

Westra, H.A., Constantino, M.J., & Antony, M.M. (2016). *An Allegiance-Controlled RCT of Motivational Interviewing Integrated with CBT for Severe Generalized Anxiety: Primary Outcomes*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Constantino, M.J. Westra, H.A., Antony, M.M., & Coyne, A.E. (2016). *Integrative motivational interviewing and cognitive-behavioral therapy for generalized anxiety disorder: Secondary outcomes of a randomized controlled trial*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Button, M.L., Westra, H.A., Constantino, M.J., & Antony, M.M. (2016). *Client Ambivalence as a Moderator of Treatment Outcomes in MI and CBT for Generalized Anxiety*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Hara, K. M., Westra, H. A., Constantino, M. J., & Antony, M. M. (2016). *Therapist Awareness of Client-Identified Alliance Ruptures in Cognitive-Behavioral Therapy*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Mamedova, K., Westra, H.A., Constantino, M.J., & Antony, M.M. (2016). *Initial Expectations as a Moderator of the Impact of Resistance on Outcome Expectations in Cognitive-Behavioral Therapy*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Coyne, A.E., Constantino, M.J., Laws, H.B., Westra, H.A., & Antony, M.M. (2016). *Patient-therapist convergence in alliance ratings as a predictor of outcome in psychotherapy for generalized anxiety disorder*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

Goodwin, B.J., Constantino, M.J., Westra, H.A., Button, M. & Antony, M.M. (2016). *Client Motivational Language as a Predictor of Change in Worry During Acute Treatment for Generalized Anxiety Disorder*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.

- Romano, F.M., Constantino, M.J., Coyne, A.E., Westra, H.A., & Antony, M.M. (2016). *Client autonomy taking as a mediator of long-term outcome in cognitive-behavioral therapy integrated with motivational interviewing for generalized anxiety*. Paper to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.
- Morrison, N.R., Batting, E., Constantino, M.J., Westra, H.A., & Antony, M.M. (2016). *A thematic analysis of patients' experiences of completing an interpersonal process recall interview*. Poster to be presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Dublin, Ireland.
- Westra, H.A., Constantino, M.J., & Antony, M.M. (2015). *Motivational Interviewing and Cognitive Behavioral Therapy for Severe Generalized Anxiety: Outcomes of an Allegiance-Controlled RCT*. Paper presented at the annual meeting of the Association for the Advancement of Behavioral and Cognitive Therapy, Chicago.
- Hara, K. M., Westra, H. A., Aviram, A., Button, M. L., Constantino, M. J., & Antony, M. M. (2015, June). *Examining the impact of therapist awareness of client resistance on treatment outcomes in cognitive-behavioural therapy*. Poster accepted for presentation at the 76th Annual Canadian Psychological Association Convention, Ottawa, ON.
- Button, M.L., Westra, H.A., Constantino, M.J. & Antony, M.M. (2015). *Using in-session change talk and counter-change talk to predict outcomes in cognitive behavioral therapy: A replication study*. Poster to be presented at the Annual Meeting of the American Psychological Association, Toronto, Canada.
- Hara, K.M., Westra, H.A., Constantino, M.J., & Antony, M.M. (2015). *The Impact of Resistance on Empathy in Cognitive-Behavioral Therapy*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Goodwin, B.J., Constantino, M.J., Westra, H.A., Button, M. & Antony, M.M. (2015). *Change-talk and Counter-Change Talk as Predictors of Change Trajectories and Time to Response in Two Treatments for Severe Generalized Anxiety*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Morrison, N.R., Constantino, M.J., Westra, H.A., & Kertes, A., & Antony, M.M. (2015). *Using Interpersonal Process Recall to Examine Patients' Accounts of Resistance in Psychotherapy for Generalized Anxiety*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Mamedova, K., Westra, H.A., Constantino, M.J., & Antony, M.M. (2015). *The Impact of Resistance on Client and Therapist Outcome Expectations in Cognitive-Behavioral Therapy*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Constantino, M.J. Westra, H.A., & Antony, M.M. (2015). *Mediators of treatment effects in a randomized trial testing the efficacy of augmenting CBT with motivational interviewing for severe generalized anxiety*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Westra, H.A., Constantino, M.J., & Antony, M.M. (2015). *Motivational Interviewing and Cognitive Behavioral Therapy for Severe Generalized Anxiety: Outcomes of an Allegiance-Controlled RCT*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Button, M.L., Westra, H.A., Constantino, M.J., & Antony, M.M. (2015). *Client Motivation as a Moderator of Treatment Outcomes in MI-CBT for Generalized Anxiety*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.

- Khattra, J., Angus, L., Macaulay, C., & Westra, H. (2015). *Corrective experiences in motivational interviewing and cognitive behavioral therapy for generalized anxiety disorder*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Macaulay, C., Angus, L., Westra, H., Carpenter, N., & Bryntwick, E. (2015). *Narrative-emotion processes in motivational interviewing and cognitive behavioral therapy for generalized anxiety disorder*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia.
- Hara, K.M., Westra, H.A., Constantino, M.J., Antony, M.M., & Button, M.L. (2014). *Therapist Awareness of Client Resistance*. Paper presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Montreal.
- Hara, K.M., Aviram, A., Westra, H.A., Flora, D., Constantino, M.J., Button, M.L., & Antony, M.M. (2014). *Therapist Awareness of Client Outcome Expectations*. Poster presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Montreal.
- Button, M. Westra, H.A., & Hara, K. (2014). *Ambivalence and homework compliance in Cognitive Behavioral Therapy: A replication*. Paper presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Montreal.
- Button, M., Westra, H.A., & Hara, K. (2014). *Disentangling the impact of resistance and ambivalence on therapy outcomes*. Poster presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Montreal.
- Khattra, J., Angus, L., Macaulay, C., & Westra, H. (2014). *Client perspectives on corrective experiences in cognitive behavioural therapy and motivational interviewing for generalized anxiety disorder: A pilot study*. Paper presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Montreal.
- Button, M. & Westra, H.A. (2013). *Disentangling the impact of client resistance and ambivalence on therapy outcomes*. Paper presented at the North American Society for Psychotherapy Research, Memphis, USA.
- Aviram, A., Westra, H.A., Constantino, M.J., & Antony, M.M. (2013). *Therapist awareness of client outcome expectations*. Paper presented at the North American Society for Psychotherapy Research, Memphis, USA.
- Button, M. & Westra, H.A. (2013). *Evaluating the Impact of Motivation and Resistance on Therapy Process*. Paper presented at the annual meeting of the Canadian Psychological Association, Quebec City, Canada.
- Westra, H.A., Ahmed, M., & Constantino, M.J. (Jun, 2012). *The Impact of Client Initial Outcome Expectations on Early Interpersonal Process in Cognitive Behavioral Therapy*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Virginia Beach, USA.
- Kertes, A. & Westra, H.A. (2012). *The Impact of a Motivational Interviewing pre-treatment on Interpersonal Processes within Cognitive Behavioral Therapy for Generalized Anxiety*. Paper presented at the Annual Meeting of Society for Psychotherapy Research, Virginia Beach, USA.
- Kertes, A. & Westra, H.A. (2011). *The Impact of a Motivational Interviewing pre-treatment on Interpersonal Processes within Cognitive Behavioral Therapy for Generalized Anxiety*. Paper presented at the Meeting of North American Society for Psychotherapy Research, Banff, Canada.
- Ahmed, M. Westra, H.A., & Constantino, M. (2011). *Interpersonal Process and Client Outcome Expectations in Cognitive Behavioral Therapy*. Paper presented at the Meeting of North American Society for Psychotherapy Research, Banff, Canada.

- Aviram, A., Westra, H.A., & Eastwood, J. (2011). *Patterns of Early Resistance and Client Outcome in Cognitive Behavioural Therapy*. Paper presented at the Meeting of North American Society for Psychotherapy Research, Banff, Canada.
- Siegal, R. & Westra, H.A. (2011). *Client Variables and Therapist Emotional Reactions in Cognitive Behavioral Therapy*. Paper presented at the Meeting of North American Society for Psychotherapy Research, Banff, Canada.
- Kertes, A. & Westra, H.A. (2011). *The Impact of a Motivational Interviewing pre-treatment on Interpersonal Processes within Cognitive Behavioral Therapy for Generalized Anxiety*. Poster to be presented at the Annual Meeting of the Association of Behavioral and Cognitive Therapies, Toronto, Canada.
- Constantino, M. J. & Westra, H. A. (2011). *An Expectancy-Based Approach to Facilitating Corrective Experiences in Psychotherapy*. Paper presented at the annual meeting of the Society for Psychotherapy Integration, Washington, DC.
- Cunningham, C.E., Walker, J., Eastwood, J. Westra, H., Rimas, H., Chen, Y., Marcus, M., Bracken, K. & the Mobilizing Minds Research Team. (2011). *Modeling the Preferences of Young Adults for Information about Anxiety and Depression: A Discrete Choice Conjoint Experiment*. Paper presented at the Annual Meeting of the Canadian Psychological Association, Toronto, Canada.
- Dozois, D. J. A., Bieling, P. A., Patelis-Siotis, I., Hoar, L., Chudzik, S., McCabe, S., & Westra, H. A. (2010). *Changes in self-attribute redundancy in cognitive therapy and pharmacotherapy for depression*. Paper presented at the European Congress of Behavioural and Cognitive Therapies, Milan, Italy.
- Aviram, A. & Westra, H.A. (2010). *The Impact of Motivational Interviewing on Observed Client Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder: Pathways to Outcome*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Connors, L. & Westra, H.A. (2010). *Observed Resistance and Client Outcome Expectations in Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Westra, H.A. & Constantino, M.J. (2010). *Therapist Effects in Observed In-Session Client Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder: A Preliminary Study*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Ahmed, M., Westra, H.A., & Constantino, M.J. (2010). *The Impact of In-Session Interpersonal Processes on Early Client Outcome Expectations in Cognitive Behavioral Therapy: A Process Analysis using the SASB*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Westra, H.A. & Aviram, A. (2010). *In-Session Resistance is a Better Predictor of Outcomes than Self-Reported Motivation in Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. Poster presented at the Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA.
- Marcus, M., Westra, H.A., & the Mobilizing Minds Research Group (2010). *Mental Health Literacy in Canadian Young Adults*. Paper presented at the Annual Meeting of the Canadian Psychological Association.
- Marcus, M., Brockest, E., Westra, H., Eastwood, J., Angus, L., & the Mobilizing Minds Research Group (2010). *The Mental Health Information Preferences of Distressed and Disadvantaged Young Adults*. Paper presented at the Annual Meeting of the Canadian Psychological Association.



Ryan-Nicholls, K., Furer, P., Walker, J.R., Reynolds, K., & The Mobilizing Minds Research Group (2010). *Young Adults Considering Help for Anxiety or Depression: What Do Focus Groups Tell Us?* Paper presented at the Annual Conference of the Canadian Psychological Association.

Stewart, D., Hahlweg, K., Yaeger, A., Leonhart, M., Reynolds, K., Walker, J.R., & The Mobilizing Minds Research Group (2010). *Postsecondary students' information needs and pathways for help with stress, anxiety, and depression.* Paper presented at the Annual Conference of the Canadian Psychological Association.

Reynolds, K., Walker, J. R., Walsh, K., & the Mobilizing Minds Research Group (2010). *How well do websites concerning children's anxiety answer parents' questions about treatment choices?* Paper presented at the Annual Conference of the Canadian Psychological Association.

Walker, J.R. & the Mobilizing Minds Research Group (2010). *Flying blind: The challenge of informing consumers about treatment choices.* Keynote address presented at the Annual Conference of the Canadian Psychological Association.

Marcus, M., Brockest, E., Westra, H., Eastwood, J., Angus, L., & the Mobilizing Minds Research Group (2010). *The Mental Health Information Preferences of Distressed and Disadvantaged Young Adults.* Paper presented at the bi-annual meeting of the Anxiety Disorders Association of Canada.

Ryan-Nicholls, K., Furer, P., Walker, J.R., Reynolds, K. & The Mobilizing Minds Research Group (2010). *Young adults considering help for stress and anxiety: What information do they want and how do they prefer to receive it.* Paper presented at the bi-annual Anxiety Disorders Association of Canada Conference, Vancouver.

Walker, J.R., Zacharias, B.D., Volk, J., Furer, P. & the Mobilizing Minds Research Group (2010). *Developing information aids to help consumers and providers with decisions concerning treatment of anxiety disorders.* Paper presented at the bi-annual Anxiety Disorders Association of Canada Conference, Vancouver.

Marcus, M., Westra, H.A., & the Mobilizing Minds Research Group (2010). *Mental Health Literacy in Canadian Young Adults.* Paper presented at the Annual Meeting of the Canadian Psychiatric Association.

Marcus, M., Brockest, E., Westra, H., Eastwood, J., Angus, L., & the Mobilizing Minds Research Group (2010). *The Mental Health Information Preferences of Distressed and Disadvantaged Young Adults.* Paper presented at the Annual Meeting of the Canadian Psychiatric Association.

Walker, J.R. & the Mobilizing Minds Research Group (2010). *Using Web Technologies to Strengthen Mental Health Services in Primary Care.* Paper presented at the Annual Canadian Conference on Collaborative Mental Health Care, Winnipeg.

Hahlweg, K., Stewart, D., Yaeger, A., Leonhart, M., Reynolds, K., Walker, J.R., & The Mobilizing Minds Research Group (2010). *Postsecondary students' information needs and pathways for help with stress, anxiety, and depression: Use of the Web to provide resources to young adults.* Paper presented at the Annual Canadian Conference on Collaborative Mental Health Care, Winnipeg.

Walker, J.R., Zacharias, B.D., Volk, J., Furer, P., & the Mobilizing Minds Research Group (2010). *Developing Information Aids to Help Consumers and Providers with Decisions Concerning Treatment of Anxiety or Depression.* Paper presented at the Annual Canadian Conference on Collaborative Mental Health Care, Winnipeg.

Walsh, K., Walker, J., Reynolds, K., & the Mobilizing Minds Research Group (2010). *Searching for answers: How well do depression websites answer the public's questions on treatment choices?* Paper presented at the annual Canadian Conference on Collaborative Mental Health Care, Winnipeg.

- Bewell-Weiss, C., Mills, J., Westra, H., & Carter, J. (2009). *Motivational interviewing as a prelude to intensive eating disorder treatment*. Poster presented at the annual meeting of the Eating Disorder Research Society, New York, NY.
- Marcus, M., Westra, H., Barnes, K., Brockest, E., Eastwood, J., & the Mobilizing Minds Research Team (2009). *Qualitative Approaches to Knowledge Translation in Young Adults with Mental Health Problems*. Paper presented at the Canadian Mental Health Association, Ontario Conference 'Making Gains in Mental Health and Addictions: The Future is Now'. Toronto.
- Kinley, J., Walker, J. R., Westra, H.A., Sareen, J., & the Mobilizing Minds Research Team (2009). *Characteristics of young adults at risk of mental disorders in the Canadian population*. Paper presented at the Annual Meeting of the Canadian Psychiatric Association, St. John's, Canada.
- Barnes, K., Westra, H., Marcus, M., Eastwood, J & the Mobilizing Minds Research Group (2009). *What are Young Adults Saying About Mental Health? A Qualitative Analysis of Internet Blogs*. Paper presented at the Medicine 2.0 Conference, Toronto, Ontario, September.
- Dozois, D.J.A., Bieling, P.J., Patelis-Siotis, I., Hoar, L., Chudzik, S., McCabe, K. & Westra, H.A. (2009). *Changes in Early Maladaptive Schemas and Cognitive Structure in Cognitive Therapy for Depression*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, New York, USA.
- Aviram, A., Westra, H.A., & Kertes, A. (2009). *Understanding why High Severity is an Indication for Adding Motivational Interviewing to CBT for GAD: A Process Analysis*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, New York, USA.
- Marcus, M., Westra, H.A., Kertes, A., & Angus, L. (2009). *Client Experiences of Motivational Interviewing for Generalized Anxiety Disorder: A Qualitative Analysis*. Poster presented at the Annual Meeting of the American Psychological Association (APA), Toronto, Canada.
- \* Winner of the Anne Anastasi Student Poster Award, Division 1, Society for General Psychology
- Kertes, A., Westra, H.A., Marcus, M. & Aviram, A. (2009). *Therapist Effects in Cognitive Behavioral Therapy: Client Perspectives*. Poster presented at the Annual Meeting of the American Psychological Association, Toronto, Canada.
- Aviram, A., Barnes, M., & Westra, H. A. (2009). *Qualitative Analysis of Expectations for Psychotherapy*. Poster presented at the Annual Meeting of the American Psychological Association, Toronto, Canada.
- Reynolds, K., Walker J.R., Leonhart, M., & the Mobilizing Minds Research Group (2009). *How well do websites concerning children's anxiety answer parents' questions about treatment choices?* Paper presented at the International Conference on the use of the Internet in the Mental Health Field, Montreal, Canada.
- Barnes, K., Marcus, M., Westra, H., & Eastwood, J. (2009). *What are Young Adults Saying About Mental Health? A Qualitative Analysis of Internet Blogs*. Poster to be presented at the International Conference on the use of the Internet in the Mental Health Field, Montreal, Canada.
- Barnes, K., Westra, H., Marcus, M., Eastwood, J., & the Mobilizing Minds Research Group (2009). *What are Young Adults Saying About Mental Health? A Qualitative Analysis of Internet Blogs*. Paper presented at the 39<sup>th</sup> Annual Ontario Psychology Undergraduate Thesis Conference, Waterloo, Canada.
- Marcus, M., & Westra, H.A. (2009). *Mental Health Literacy in Canadian Young Adults*. Poster presented at the Annual Meeting of the American Psychological Association, Toronto, Canada.

Marcus, M., & Westra, H.A. *Mental Health Literacy in Canadian Young Adults*. (2009). Paper presented at Expanding Our Horizons: Moving Mental Health and Wellness Promotion into the Mainstream. A Canadian Mental Health Commission Conference, Toronto.

Westra, H.A., Arkowitz, H., Dozois, D.J.A. (2008). *Motivational Interviewing as a Pretreatment to CBT for Generalized Anxiety Disorder: Results of a Randomized Controlled Trial*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, USA.

Marcus, M., Westra, H.A., & Angus, L. (2008). *Client Experiences of Motivational Interviewing for Generalized Anxiety Disorder: A Qualitative Analysis*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, USA.

Westra, H.A., Arkowitz, H., Dozois, D.J.A. (2008). *Motivational Interviewing as a Pretreatment to CBT for Generalized Anxiety Disorder: Results of a Randomized Controlled Trial*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

Ahmed, M. & Westra, H.A. (2008). *Impact of Counselor Warmth on Attitudes toward Seeking Mental Health Services*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

Marcus, M., Westra, H.A., Vermani, M., & Katzman, M.A. (2008). *Predictors of Disclosure and Detection of Depression and Anxiety Disorders among Young People in Primary Care*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

\* Winner of Student Poster Award

Westra, H.A., Kester, L., & Cho, W. (2008). *Hearing Stories of Successful Treatment: Impact on Fears of Treatment & Help-Seeking for Worry*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

Westra, H.A., Arkowitz, H., Dozois, D.J.A. (2008). *The Impact of Client and Therapist Prognostic Expectations on Engagement with CBT for Generalized Anxiety Disorder*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

Kertes, A., Westra, H.A., & Angus, L. (2008). *Elucidating the Impact of Motivational Interviewing on Client Experiences of Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. Paper presented at the bi-annual meeting of the North American Society for Psychotherapy Research, New Haven, USA.

Kertes, A., Westra, H.A., & Angus, L. (2008). *Elucidating the Impact of Motivational Interviewing on Client Experiences of Cognitive Behavioral Therapy for Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, USA.

Westra, H.A., Marcus, M., Kester, L., & Cho, W. (2008). *Hearing Stories of Successful Treatment: Impact on Fears of Treatment & Help-Seeking for Worry*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, USA.

Ahmed, M. & Westra, H.A. (2008). *The Impact of Expectancies for Change on Response to the CBT Rationale in Social Anxiety*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, USA.

Dozois, D. J. A., Bieling, P. J., Patelis-Siotis, I., & Westra, H. A. (2008). Changes in self-schema structure in cognitive therapy for major depressive disorder. In D. M. Fresco (Chair), *The role of metacognitive factors in the treatment of major depressive disorder*. Paper presented at the annual meeting of the Association for Behavioral

and Cognitive Therapies, Orlando, Florida.

Westra, H.A., Arkowitz, H., Dozois, D.J.A. (2007). *Motivational Interviewing as a Pretreatment for CBT in Generalized Anxiety Disorder: Preliminary Results of a Controlled Clinical Trial*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Westra, H.A., Arkowitz, H., Dozois, D.J.A. (2007). *Pathways to Change in CBT for Generalized Anxiety Disorder: Alliance & Expectations*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Angus, L., Westra, H.A., Marcus, M., Kagan, F., & Stala, D. (2007). *Client Experiences of Cognitive Behavioural Therapy: A Qualitative Analysis*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Ahmed, M. & Westra, H.A. (2007). *Counselor Warmth as a Moderator of the Impact of Change Expectations on Response to the CBT Rationale in Social Anxiety*. Paper presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Marcus, M., Westra, H.A., Katzman, M., & Vermani, M. (2007). *Predictors of detection and disclosure of depression and anxiety disorders in primary care*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Gosek, I.M. & Westra, H.A. (2007). *Evaluation of argument strength for the CBT rationale in individuals with social anxiety disorder*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Psychotherapies, Philadelphia, USA.

Ahmed, M. & Westra, H.A. (2007). *Counselor Warmth as a Moderator of the Impact of Change Expectations on Response to the CBT Rationale in Social Anxiety*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin, USA.

Marcus, M., Westra, H.A., Vermani, M., & Katzman, M. (2007). *Predictors of disclosure and detection of mood and anxiety disorders in primary care*. Poster presented at the Annual Meeting of the Anxiety Disorders Association of Canada, Montreal.

Westra, H.A., Angus, L., & Stala, D. (2007). *Client Experiences of Motivational Interviewing for Generalized Anxiety Disorder: A Qualitative Analysis*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin, USA.

Marcus, M., Westra, H.A., Katzman, M., & Vermani, M. (2007). *Predictors of detection and disclosure of depression and anxiety disorders in primary care*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin, USA.

Marcus, M., Westra, H.A., Angus, L., & Stala, D. (2007). *Client Experiences of Cognitive Behavioural Therapy for Generalized Anxiety Disorder: A Qualitative Analysis*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin, USA.

Westra, H.A. & Angus, L. (2006). *Client Experiences of Motivational Interviewing*. Paper presented at the Annual Meeting of the Motivational Interviewing Network of Trainers, Miami.

Ahmed, M. & Westra, H.A. (2006). *Improving confidence in doing exposure: The impact of the CBT rationale in social anxiety*. Poster presented at the annual meeting of the Association for Behavioural and Cognitive Therapies, Chicago.

Marcus, M., Westra, H.A., & Dozois, D.J.A. (2006). Expectancy, homework compliance, and initial change in CBT for anxiety. *Poster presented at the annual meeting of the Association for Behavioural and Cognitive Therapies, Chicago.*

Ahmed, M. & Westra, H.A. (2006). *Expectancies, Involvement with Treatment Procedures, and Symptom Change in Social Anxiety*. Paper presented at the annual meeting of the North American Society for Psychotherapy Research, Ohio.

Constantino, M.J., Westra, H.A., Murphy, R. (2006). *The influence of treatment, outcome, and interpersonal expectations on patient engagement: A conceptual analysis*. Paper presented at the annual meeting of the Society for the Exploration of Psychotherapy Integration, Los Angeles, USA.

Dozois, D.J.A. & Westra, H.A. (2005). *A psychometric evaluation of the consequences of worry scale*. Poster presented at the annual meeting of the Canadian Psychological Association, Montreal, Quebec.

Westra, H.A. (2005). *Expectancy, Engagement, and Outcome in Cognitive Behavioral Therapy for Anxiety*. Paper presented at the Annual Meeting of the Society for Psychotherapy Research, Montreal, Canada.

Westra, H.A. (2005). *Differences in Motivation for Change Between Community, College, & Clinical Samples: Implications for Generalizability*. Poster presented at the Annual Meeting of the Society for Psychotherapy Research, Montreal, Canada.

Westra, H.A. & Dozois, D.J.A. (2005). *Motivational Interviewing as a Prelude to Group Cognitive Behavioral Therapy for Anxiety - A Randomized Trial*. Poster presented at the Annual Meeting of the Society for Psychotherapy Research, Montreal, Canada.

Westra, H.A., Dozois, D.J.A., & Jannou, L. (2005). *Differences in Motivation for Change Between Community, College, & Clinical Samples: Implications for Generalizability*. Poster presented at the Annual Meeting of the Anxiety Disorders Association of Canada, Toronto, Canada.

Westra, H.A., Dozois, D.J.A., & Williams, R. (2005). *Change Expectancy & Help Seeking in Anxiety*. Poster presented at the Anxiety Disorders of Canada Annual Meeting, Toronto, Canada.

Westra, H.A. (2005). *Mediators of the Impact of Expectancy for Change on Cognitive Behavioral Therapy Outcomes in Anxiety*. Annual Department of Psychology In-House Conference, York University, Toronto, Ontario.

Westra, H.A. & Dozois, D.J.A. (2005). *Preparing Clients for Treatment: Motivational Interviewing as a Prelude to Cognitive Behavioral Therapy for Anxiety*. Paper presented at the Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Toronto, Canada.

Westra, H.A. & Dozois, D.J.A. (2004). *Motivational Interviewing as a Prelude to Group Cognitive Behavioral Therapy for Anxiety - A Randomized Trial*. Paper presented as part of the symposium "Motivational Interviewing and Related Strategies in the Treatment of Anxiety and Depression". Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Westra, H.A. & Dozois, D.J.A. (2004). *Expectancy for Change, Homework Compliance and Outcomes in Cognitive Behavioral Therapy for Anxiety*. Presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Westra, H.A. & Dozois, D.J.A. (2004). *Expectancy for Change, Homework Compliance and Outcomes in Cognitive Behavioral Therapy for Anxiety*. Presented at the Annual Meeting of the Canadian Psychological

Association.

Westra, H.A. & Dozois, D.J.A. (2004). *Motivational Interviewing, Retention, and Adherence in Cognitive Behavioral Therapy for Anxiety*. Presented at the Annual Meeting of the Canadian Psychological Association.

Dozois, D.J.A., Bieling, P., & Westra, H.A. (2004). *Changes in Cognitive Structure Following Cognitive Therapy for Depression*. Presented at the Annual Meeting of the Canadian Psychological Association.

Westra, H.A. (2004). *Motivational Interviewing as an Adjunct to Cognitive Behavioural Therapy for Anxiety Disorders*. Department of Psychology, York University, Toronto, Ontario.

Phoenix, E. & Westra, H.A. (2003). *Panic identification in the emergency room combined with brief intervention*. Annual Meeting of the Anxiety Disorders Association of America, Toronto, Ontario

Phoenix, E. & Westra, H.A. (2003). *Peer Coaching: What is it all about? How to do it and benefits it provides*. Annual Meeting of the Anxiety Disorders Association of America, Toronto, Ontario

Westra, H.A. (2003). *Motivational Interviewing as an Adjunct to Cognitive Behavioural Therapy for Anxiety Disorders*. Department of Psychology, Concordia University, Montreal, Quebec.

Westra, H.A. (2003). *Motivational Interviewing as an Adjunct to Cognitive Behavioural Therapy for Anxiety*. Center for Anxiety and Related Disorders, Boston, Massachusetts.

Dozois, D.J.A. & Westra, H.A. (2003). *Psychometric Evaluation of the Anxiety Change Expectancy Scale in College, Community, and Clinical Participants*. Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.

Dozois, D.J.A. & Westra, H.A. (2003). *Psychometric Evaluation of the Anxiety Readiness for Treatment Scale in College, Community, and Clinical Participants*. Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.

Westra, H.A. & S.H. (2003). *Impairments in Incidental Memory for Therapy Information Mediate the Relationship Between Benzodiazepine Use and Outcome in CBT for Panic Disorder*. Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.

Collins, K.A., Westra, Dozois, D.J.A. & Stewart, S.H. (2003). *The Validity of the Fear of Negative Evaluation Scale*. Annual Meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.

Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D.J.A., Hill, T. (2003). *Benzodiazepine Use Associated with Decreased Memory for Psychoeducation Material in Cognitive Behavioural Therapy for Panic Disorder*. Annual Psychiatry Research Day, University of Western Ontario

Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D.J.A., Hill, T. (2003). *Benzodiazepine Use Associated with Decreased Memory for Psychoeducation Material in Cognitive Behavioural Therapy for Panic Disorder*. Annual Meeting of the Anxiety Disorders Association of America, Toronto, Ontario

Westra, H.A., Collins, K.A. & Dozois, D.J.A. (2003). *The Validity of the Brief Version of the Fear of Negative Evaluation Scale*. Annual Meeting of the Anxiety Disorders Association of America, Toronto, Ontario

Dozois, D.J.A. & Westra, H.A. (2003). *The Anxiety Readiness for Treatment Scale (ARTS): Initial development and evaluation*. Annual Meeting of the Canadian Psychological Association, Hamilton, Ontario

- Westra, H.A. (2003). *Motivational Interviewing in Anxiety Disorders*. Department of Psychology, Concordia University, Montreal, Quebec.
- Westra, H.A. (2002). *Motivational Enhancement Therapy for Treatment Resistant Anxiety Disorders*. Psychology Department, University of Arizona, Tuscon, Arizona
- Westra, H.A. & Dozois, D.J.A. (2002). *The Stages of Change Scale in the Prediction of CBT Response in Panic Disorder*. Annual Psychiatry Research Day, University of Western Ontario, London, Ontario
- Westra, H.A. & Phoenix, E. (2002). *Peer Coaching as an adjunct to CBT group therapy*. Annual Meeting of the Association for the Advancement of Behaviour Therapy, Reno, Nevada
- Westra, H.A. & Phoenix, E. (2002). *Motivational Enhancement Therapy in Two Cases of Anxiety Disorder: New Approaches to Treatment Nonresponse*. Annual meeting of the Association for the Advancement of Behaviour Therapy, Reno, Nevada
- Westra, H.A. & Dozois, D.J.A. (2002). *Mixed Support for the Stages of Change Scale in the Prediction of CBT Response in Panic Disorder*. Annual meeting of the Association for the Advancement of Behaviour Therapy, Reno, Nevada
- Dozois, D.J.A. & Westra, H.A. (2002). *Stages of Change in Anxiety: Psychometric Characteristics of the URICA in a Nonclinical Anxious Sample*. Annual meeting of the Association for the Advancement of Behaviour Therapy, Reno, Nevada
- Westra, H.A. (2002). *The Hospital as a Community Mental Health Service Provider*. Ontario Hospitals' Association Annual Meeting, Toronto, Ontario
- Westra, H.A., Dozois, D.J.A., & Boardman, C. (2001). *Hopelessness and treatment efficacy in cognitive-behavioural group therapy for depression*. Annual University of Western Ontario Psychiatry Research Day, London, Ontario
- Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D., & Hill, T. (2001). *Benzodiazepines dampen memory for psychotherapy information in clinical anxiety*. Annual University of Western Ontario Psychiatry Research Day, London, Ontario
- Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D., & Hill, T. (2001). *Benzodiazepine use and memory for psychotherapy information in clinical anxiety*. Annual meeting of the World Congress of Behavioural and Cognitive Therapies, Vancouver, British Columbia
- Westra, H.A., Stewart, S.H., Teehan, M., Johl, K., Dozois, D., & Hill, T. (2001). *Benzodiazepine use and memory for psychotherapy information in clinical anxiety*. Annual meeting of the American Psychological Society, Toronto, Ontario
- Westra, H.A. & Stewart, S.H. (2001). *The validity of the brief version of the Fear of Negative Evaluation Scale*. Annual meeting of the American Psychological Society, Toronto, Ontario
- Dozois, D.J.A. & Westra, H.A. (2001). *The management of hypochondriasis in primary care: Implications for psychologists*. Annual meeting of the Canadian Psychological Association, Quebec.
- Westra, H.A., Dozois, D.J.A. & Boardman, C. (2001). *Hopelessness predicts treatment drop-out and outcome in cognitive behavioural group therapy for depression*. Annual meeting of the World Congress of Behavioural and Cognitive Therapy, Vancouver, British Columbia

- Dozois, D.J.A. & Westra, H.A. (2001). *Comorbidity of anxiety and depression: Empirical findings, diagnostic issues, and treatment implications*. Canadian Psychological Association, Annual meeting, Quebec
- Dozois, D.J.A. & Westra, H.A. (2000). *The clinical management of hypochondriasis: A survey of family physicians in Nova Scotia*. Annual Dalhousie University Psychiatry Research Day, Halifax, Nova Scotia
- Stewart, S.H. & Westra, H.A. (2000). *Motivations for as needed benzodiazepine use in panic disorder patients*. Annual meeting of the Association for the Advancement of Behaviour Therapy, New Orleans
- Westra, H.A. (2000). *As needed use of benzodiazepines in clinical anxiety management*. Queen Elizabeth II Health Sciences Centre Research Symposium, Halifax, Nova Scotia
- Westra, H.A. & Stewart, S.H. (2000). *Nova Scotia physician survey of benzodiazepine prescription practices for the treatment of anxiety disorders*. Annual Dalhousie University Psychiatry Research Day, Halifax, Nova Scotia
- Westra, H.A., Stewart, S.H., & Conrad, B.E. (1999). *Naturalistic patterns of benzodiazepine use and cognitive behavioural therapy outcome in panic disorder with agoraphobia*. Canadian College of Neuropsychopharmacology, Annual meeting. Halifax, Nova Scotia
- Westra, H.A. & Stewart, S.H. (1998). *Benzodiazepine and cognitive behavioural therapy in the treatment of panic disorder with agoraphobia: Complementary or contradictory?* Annual Dalhousie University Psychiatry Research Day, Halifax, Nova Scotia
- Stewart, S.H. & Westra, H.A. (1997). *Benzodiazepines and cognitive behavioural therapy in the treatment of panic disorder with agoraphobia: Complementary or contradictory?* Annual Meeting of the Association for Advancement of Behaviour Therapy, Miami, Florida
- Thompson, C.E., Westra, H.A., Stewart, S.H., & MacDonald, A. (1996). *The effect of Benzodiazepine use on autobiographical memory in clinical anxiety*. Annual meeting of the Association for the Advancement of Behaviour Therapy, New York City, New York
- Westra, H.A. & Stewart, S.H. (1996). *Patterns of benzodiazepine use and anxiety disorder symptoms*. Annual meeting of the International Congress of Professional Psychology, Montreal, Quebec
- Westra, H.A. & Stewart, S.H. (1996). *The impact of benzodiazepine use on outcome from cognitive behavioural therapy: Preliminary analyses*. Annual Dalhousie University Psychiatry Research Day, Halifax, Nova Scotia
- Westra, H.A., Stewart, S.H. & MacDonald, A. (1996). *Selective attention and benzodiazepine medication use*. Annual meeting of the Association for the Advancement of Behaviour Therapy, New York City, New York
- Westra, H.A. & Kuiper, N.A. (1992). *Irrational belief profiles in psychological maladjustment*. Annual meeting of the Canadian Psychological Association, Quebec City, Quebec

### **PROFESSIONAL SERVICE**

**Member**, Program Committee for the North American Society for Psychotherapy Research, Annual Meeting, Berkley, CA, November 2016

**Member**, CIHR College of Reviewers, Peer reviewer for New Project Scheme Competition, 2015 to present

**Member**, Program Committee, Society for the Exploration of Psychotherapy Integration, Montreal, 2014.



**Member & Chair**, Research Committee, Society for the Exploration of Psychotherapy Integration, Member, 2011-2012, Chair 2012-2013, Member 2014

**Reviewer**, Specialized Honour's Psychology Applications, 2013

**Panel Chair**, Ontario Graduate Scholarship Adjudication Panel, 2011

**Member**, Grant Peer Review Committee, Ontario Mental Health Foundation, 2010-2011

**Member**, Research Committee, Society for the Exploration of Psychotherapy Integration, 2010 to 2012

**Editorial Board**, *Psychotherapy*, 2010 to present

Guidelines for the Treatment of Social Anxiety Disorder, Anxiety Disorders Association of Canada, with M. Katzman & D. Audet, 2004

**Member**, Program Committee, Society for Psychotherapy Research Annual Meeting, Asilomar, 2010; Virginia Beach, 2012

**Member**, Program Committee, Association for the Advancement of Behavior Therapy, San Francisco, 2010

**Member**, Minister's Early Identification and Intervention Advisory Group, Mental Health and Addictions Branch, Ontario Ministry of Health and Long-Term Care, March - August, 2009.

**Guest Editor**,

Cognitive Behavioural Practice (with H. Arkowitz): Special Issue on Applications of MI to Mental Health, 2009.

In Session: Psychotherapy in Practice. (with H. Arkowitz): Special Issue on Applications of MI to Mental Health, 2009.

Current Pharmaceutical Design, *Special Issue: Benzodiazepines: From the bench to the clinic*, 2002, with Dr. S.H. Stewart

The Nova Scotia Psychologist, *Special Issue: Applied Research in Nova Scotia: Bridging the gap between science and practice*, 2000

**Expert Consultant**, Mental Health First Aid Guidelines Project: Panic Disorder, ORYGEN Research Centre, University of Melbourne, Australia, Project lead by Dr. A. Jorm, 2008

**Consultant**, R. Muller & M.A. DiPaolo, The Healthy Coping Program for Maltreated Children, Grant Application for the Provincial Centre of Excellence for Child & Youth Mental Health at CHEO, 2008

**Reviewer**, Student Travel Awards, North American Society for Psychotherapy Research, 2007

**Panel Member:**

*Training in Psychotherapy Integration*, Annual Meeting of the Society for Psychotherapy Research, Philadelphia, USA, 2015

*Psychotherapy Integration*, Annual Meeting of the Society for Psychotherapy Research, Asilomar, USA, 2010

**Poster Session Organizer.** Annual Meeting of the Motivational Interviewing Network of Trainers, Miami, 2006.

**External Examiner - Dissertations**

Christina Drost, *Exploring therapist behaviors in therapist-assisted internet-delivered cognitive behavioural therapy for generalized anxiety disorder: A mixed methods analysis*. Department of Psychology, University of Regina, Feb, 2016.

Mia Romano, *An Examination of the Process of Motivational Interviewing*, Dept of Psychology, Macquarie University, NSW, Australia, 2016

Megan Cahill, *Burden, screening and treatment of depressive and anxious symptoms among women in cardiac rehabilitation*, School of Kinesiology & Health Sciences, York University, 2013

Beverly Walpole, University of Guelph, *Motivational Interviewing to Enhance Self-Efficacy and Promote Weight-loss in Overweight and Obese Adolescents: A Randomized Controlled Trial*, 2013

Robin Westmacott, University of Ottawa, *Reasons for terminating psychotherapy: Client and therapist perspectives*, 2011

Alan Chan, University of Western Ontario, *The working alliance as a conceptual framework of patient-centredness: The development of the Primary Care Working Alliance Inventory*, 2008

Karyn Hood, OISE/University of Toronto, *Response Style as predictors of response and relapse following treatment for major depression*, 2006

**Member**, Scientific Advisory Board, Canadian Psychological Association, 2005 to 2008

**Member**, Research Task Force, Subcommittee of the Clinical Training and Internship Committee, Department of Psychological Services, London Health Sciences Centre, 2004

**Supervisor for Registration,**

College of Psychologists of Ontario, Connie Wong, Ph.D., 2005-2006

College of Psychologists of Ontario, Michelle Duwyn, Ph.D., 2002-2003

**Grant Reviewer**

*Canadian Foundation for Innovation*

*Ontario Mental Health Foundation*

*Heart & Stroke Foundation*

*Canadian Institute of Health Research*

*National Institute of Mental Health: Mental Health Services in Nonspecialty Settings*

*Social Sciences & Humanities Research Council*

*Workplace Safety Insurance Board*

*Faculty of Arts Research Grant*

*Medical Research Council of Canada*

**Ad Hoc Reviewer**

*Psychotherapy*

*Behaviour Modification*

*Clinical Psychology Review*

*Behaviour Research & Therapy*

*Journal of Clinical Psychology: In Session*  
*Psychiatric Services*  
*Cognitive Behaviour Therapy*  
*Journal of Cognitive Psychotherapy*  
*Cognitive and Behavioral Practice*  
*Cognitive Therapy and Research*  
*Journal of Clinical Psychology*  
*British Journal of Clinical Psychology*  
*Journal of Consulting & Clinical Psychology*  
*Assessment*  
*Canadian Journal of Diabetes*  
*Addictions*

### **Book Reviewer**

American Psychological Association (July 08)  
 Anxiety Disorders Association of America, 2003 to present  
 Academy of Cognitive Therapy, 2005 to present  
 Canadian Psychological Association, 2006  
 Cognitive Behavioural Therapy Book Reviews, 2006

**Oral Examiner**, Ethics & Professional Practice Examination, Nova Scotia Board of Examiners in Psychology, 2000

**Member**, Education Committee, Anxiety & Affective Disorders Service, London Health Sciences Centre, 2000-2003

**Continuing Education Committee**, Association of Psychologists of Nova Scotia, Member, 1993 - 1995, Co-Chair, 1995 - 1998, Chair, 1998 - 2000

**Member**, Clinical Training Committee, Department of Psychology, Queen Elizabeth II Health Sciences Centre, 1995-2000

**Practicum Placement Co-ordinator**, Department of Psychology, Queen Elizabeth II Health Sciences Centre, 1997-2000

**Program Evaluation Consultant**, Mental Health Day Treatment Program, Queen Elizabeth II Health Sciences Centre, 1999-2000

**Program Evaluation Consultant**, Community Outreach Project, Mental Health Outpatient Department, Queen Elizabeth II Health Sciences Centre, 1995-1996

## **UNDERGRADUATE TEACHING**

### **Courses**

Counselling Psychology 4060, York University, 2004-2005, 2010-2011, 2011-2012, 2012-2013

### **Honors Psychology Thesis Supervision**

Solomon Plonka, Client Internalization of Therapist Positive Regard, 2015-2016

Iris Sijercic, Disclosure versus Disagreement: The Interpersonal Significance of Counter-change Talk, 2013-2014

Diana Lombardi, Predicting Therapy Outcomes from Client Language and Client Resistance, 2012-2013

Natashia Botelho, Patterns of In-session Resistance and Client Outcome Expectations, 2010-2011

Kirsten Barnes, What Young Adults are Saying About Mental Health Care: A Qualitative Analysis of Internet Data, 2008-2009

Daniel Kim, The Impact of Therapist Directiveness on Client Expectations for Change in CBT for Generalized Anxiety Disorder, 2008-2009

Laura Kester, "Change expectancy as a Moderator of the Impact of Treatment Information", 2007-2008

Wayne Cho, "The Impact of Client Accounts of Treatment Fear Disconfirmation", 2007-2008

Heather Hannigan, "Client Experiences of Motivational Interviewing: A Qualitative Analysis", 2006-2007

Ivana Gosek, "Motivation and Response to a Treatment Rationale in Social Anxiety", 2006-2007

Larra Joannou, "Developing a Measure of Help-Seeking for Anxiety and Mood Disorders" 2005-2006

Andrea Ciccione, "Individual Differences in Response to a Treatment Rationale ", 2004-2005

Thomas Kwong, "Responses to a Treatment Rationale: Attitudes Toward Treatment & Engagement in Cognitive Behavioral Therapy ", 2004-2005

Jillian Stevens, Honor's Psychology Thesis: "Homework Compliance and Cognitive Behavioural Therapy Outcome in Anxiety", 2001-2002

### **Independent Study Students**

Rebecca Phinnemore, Discrepancies in Process Expectations and Experience in Psychotherapy, 2013-2014

Adam Iskrit, Development of a client engagement in therapy scale, 2010-2011

Nikki Nosworthy, "A conceptual review of the premature termination in psychotherapy", 2005-2006

## **GRADUATE TEACHING**

### **Courses**

Advanced Intervention, with A. Pos, 2015-2016

Approaches to Psychotherapy: Advanced Study, 2016

Introduction to Psychotherapy, 2013-2014

Practicum I, Clinical Psychology Graduate Program, York University

with Dr. J. Eastwood, 2004-2005

with Dr. J. Irvine, 2005-2006

with Drs. J. Eastwood & J. Irvine, 2006-2007, 2007-2008

with Drs. K. Fergus & D. Reid, 2013-2014

Research Practicum, Graduate Program, York University

Kimberley Hara, 2013-2014

Melissa Button, 2011-2012

Rachel Siegal, Clinical Area, 2009-2010

Marissa Barnes, History & Theory, 2008-2009

Adi Aviram, Clinical Area, 2008-2009

Angela Kertes, Clinical Area, 2007-2008  
 Madalyn Marcus, Clinical Area, 2005-2006  
 Mariyam Ahmed, Clinical Area, 2005-2006

### **Graduate Student Supervision**

Khuraman Mamedova, York University, 2014-present

*Doctoral Dissertation: Client Outcome Expectations as a Moderator of Alliance Ruptures in CBT*

Kimberley Hara, York University, Recipient of SSHRC Master's Award, 2013- present; Recipient Psychotherapy Process Research Award, 2015

*Master's Thesis: Therapist Awareness of Client Resistance in Cognitive Behavioral Therapy*

Melissa Button, York University, recipient of Ontario Graduate Scholarship; Recipient of Social Sciences & Humanities Research Council of Canada (SSHRC), Joseph-Armand Bombardier Canada Graduate Scholarship  
*Master's Thesis: Using In-Session Change Talk and Counter-Change Talk to Predict Engagement in Cognitive-Behavioural Therapy, 2011-2013*

*Dissertation: Do we need to Adapt CBT for Clients with Low Motivation for Change, 2013 to present*

Rachel Seigal, York University, 2009-2011

*Master's Thesis: Therapist Emotional Reactions to Clients*

Adi Aviram, York University, Recipient SEPI Dissertation Award, 2015; Recipient of a Social Sciences and Humanities Research Council Master's Scholarship; Recipient of a Canadian Institute of Health Research Dissertation Scholarship (2011-2014); Ontario Mental Health Foundation Dissertation Scholarship & Ontario Graduate Scholarship (2014)

*Master's Thesis: The impact of Motivational Interviewing on Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder, 2008-2010.*

(Nominated for the York University Thesis Prize; Nominated for the Norman Endler Research Award for Excellence in Graduate Student Research at York University)

*Doctoral Dissertation: Therapist Management of Resistance in CBT, 2010-present*

Angela Kertes, York University, Recipient of a Canadian Institute of Health Research Master's Scholarship & a Social Sciences and Humanities Research Council three-year Doctoral Award.

*Master's Thesis: Client Accounts of Cognitive Behavioural Therapy: Differentiating the impact of adding Motivational Interviewing to CBT, 2007-2009.*

Awarded the Ivana Guglietti-Kelly Prize for Excellence in Quality Research, Department of Psychology, York University, 2009.

*Doctoral Dissertation: The Impact of a Motivational Interviewing Pretreatment on Interpersonal Process in Subsequent Therapy, 2009-2015*

Madalyn Marcus, York University, Recipient of a Canadian Institute of Health Research Master's Scholarship, an Ontario Graduate Scholarship, and a Social Sciences and Humanities Research Council three-year Doctoral Award.

*Master's Thesis: Patient Predictors of Disclosure and Detection of Anxiety and Mood Disorders in Primary Care, 2005-2007*

*Doctoral Dissertation: The Impact of Preference-Based Mental Health Information on Young Adult Mental Health Literacy and Help-Seeking, 2007-2013*

Mariyam Ahmed, York University, Recipient of a Social Sciences and Humanities Research Council three-year Doctoral Award.

*Master's Thesis: The Impact of a Treatment Rationale on Expectancies & Treatment Engagement in Social Anxiety, 2005-2007*

*Doctoral Dissertation: Using the Structural Analysis of Social Behavior to delineate interpersonal patterns associated with change expectations and improvements in change expectations early in psychotherapy, 2007-2012*

### **Masters Thesis Committee Memberships**

Jasmine Khatra, York University, 2015-present

*Narrative-emotion process markers in cognitive behavioural therapy for generalized anxiety disorder: A process-outcome study*

Kimberley Hara, York University, 2013- 2015

*Therapist Awareness of Client Resistance in Cognitive Behavioral Therapy*

Chrissy MaCaulay, York University, 2012-2014

*Narrative-Emotion processing in motivational interviewing and cognitive behavioural therapy for generalized anxiety disorder.*

Melissa Button, York University, 2011-2013

*Using In-Session Change Talk and Counter-Change Talk to Predict Engagement in Cognitive-Behavioural Therapy*

Kim Cullen, York University, 2010-2011

*Couples Coping with Breast Cancer: A qualitative analysis of Interviews*

Rachel Seigal, York University, 2009-2011

*Therapist Emotional Reactions to Clients*

Adi Aviram, York University, 2008-2010

*The impact of Motivational Interviewing on Resistance in Cognitive Behavioral Therapy for Generalized Anxiety Disorder*

Angela Kertes, York University, 2007-2009.

*Client Accounts of Cognitive Behavioural Therapy: Differentiating the impact of adding Motivational Interviewing to CBT*

Susan Rosenkranz, York University, 2006 to 2007

*The Association Between Attachment & Treatment Outcomes Among Patients in Inpatient Treatment for PTSD*

Mariyam Ahmed, York University, 2005-2007

*The Impact of a Treatment Rationale on Expectancies & Treatment Engagement in Social Anxiety*

Madalyn Marcus, York University, 2005-2007

*Patient Predictors of Disclosure and Detection of Anxiety and Mood Disorders in Primary Care,*

Roseanne Aiken, York University, 2005 to 2007

*Perfectionism & Public Speaking Anxiety: Mediated by Proactive Coping Strategies*

Susan Rudolph, York University, 2004-2005

*Dimensions of Perfectionism, History of Childhood Maltreatment, and Depression in University Students.*

### **Dissertation Committee Memberships**

Dana Male, York University, 2015-present

*Testing Face-to-Face vs Ongoing Group Support for Lifestyle Modification post Breast Cancer*

Caroline Barnes, York University, 2015-present

*A 3-Factor Model of Personality Predicts Outcome with Positive Psychology Interventions*

Naomi Carpenter, York University 2015 – present

*A Comparison of Client Narrative and Emotion Processes to Treatment Outcomes and Therapist Contributions in Two Treatment Conditions of Emotion-Focused Therapy for Trauma*

Khuraman Mamedova, York University, 2014-present

*Client Outcome Expectations as a Moderator of Alliance Ruptures in CBT*

Melissa Button, York University, 2013-present

*Do We need to Adapt CBT for Clients with Low Motivation for Change*

Adi Aviram, York University, 2010-2016

*Therapist Management of Resistance in CBT*

Angela Kertes, York University, 2009 to 2015

*The Impact of a Motivational Interviewing Pretreatment on Interpersonal Process in Subsequent Therapy*

James Watson-Gaze, York University, 2013-present

*Clients' Perspectives on the WAI-SR*

Samantha Fuss, York University, 2011-2015

*Using Motivational Interviewing to enhance engagement in and outcome of a Cognitive-Behavioral Program for chronic pain.*

Ashley Morgan, York University, 2011-2014

*Mental Health Literacy in Canadian Young Adults*

Rachel Vella-Zarb, York University, 2011-2013

*Using Motivational Interviewing to Engage Women with Binge-eating disorder in self-help treatment.*

Stacey Tweed, York University, 2009-2013

*Increasing Motivation for Treatment using Group Emotion-Focused Therapy for Women with Binge-eating Symptomatology,*

Madalyn Marcus, York University, 2009-2013

*Doctoral Dissertation: The Impact of Preference-Based Mental Health Information on Young Adult Mental Health Literacy and Help-Seeking*

Mariyam Ahmed, York University, 2009-2013

*Using the Structural Analysis of Social Behavior to delineate interpersonal patterns associated with change expectations and improvements in change expectations early in psychotherapy*

Jennifer Summers, York University, 2008-2011

*Motivational Interviewing in the Treatment of Children with Anxiety Disorders*

Longena Ng, York University, 2007 to 2010

*Cue-Reactivity and Attentional Biases in Binge Eating Disorder*

Carmen Bewell, York University, 2006- 2010

*Applying Motivational Interviewing to Increase Engagement with Inpatient Treatment for Severe Eating Disorders*

Jennifer Ellison, York University 2005 to 2011

*Moment-by-Moment Processing of Emotional and Cognition in Emotion-Focused Therapy, Cognitive-Behavioral Therapy, and Interpersonal Therapy*

Tanya Missirlian, York University, 2005 to 2011

*The process of self-concept change in Emotion Focused and Cognitive Behavioural Psychotherapies: A comparative analysis.*

Oren Amitay, York University, 2005 to 2006

*Supportive and undermining relational patterns in those vulnerable to depression.*

Laura Berk, York University 2005 to 2010

*If Breast is Best, Why Stop Now? A Qualitative Analysis of Breastfeeding Duration Among Primiparous Women*

### **Clinical Supervision**

Research Therapists (N=12), Clinical Trial on Integrative CBT & Motivational Interviewing for Generalized Anxiety Disorder, 2011-2014; Research Therapists (N=7), Clinical Trial on Motivational Interviewing for Generalized Anxiety Disorder, 2005-2008; Research Therapist, Clinical Trial on Motivational Interviewing for Anxiety, 2003-2004

York Graduate Students, York University, Department of Psychology, 2004-2005 (N=5); 2005-2006 (N=4); 2006-2007 (N=2), 2008-2009 (N=4), 2010-2011 (N=2), 2012-2013 (N=2), 2013-2014 (N=4), 2015-2016 (N=8)

Supervision for the Application of Motivational Interviewing to eating disorders. Rachel Vella-Zarb, Doctoral Dissertation Project, 2010-2013; Carmen Bewell, Doctoral Dissertation Project, 2008-2011

Supervision for the Application of Motivational Interviewing to the treatment of anxiety in children. Jennifer Summers, Doctoral Dissertation Project, 2008- 2013

Supervisor for Registration, College of Psychologists of Ontario, Dr. Connie Wong, 2005-2006

Diagnosticians (N=5), Clinical Trial on Motivational Interviewing for Generalized Anxiety Disorder, 2005-2008

Psychology Predoctoral Interns, London Health Sciences Centre (N = 8), 2000-2004; Psychology Predoctoral Interns, Queen Elizabeth II Health Sciences Centre (N = 15), 1994-2000;

Training in diagnostic interviewing, professional colleagues including occupational therapists, nurses, psychiatrists, psychologists, social workers, and family and emergency room physicians (N = 20), 2000-2004

Psychiatry Residents, Department of Psychiatry, Dalhousie University (N = 8), 1994-2000; Family Medicine Residents, Dalhousie University Medical School (N = 2), 1994-2000; Psychiatry Residents, Department of Psychiatry, University of Western Ontario (N = 5), 2000-2004; Family Medicine Residents, University of Western Ontario School of Medicine (N = 2), 2000-2004

Psychology Practicum Students, University of Western Ontario, Graduate Program in Psychology, (N = 8), 2000-2004; Psychology Practicum Students, Dalhousie University, Graduate Program in Psychology, (N = 12), 1994-2000



## **Workshops for Professional Groups**

*Identifying and Managing Resistance*, with A. Aviram, Society for the Exploration of Psychotherapy Integration, Dublin, Ireland, 2016.

*Motivational Interviewing*, Bellwood Health Services, Toronto, ON, Dec 2015

*Motivational Interviewing for Anxiety & Depression*, Military Family Services, Dept of National Defense, Cornwall, ON, Oct, 2014, Sept 2015

*Motivational Interviewing*, City of Toronto Family Services, June, 2015

*Motivational Interviewing for Anxiety & Depression*. HQS Consulting Services, Winnipeg, MB, May, 2014.

*Motivational Interviewing for Anxiety & Depression*. One-day workshop presented for the Clinical Psychology Graduate Program, University of Western Ontario, London, Ontario, 2009, 2014

*Motivational Interviewing for Anxiety & Depression*. CPM Training & Counseling. Melbourne, Sydney, Adelaide, Perth, Australia, August, 2013.

*Motivational Interviewing in Mental Health*. Thames Valley District School Board. London, Ontario, Feb, 2013.

*Motivational Interviewing with Cognitive Behavioral Therapy for Anxiety*, Halton Healthcare Services, Mississauga, November, 2012

*Motivational Interviewing for Anxiety (with L. Angus)*, York University Psychology Clinic, Toronto, May, 2010, November, 2011

*Combining Motivational Interviewing with Cognitive Behavioral Therapy for Anxiety*, Association of Psychologists of Nova Scotia, October, 2011

*Motivational Interviewing for Anxiety & Depression*. Royal Ottawa Health Care Group's Predoctoral Residency Program in Clinical Psychology, Ottawa, Ontario, June, 2011

*Combining Motivational Interviewing with Cognitive Behavioral Therapy for Anxiety*, Canadian Association of Cognitive Behavioral Therapy, May, 2011

*Motivational Interviewing for Anxiety & Depression*, Intensive 1/2 day training, Markham Stouffville Hospital, Markham, Mar, 2011

*Motivational Interviewing for Anxiety & Depression*, Markham Stouffville Hospital, Markham, Feb, 2011

*Motivational Interviewing for Anxiety (with L. Angus)*, York University Psychology Clinic, Toronto, May, 2010, October, 2011

*Motivational Interviewing for Anxiety*, Clinical Psychology Program, University of Western Ontario, May, 2009

*Motivational Interviewing*. Workshop presented for Eisling Discoveries, Toronto, Ontario, June 2008

*Integrating Motivational Interviewing with CBT for Anxiety*. Workshop presented at the Annual Meeting of the Association for Behavioural and Cognitive Psychotherapies, Orlando, 2008, with L. Angus

*Increasing Motivation for Change in Anxiety and OCD*. Workshop presented at the Annual Meeting of the

Association for Behavioural and Cognitive Psychotherapies, Philadelphia, 2007, with A. Zuckoff, J. Page, & B. Simpson.

*Working with Motivation for Change in Anxiety Treatment.* Pre-Conference Workshop presented as part of the Annual Meeting of the Anxiety Disorders Association of America, Miami, 2006, with H. Arkowitz

*Motivational Interviewing for Anxiety and Depression.* Workshop presented as part of the Vancouver Psychotherapy Workshop Series '*Integrating the Art & Science of Psychotherapy*', Vancouver, 2006

*Motivational Interviewing for Anxiety & Depression.* One-day workshop presented for the Clinical Psychology Graduate Program, York University, Toronto, Ontario, 2005

*Applications of Motivational Interviewing to Anxiety Disorders.* Workshop presented at the Annual Meeting of the Motivational interviewing Network of Trainers, Amsterdam, Netherlands, 2005, with H. Hiroaki

*Managing Resistance using Motivational Interviewing.* Workshop presented at the Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Toronto, Canada, 2005, with Dr. H. Arkowitz.

*Increasing Motivation for Change in the Treatment of Anxiety and Depression.* Workshop presented at the Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, 2004, with Dr. H. Arkowitz,

*Integrating Motivational Interviewing with Cognitive Behavioural Therapy.* Workshop sponsored by the Psychology Department, Valley Regional Health Services, Kentville, Nova Scotia, 2004

*Assessing and working with motivation for change.* Workshop sponsored by Youth on Route, Kincardin, Ontario, 2004,

*Cognitive Behavioural Therapy for Generalized Anxiety Disorder.* Workshop sponsored by the Clinical Psychology Graduate Program, University of Western Ontario, 2003

*Emerging Treatments for Worry & Generalized Anxiety Disorder.* Workshop presented at the Annual Meeting of the Anxiety Disorders Association of America, Toronto, Ontario, 2003

*CBT for Generalized Anxiety Disorder.* Workshop sponsored by the Mental Health Care Programme, London Health Sciences Centre, London, Ontario, 2003

*Anxiety Management.* Workshop sponsored by the Anxiety and Affective Disorders Service, London Health Sciences Centre, London, Ontario, 2001, with Dr. D. Whitney

### **Invited Guest Lectures for Professional Groups**

*Motivational Interviewing,* Ontario Psychological Association Annual Summit, Toronto, Oct, 2015

*Motivational Interviewing for Anxiety,* York Region Psychology Association, North York, May, 2014

*Motivational Interviewing for Anxiety,* Predoctoral Internship Program, Counselling & Development Services, York University, Sept 2011

*Motivational Interviewing for Anxiety*, University of Guelph Colloquium, Clinical Psychology Program, 2011

*Motivational Interviewing in Health Care*. Brampton Civic Hospital, 2011

*Motivational Interviewing in Health Care*. Etobicoke General Hospital, 2011

*Motivational Interviewing for Anxiety*. Presented for the annual University of Toronto Psychotherapy Program's Annual Psychotherapy Day, Toronto, Ontario, 2009

*Applying Motivational Interviewing to the Treatment of Anxiety*, Student Counselling Service, University of Toronto, 2007

*Improving Engagement with Mental Health Treatment, Grand Rounds*, North York General Hospital, May, 2007

*Applications of Motivational Interviewing to Anxiety*, Grand Rounds, MAYO Clinic, Rochester, 2007

*Challenges in Knowledge Mobilization in Mental Health*. KM in the AM, Aurora, Ontario, 2006

*Integrating Motivational Interviewing with CBT for Anxiety & Depression*. St. Joseph's Health Centre, Mood Disorders Program, Hamilton, Ontario, 2005

*The Application of Motivational Interviewing to Anxiety*. Grand Rounds, Centre for Addiction and Mental Health, Toronto, Ontario, 2004

*Identifying and working with motivation for change*. Concurrent Disorders Unit, Regional Mental Health Care London, London, Ontario, 2004

*Identifying and working with motivation for change*. Thames Valley Children's Centre, London, Ontario, 2004

*Motivational Interviewing for CBT nonresponders with anxiety*. Psychotherapy Rounds, London Health Sciences Centre, London, Ontario, 2004

*Motivational Interviewing as an Adjunct to CBT in Anxiety Disorders*. Continuing Medical Education Rounds, Department of Psychiatry, University of Western Ontario, 2003

*Brief Intervention for Panic: Facilitating Detection and Treatment*. Emergency Room Physicians Grand Rounds, London Health Sciences Centre, London, Ontario, 2003, with E. Phoenix

*Motivational Enhancement Therapy for Anxiety: Case Presentations*. Department of Psychology Discipline Rounds, London Health Sciences Centre, London, Ontario, 2003, with Dr. M. Duwyn

*Motivational Interviewing*. Prevention and Early Detection of Psychosis Program, London, Ontario, 2003, with E. Phoenix.

*Motivational Enhancement Therapy*. Mental Health Program Rounds, London Health Sciences Centre, London, Ontario, 2002, with M. Wilke.

*Cognitive Behavioural Therapy in Family Practice*. City-Wide Family Medicine Grand Rounds, London, Ontario, 2002

*Cognitive Behavioural Therapy for Depression*. Mood Disorders Group, Regional Mental Health Care London, London, Ontario, 2002

*Dissemination and Training in Empirically Supported Treatments.* Department of Psychiatry, Continuing Medical Education Rounds, University of Western Ontario, London, Ontario, 2001

*Cognitive behavioural therapy and benzodiazepines in the treatment of anxiety disorders.* London Regional Psychological Association, London, Ontario, 2001

*Motivation in Cognitive Behavioural Therapy: New Directions?* Psychotherapy Rounds, London Health Sciences Centre, London, Ontario, 2001

*Cognitive behavioural therapy and benzodiazepines in the treatment of anxiety disorders.* London Health Sciences Centre, Mental Health Care Program. London, Ontario, 2000

*Cognitive Behavioural Therapy for Anxiety.* Mental Health Care Program Rounds, Queen Elizabeth II Health Sciences Centre, Halifax Nova Scotia, 1998

*Cognitive Behavioural Group Therapy for Anxiety Disorders.* Telemedicine, 1997

*Enhancing Empathy Skills in Psychotherapy.* Mental Health Care Program Rounds, Queen Elizabeth II Health Sciences Centre, Halifax Nova Scotia, 1997

#### **UNIVERSITY SERVICE**

**Member,** Tenure & Promotion Committee, Faculty of Health, 2012 to 2014

**Member,** Petitions Committee, Faculty of Graduate Studies, 2010 to 2013

**Member,** Petitions Committee, Faculty of Health, 2007 to 2010

**Member,** Faculty of Graduate Studies Awards Committee, 2007 to 2010

**Representative,** Department of Psychology, Faculty of Arts Council, York University, 2004-2005

**Outside Examiner,** Kadeen Briscoe, School of Nursing, York University, Oct 2015; Outside Examiner: Megan Cahill, 2013, Department of Kinesiology

#### **Dean's Representative,**

Masters of Arts Thesis Defense: Laurie Hollis-Walker, 2005; Shelley Fahlman, 2005; Andrea Gibas, 2005; Fern Kagan, 2006, Saunia Ahmad, 2006; Tali Boritz, 2007; Bennet Holman, 2008; Kim Watson, 2008; Carol Cavaliere, 2008; Leah Shapiro, 2008, Emily Bryntwick, 2009, James Watson Gaze 2011; Danielle Katz, 2011; Tali Boritz, 2012

Doctoral Dissertation Defense: Chantal Arpin-Cribbie 2007; Althea Monteiro, 2007; Christopher Friesen, 2008; Andrew Miki, 2009; Helen McCauley, 2010; Ruby Sharma, 2013; Fern Kagan, 2013; Diane Lawless, 2015

#### **DEPARTMENTAL SERVICE**

**Interviewer,** Mock Interviews for preparation of Internship Applicants, 2012, 2013, 2015

**Founding Member,** Task Force for the Development of Continuing Education in Psychotherapy & Alliance for Process-Informed Psychological Treatment, 2015-present

**Member**, Clinical and Clinical Developmental Program Working Group, York University, 2015-present

**Reviewer**, Graduate Student Tricouncil Grant applications, 2015

**Reviewer**, Undergraduate Psychology Honour's Thesis, York University, Toronto, Ontario, 2005 – present

**Member**, Clinical Competency Examination Committee, Erica Barbuto, 2007; Longena Ng, 2007, Jill Firestone, 2007, Nicky Cohen, 2006; Jennifer Lewin, 2006; Anita Federici, 2006, Faye Doell, 2007; Carmen Bewell, 2008; Laurie Hollis-Walker, 2009; Andrea Martin, 2008; Leah Shapira, 2011; Susan Sargeant, 2012; Melanie Wiegand, 2012; Jennifer Rabin, 2013; Leah Keating, 2015

**Committee Member, Minor Area Paper:**

Melissa Button, *Discrepancies in Client Outcome Expectations: A Qualitative Analysis (Primary Supervisor)*, 2015-2016

Marissa Barnes, *Why does Motivational Interviewing Work? 2012 (Primary Supervisor)*

Adi Aviram, *Patterns of In-session resistance and treatment outcome in CBT. (Primary Supervisor)*, 2013

Angela Kertes, *Therapist effects in cognitive behavioural therapy: Client perspectives*, 2011 (Primary Supervisor)

Madalyn Marcus, *Client Accounts of Motivational Interviewing for Generalized Anxiety Disorder, 2010 (Primary Supervisor)*

Faye Doell, *Motivational Interviewing in an Inpatient Context, 2009*

Jacqueline McKinnon, *Therapist Effects on Early Expectations for Change in CBT for Generalized Anxiety Disorder: A Process Analysis, 2009 (Primary Supervisor)*

Laura Connors, *Validating the Client Expectation Questionnaire Using In-Session Change-Talk, 2009 (Primary Supervisor)*

Mariyam Ahmed, *The Impact of Client Narratives of Successful Treatment on Help-Seeking, 2009 (Primary Supervisor)*

Shelley Fahlman, *Attitudes Toward Psychologists, 2007*

**Member**, Committee to Establish a Psychology Research & Training Clinic, 2005-2008

**Member**, Research committee, Psychology Research & Training Clinic, 2008-2010

**Teaching Evaluator**, Promotion & Tenure, Dr. Lynne Angus, 2005; Dr. Joel Goldberg, 2008; Senior Graduate Students: Tali Boritz, 2010; Dr. Rob Muller, 2013; Dr. Alberta Pos, 2012

**Tenure & Promotion File Preparation Committee**, Dr. Jennifer Mills, 2008

**Rater**, Graduate Scholarship Applications, York University, 2004, 2006, 2007, 2010

**Member**, Practicum & Internship Committee, Clinical Area, York University, Toronto, Ontario, 2004 to 2013

**Member**, Norman Endler Memorial Dissertation Prize, Selection Committee, York University, Toronto, Ontario, 2005, 2006

**Member**, Departmental Ethics Review Committee, York University, Toronto, Ontario, 2005 - 2010

**Second Reader**, Counseling Psychology, Paper Petition & Appeals, Department of Psychology, York University, Toronto, Ontario, 2005

### COMMUNITY SERVICE

#### **Public Lectures**

*Skills, Not Pills* With D. Antonuccio, D. D. Burns, & M. Yapko. Presented in conjunction with 'Integrating the Art & Science of Psychotherapy', Vancouver, BC., 2006

*Helping Yourself Overcome Anxiety: Approaches That Work*. Presented as a community service lecture for the Anxiety Disorders Association of Canada, Toronto, Ontario, 2006.

*Self-Help for Anxiety*. Public Talk, Sponsored by the London Regional Psychological Association, London, Ontario, 2003

*Self-Help for Anxiety*. Public Talk, Jointly sponsored by the Canadian Mental Health Association and the Anxiety & Affective Disorders Service, London Health Sciences Centre, London, Ontario, 2003

*Managing fear, worry and anxiety*. Central Public Library, London, Ontario, 2002

*Anxiety & Affective Disorders Service at the London Health Sciences Centre*. Mood Disorders Support Group, Canadian Mental Health Association, London, 2001, with E. Phoenix

#### **Public Workshops**

*Dealing with Comorbid Anxiety in Depression*. Workshop sponsored by the Canadian Mental Health Association, London, Ontario, 2003, Mean rating for Value 3.6 / 4

#### **Website, Magazine & Newspaper Interviews/Articles**

*Preparing People for Change Helps Those with Severe Anxiety*, 680 News, Sept, 2009

*Motivational Interviews help Patients with Greatest Anxiety Benefit from Therapy*, Exchange: Magazine for Business/Economic Development Entrepreneurs, Sep, 2009

*To Ask for Help or Not Ask for Help: That is the Question*. MOODS Magazine, Fall, 2007, Marcus, M. & Westra, H.

*What the Research Tells us About the Value of Psychotherapy*, [www.findapsychologist.org](http://www.findapsychologist.org), National Register for Health Service Providers in Psychology.

*Superstitious Fear*, Toronto Star, April, 2007

*Enhancing Treatment for Worry*, York University Magazine, May, 2006

*Why Women Worry*, Glow Magazine, January 2006

*Go Ahead – Worry*, Interview for the Toronto Sun, December, 2005

*Decreasing the Anxiety Associated with Starting School*. MOODS Magazine (Fall, 2005)

*Motivation in Depression.* MOODS Magazine (Winter, 2005)

*Managing Worry (part 2).* MOODS Magazine (Spring), 2004, with J. Leach

*Managing Worry (part 1).* MOODS Magazine (Winter), 2003, with J. Leach

*Thinking and Acting Your Way to a Better Mood: Cognitive Behavioural Therapy for Depression.* MOODS Magazine (Fall), 2003, with C. Steffy

*Worrying Too Much?* Interview for Chatelaine magazine, June, 2003

*Self-help Guides Too Often Derided.* Interview for the London free press opinion column, May, 2003

*Anxiety Disorders can be Treated.* Interview for the London Free Press, London, Ontario, May, 2003

*Why Worry?* Interview for the London Free Press, London, Ontario, May, 2002

### **Radio & Television Interviews/Appearances**

*Managing Worry.* CFX Talk Radio, British Columbia, 2003

*Treating Anxiety Disorders.* FM 640, Fanshawe College News Radio, May, 2003

*Anxiety Disorders Screening Day.* The New PL News. London, Ontario, May, 2003

*Fears and Phobias.* CJBK Talk Radio, London, Ontario, June, 2001

*Anxiety Disorders.* Lunch Television, Halifax, Nova Scotia, July, 1998

### **Other Community Service**

Psychologist, Private Practice, York University, 2007- present; START Clinic, Toronto, Ontario, 2004 to 2006

Psychology Clinic, York University, Supervised Psychology Graduate Students in providing psychotherapy to clients referred from the Counseling and Development Centre, York University, 2004-present

Organizer, Anxiety Disorders Screening Day, in conjunction with the Canadian Mental Health Association, London, Ontario, 2003, 2004

### **PROFESSIONAL AFFILIATIONS**

Founding Member, Alliance for Process-Informed Psychological Treatment, 2015-present

Founding Member, Canadian Association for Cognitive & Behavioral Therapy (CABCT)

Society for Psychotherapy Research (SPR)

North American Society for Psychotherapy Research (NaSPR)

Society for the Examination of Psychotherapy Integration (SEPI)

Canadian Psychological Association (CPA)