

VITAE

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Education

1995 - 2001	PhD Clinical Psychology University of New Brunswick Fredericton, NB
1992 - 1994	MSc Clinical/Community Psychology Acadia University, Wolfville, NS
1991 - 1992	Honour's Thesis – Psychology Thesis Supervisor: Dr. R. Konopasky Saint Mary's University, Halifax, NS
1988 - 1991	BA Psych/Soc (Summa Cum Laude) Saint Mary's University, Halifax, NS
1988 - 1990	Criminology Certificate Saint Mary's University, Halifax, NS

Community and Academic Awards & Scholarships

2013	Order of St. George
1996	SSHRCC Doctoral Fellowship (3-year tenure)
1994	Nominated Governor-General's Award: Acadia University
1991	University Gold Medal: Saint Mary's University
1991	Dr. James J. Carroll Bursary: Saint Mary's University
1990	John Howard Society Scholarship: Saint Mary's University
1990	I.O.D.E. Bursary: Saint Mary's University

Associations & Memberships

Association of Psychologists of Nova Scotia	(2001 to Present)
International Society for Traumatic Stress Studies	(2003 to Present)
Canadian Psychological Association	(1992 to Present)
Canadian Society of Addiction Medicine	(2003 to 2011)
Royal United Services Institute of Nova Scotia	(2010 to Present)
UN-NATO Veterans Association	(2011 to Present)

Committees and Professional Volunteer Activities

1999 - 2000	Practicum Placement Supervisor (Dalhousie University - PhD Candidate)
2000 - 2002	Co-Chair Medical Ethics and Research Committee, Stadacona Hospital, Halifax
2001 - 2002	Practicum Placement Supervisor (Mount St. Vincent University – MEd Candidate)
2002 - Present	NSBEP Supervisor for (5) Candidate Register Psychologists
2002 - 2004	Co-Chair Membership Committee, APNS
2003 - 2004	Committee Member, Post-Trauma Services, APNS
2008 - 2009	Practicum Placement Supervisor (Dalhousie University – PhD Candidate)
2008 - 2009	Chairperson, Personnel Committee – Alcare Place, Halifax, N.S.
2010 - Present	Ex-officio Board Member – Veterans Emergency Transition Services
2013 – Present	Board Advisor – Foundation for Atlantic Heroes
2013 - Present	Transfer Interviews Committee: Nova Scotia Board of Examiners in Psychology

Professional Registrations

Nova Scotia Board of Examiners in Psychology #0430
Canadian Register of Health Service Providers in Psychology # 6055

Teaching and Supervision

October 2013 – May, 2015	Research Supervisor “Exploring drug usage among Canadian veterans with chronic pain and military post-traumatic stress disorder” - Dr. Roxanne Sterniczuk, Dalhousie University
Sep 1999 - Dec 2000	Part-time Faculty Department of Psychology Mount St. Vincent University
Jan 1996 - Dec 1996	Teaching Practicum Inferential Statistics and Research Design University of New Brunswick

Clinical and Consulting Experience

January – April 2013 Addiction Treatment Services - Atlantic
Canadian Forces Health Services, Halifax, NS
External Clinical Supervisor (Temporary position)

Provided clinical supervision and training of program staff in delivery of interpersonal group therapy. Provided direct clinical supervision of group therapists through video and direct observation. Advised program manager on client concerns and staff training issues.

December 2011 - May 2012

Emergency Medical Care Inc.
Dartmouth, Nova Scotia
Consulting Clinical Director

Responsible for program review and recommendations for clinical oversight of the organization's Peer and Family Program and Critical Incident Stress Management (CISM) activities. Provided consultation to Program Director on clinically-related issues in program delivery, including recommendations based on relevant research and recommendations regarding selection, training, and supervision of volunteers associated with program delivery.

October 2009 - Aug 2010

Crosbie House Society
New Minas, Nova Scotia
Consultant

Provided review and recommendations on staffing issues, programming, and policies for a residential addiction treatment facility. Provided staff oversight and training and direction to the facility Director and the Board of Directors on the requirements for implementation of evidence-based and ethically-grounded practice in the treatment of addiction and comorbid disorders.

February 2004 - Present

Whelan Psychological Services Inc.
Halifax, Nova Scotia.
President and Senior Psychologist

Serve as senior psychologist for a general psychological practice providing assessment and treatment services to children, adolescents, adults, and families experiencing a range of mental health concerns. In the past several years, the practice has focused on the assessment and treatment of traumatic stress and concurrent disorders. At present, WPS serves as an Atlantic treatment provider for Veterans Affairs Canada and the Canadian Forces for the assessment and treatment of comorbid posttraumatic stress disorder and addiction and as a provider to RCMP and the Halifax Regional Municipality Police and Fire Services for the assessment and treatment of substance abuse disorders.

May 2004 - May 2005

Addiction Services - Atlantic
Formation Health Services, Halifax, NS
External Clinical Supervisor

Provided clinical oversight and training of program staff and student trainees. Provided direct clinical supervision and training of group therapists through video and direct observation. Advised clinical director on programming components, client status, and staff training issues.

Sep 1998 - April 2004

Addiction Services - Atlantic
Formation Health Services, Halifax, NS
Clinical Director

Served as Clinical Director of Addiction Services for the Canadian Forces - Atlantic, including development and implementation of various programming (i.e., 30-day, 24-bed residential treatment program, National aftercare training program, clinical supervision of 6 staff, oversight of 1-year aftercare program). Developed standardized addiction/mental health assessment batteries. Conducted and

supervised broad-based assessments and treatment of military personnel referred for alcohol, drug, gambling, and concurrent problems of posttraumatic stress, depression, and anxiety disorders. Provided group and individual therapy to clients. Worked with related mental health programs to develop integrated services for CF members/families. Provided supervision of student psychologists and medical staff on CF policies and accepted practice for the treatment of substance dependence problems. Evaluated and revised treatment protocols and provided research-based recommendations to the CF leadership.

Jun 1996 - Dec 1996

Research Consultant
Society for the Rehabilitation of Alcoholics (SRA),
Halifax, NS

Conducted independent "Alcohol Treatment Survey" of Nova Scotia businesses as part of a market analysis for a private organization. Data were used to plan expansion of treatment services to clients within the Halifax Regional Municipality.

May 1994 - Jul 1995

Employee Assistance Services, Inc.
Halifax, NS
Clinical Specialist

Conducted client assessments, individual and family therapy, case management, Critical Incident Stress Debriefings, organizational consultations, and research activities for contracted organizations throughout Nova Scotia, New Brunswick, and Prince Edward Island.

Aug 1993 - Mar 1994

Clinical Internship
Canadian Forces Hospital- Halifax, NS

Participated in a nine-month supervised clinical internship in the Psychiatry Department and the 30-day inpatient addiction treatment program. Responsible for providing psychological assessments to supervising psychologists and psychiatrists. Conducted psycho-education classes with inpatient psychiatric clients. Conducted intake assessments, individual and group therapy for clients in the 30-day inpatient program for addiction.

Apr 1991 - Aug 1992

Center for Psychological Services
Halifax, NS
Psychometrist

Conducted cognitive (e.g., WAIS-R), personality and sexual preference testing (i.e., phallometric testing) of federal inmate (sexual) offenders. Supervision under a team of clinical psychologists.

Feb 1987 - Jan 1991

Alcare Place (SRA)
Halifax, NS
Executive Director

Responsible for 7 staff and residents for a long-term 11-bed addiction treatment facility. Involvement in program development and delivery. Ex-officio member of Board of Directors. Developed and implemented residential phase-treatment program for long-term clients (3 months to 1 year) and developed personnel, treatment, and policy manuals.

Professional Development

Apr 2014	Peer Support National Conference, Halifax, NS
Dec 2013	Ericksonian Psychotherapy Conference, Anaheim, CA.
Nov 2013	Military and Veteran Health Research Forum, Edmonton, AB.
June 2012	Canadian Psychological Association Annual Conference, Halifax, NS
Apr 2012	Critical Incident Stress Management: Individual and Group Interventions (Recertification), Dr. Lori Gray, Stouffville, ON
Feb 2012	Behavioral Health & Addictive Disorders Conference, Clearwater Beach, FL.
Jun - Dec 2011	Therapeutic Enactment: Advanced (Trauma Repair) Training, Dr. Marvin Westwood, University of British Columbia, Vancouver, BC.
Aug 2011	New developments in the treatment of PTSD and Complex PTSD, Dr. Donald Meichenbaum, New England Educational Institute, Cape Cod, MA.
Apr 2011	Concurrent disorders across diagnoses and across the lifespan Nova Scotia Hospital, Dartmouth, NS.
Dec 2010	Ericksonian Psychotherapy Conference, Orlando, FL
Dec 2009	Ericksonian Psychotherapy Conference, Anaheim, CA
Nov 2008	Brain Research: Stress, Coping & Disease, Elsevier, Arlington, VA
Nov 2007	Preventing Trauma and its Effects, International Society of Traumatic Stress Studies Annual Conference, Baltimore, MD
May 2007	Complexities of Posttraumatic Stress Disorder sponsored by Veterans Affairs Canada, Montreal PQ.
Aug 2005	The Self-Trauma Model: Treatment of complex PTSD by Dr. John Briere, Charlottetown, PE.
May 2004	Interpersonal Reconstructive Therapy – Workshop by Dr. Lorna Smith Benjamin, Halifax, NS.
Sep 2003 - Feb 2004	Intensive Short-Term Dynamic Psychotherapy (ISTDP). Seminar with Dr. Chris Stewart and Dr. Ian Feltham.
Aug 2002	Dual Diagnosis: An integrated model for the treatment of people with co-occurring psychiatric and substance disorders by Dr. Kenneth Minkoff, New England Educational Institute, Cape Cod, MA.
May 2002	Addiction Treatment Director's Conference, US Navy, San Diego, C.
Sep - Dec 2001	Intensive Short-Term Dynamic Psychotherapy (ISTDP) by Dr. Allan Abbass, Dalhousie University.
May 2001	Addiction Treatment Director's Conference, US Navy, San Diego, CA.
May 2001	Post traumatic stress disorder: Assessment and treatment issues by Dr. Terry Keane, University of New Brunswick, NB.
Apr 2001	Eye Movement Desensitization and Reprocessing Level 1 Certification - Dr. Francine Shapiro, Bethesda, MD
Nov 2000	Post traumatic stress disorder treatment issues - Dr. Donald Meichenbaum, Halifax, NS

Presentations, Publications & Research

- Whelan, J. J. (Manuscript submitted for publication). Effects of developmental abuse and symptom suppression among traumatized veterans.
- Whelan, J. J. & Trudel, J. G. (2014, April). Military Trauma: Fostering Peer Support - Results from a group-based intervention. *Presented at the first national peer support conference*, Halifax, NS.
- Whelan, J. J. (2014, February). Facing Adversity: Expected and unexpected reactions. *Presentation to Canadian Red Cross*, Dartmouth, NS.
- Whelan, J. J. (2013, November). Description and treatment outcomes for the trauma relapse prevention group (TRPG) program. *Poster presented at the annual conference of the Canadian Institute on Military and Veteran Health Research*, Edmonton, AB.
- Whelan, J. J. (2013, October). Addiction: Complexities in assessing and treating military clientele. *Colloquium presentation*. Dalhousie University, Halifax, NS.
- Whelan, J. J. & Stephenson, H. (2013, June). Veterans: Managing issues. *Invited workshop with McInnes-Cooper Law*, Halifax, NS.
- Whelan, J. J. (2013). Exploring the relationships between untreated adverse childhood events and substance abuse, and their impact on PTSD relapse rates among Canadian military veterans. In A. B. Aiken & A. H. Belanger (Eds.), *Beyond the line: Military and veteran health research* (pp. 180-195). Kingston, ON: McGill-Queen's University Press.
- Whelan, J. (2010). *Outcome evaluation of the trauma relapse prevention group (TRPG) program for Canadian military veterans diagnosed with chronic PTSD*. Submitted to Veterans Affairs Canada, Charlottetown, PE.
- Whelan, J. (2009). *Trauma Relapse Prevention Group (TRPG) Member's Handbook*. Unpublished Manuscript.
- Whelan, J. (2009). *Trauma Relapse Prevention Group (TRPG) Leader's Guide*. Unpublished Manuscript.
- Sears, H. A., Byers, S. E., Whelan, J. J., Saint-Pierre, M., & The Dating Violence Research Team (2006). "If It Hurts You, Then It Is Not A Joke": Adolescents' ideas about dating violence in heterosexual relationships, *Journal of Interpersonal Violence*, 21, 1191-1207.
- Whelan, J. (2005). *Trauma and addictions recovery program (TARP): An evidenced-based treatment of co-morbid posttraumatic stress disorder and substance abuse/dependence for Canadian Forces members and veteran*, Manuscript submitted to National Defense Medical Centre, Ottawa, ON.
- Whelan, J. J. (2003). *Treatment of comorbid PTSD and SUD: A review of the literature*, Paper presented at Treatment Standards Committee at Department of National Defense, Ottawa, ON.
- Whelan, J. J. (2002). *Comorbidity: The influence of mental health on addiction treatment*, Canadian Forces Health Services, Ottawa, ON. .
- Whelan, J. J. (2001). A study of treatment outcomes for Canadian forces members who have received an intervention for alcohol abuse. *Unpublished Dissertation*, Fredericton, NB: University of New Brunswick.
- Price, E. L., Byers, E.S., Sears, H.A., Whelan, J.J., Saint-Pierre, M., & the Dating Violence Research Team (2000, January). Dating violence among New Brunswick adolescents: A summary of two studies, *Muriel McQueen Fergusson Centre for Family Violence Research Paper Series, Vol. 2*, Fredericton, NB: University of New Brunswick.
- Sears, H.A., Whelan, J.J., Saint-Pierre, M., & Byers, E.S., & the Dating Violence Research Team (1999, April). "If it hurts you, then it is not a joke": A qualitative study of adolescents' ideas about dating violence. *Poster presented at the Biennial Meeting of the Society for Research on Child Development*, Albuquerque, NM.
- Whelan, J. J., & Sears, H. (1997, June). The effects of parents' work stress and family economic stress on adolescent adjustment: An adolescent perspective. *Poster presented at the Annual Convention of the Canadian Psychological Association*, Toronto, ON.
- Whelan, J. (1997). *Alcohol treatment survey (1996) report*. Manuscript prepared for Society for the Rehabilitation of Alcoholics, Halifax, NS.

- Leiter, M. P., & Whelan, J. (1996). The role of employee assistance counselors in addressing organizational problems. *Employee Assistance Quarterly*, 12, 15-28.
- Whelan, J. J. (1995, June). The impact of occupational stress upon employee assistance use in a healthcare organization. In M. P. Leiter (Chair), *Burnout in the 1990s: Research agenda and theory. Symposium conducted at the Annual Convention of the Canadian Psychological Association*, Charlottetown, PE.
- Whelan, J. (1995). The challenges of working in the employee assistance program (EAP) world. *The Nova Scotia Psychologist*, 10, 8-9.
- Whelan, J. J. (1994). The impact of occupational stress upon employee assistance program use in a healthcare organization. *Unpublished master's thesis*, Wolfville, NS: Acadia University.
- Whelan, J. (1992). The Smith Report: Views of a consumer. *Teaching and Learning at Saint Mary's*, 3, 7-13.
- Whelan, J. J. (1991). Differentiating sexual offenders from non-offenders on measures of social desirability responding and locus of control. *Unpublished Honour's thesis*, Saint Mary's University, Halifax, NS.

Media Presentations

- Whelan, J. (2009, January). News Conference at Nova Scotia Legislature with Mr. Peter Stoffer, MP. Press Release: *"Better access, co-ordination, and expansion of mental health services required for Veterans."*
- Whelan, J. (2009, September). CBC Radio: Information Morning with host Don Connolly: *"Dealing with military stress."*
- Whelan, J. (2010, November). Invited Witness - *Standing Committee on Veterans Affairs: Study - Combat Stress and its Consequences on the Mental Health of Veterans and their Family*. House of Commons, Ottawa, ON.
- Whelan, J. (2011, 5 August). News Conference: *"Homeless veterans need transition centres"* with Mr. Peter Stoffer, MP. On location at Salvation Army Shelter, Gottingen Street, Halifax, NS.
- Whelan, J. (2011, 5 August). CBC Evening News: *Newsmaker Interview with Host Amy Smith: Mental health challenges for CF Veterans*.
- Whelan, J. (2011, 6 November). CBC Radio - Maritime Magazine: *'Ground Support' hosted by Shaina Luck*.
- Whelan, J. (2012, March). Invited Witness - *Standing Committee on Veterans Affairs: Study - Review of the Delivery of Front-Line Health and Wellbeing Services for Canadian Veterans*. Royal Artillery Park, Halifax, NS.
- Whelan, J. (2012, 25 June). Canadian Press news article by Alison Auld: *"Troubles after military life: Challenges facing military members being medically released."*
- Whelan, J. (2013, 1 March). Legion Magazine feature article by Sharon Adams: *"Lest we forget: The shocking crisis facing our wounded veterans."*

References

Available upon request