

Michaela Kadambi, Ph.D., R. Psych.

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Professional Profile

- Registered Psychologist in the province of Alberta
- Graduate of Canadian Psychological Association accredited program
- Skilled in clinical assessment and counselling interventions for issues including; anxiety, depression, suicidal ideation, grief, chronic/terminal illness, sexual abuse/assault, substance abuse, acute/chronic pain and interpersonal relationship difficulties
- Adjunct Professor within the Department of Educational Psychology at the University of Alberta

Education

Doctor of Philosophy: Counselling Psychology

Department of Educational Psychology, University of Alberta, Edmonton, Alberta

Degree Conferred: November 2003

- Doctoral internship at the Cross Cancer Institute completed August 31, 2001
- Doctoral dissertation: "Counselling and the Professional: Vicarious Trauma, Burnout and Rewards of Clinical Practice"
- Canadian Psychological Association accredited counselling program

Master of Education: Counselling Psychology

Department of Educational Psychology, University of Alberta, Edmonton, AB.

Degree Conferred: November 1998

- Concentration in theories of counselling, professional practices, research methods, personality theory, statistical analysis, testing/assessment, and practica in individual and group counselling
- Specialized course and practicum: Male Survivors of Sexual Abuse: Theory and Practice
- Masters thesis: "Vicarious Trauma: Working with Sex Offenders"

Bachelor of Science Specialist (Psychology)

Brandon University, Brandon, MB

Degree Conferred: May 1994

- Honors thesis project: Effects of instructional strategy, color, practice, pattern and practice on sex differences in Mental Rotations Task performance

Clinical Experience

Psychologist

Private Practitioner, Edmonton, AB.

May 2007 – Present Date

- Providing individual/couples counselling services to adult clients
- Offering consultation services to the community regarding mental health issues relating to workplace wellness and professional burnout
- Designed, built and maintain my professional website

Psychologist & Research Co-ordinator

University of Alberta Student Counselling Services, Edmonton, AB.

September 2003 – Present Date

- Providing individual/couple counselling services and vocational assessments to students
- Offering consultation services to university staff, campus groups and organizations to promote campus wellness
- Providing outreach services (e.g. media appearances) to increase profile of Student Counselling Services on the University of Alberta campus and in the community
- Participating in case conferences, reflecting teams and educational presentations within group supervision setting
- Working in conjunction with staff to develop and present educational presentations/workshops on a variety of mental health issues for student/faculty groups on campus
- Facilitating and co-facilitating groups addressing social anxiety, relaxation training, coping with depression and issues facing graduate students
- Initiating and developing ongoing agency activities for program evaluation and psychotherapy outcome research designed to help our services collect descriptive data on our clientele and evaluate the effectiveness of the services provided by our agency
- Responsible for developing independent measures, research proposal, ethics application and grant applications
- Supervising and training counselling staff in research procedures
- Secondary supervisor for undergraduate Psychology Intern
- Liaising with other campus resources to facilitate development of a sustainable program evaluation and program of research at our agency

Psychologist

Millard Health Rehabilitation Center: Worker's Compensation Board, Edmonton, AB.

September 2002 – August 2003

- Provided counselling services to individuals who experienced a work related injury and consultation to rehabilitation professionals treating the injury
- Developed and facilitated psycho-educational groups for injured workers
- Worked as part of an interdisciplinary team of professionals to provide comprehensive services to those undergoing rehabilitation

Provisional Psychologist

University of Alberta Hospital Dept. of Psychology: HIV Program, Edmonton, AB.

October 2001 – August 2002

- Provided counselling services to individuals and couples affected by HIV on both inpatient and outpatient basis
- Worked as part of an interdisciplinary team of professionals to provide comprehensive services to those affected by HIV
- Conducted psychological assessments as required
- Participated in case conferences and group supervision

Provisional Psychologist

University of Alberta Student Counselling Services, Edmonton, AB.

September 2001 – April 2002

- Provided individual and couple counselling services and vocational assessments to students at the University of Alberta
- Participated in case conferences, reflecting teams and educational presentations within group supervision setting
- Worked in conjunction with staff to develop and present educational presentations/workshops on a variety of mental health issues for student groups on campus

Doctoral Intern

Cross Cancer Institute, Department of Psychology, Edmonton, AB.

September 2000 – August 2001

- Provided counselling and crisis intervention to patients dealing with various cancer diagnoses and their family members
- Provided individual, couple and family counselling to adults, adolescents and children, inpatients and outpatients
- Facilitated support group for brain tumor patients and their family members
- Co-facilitated the Stress Management and Relaxation Training Group, Breast Cancer Support Group and Support Group for Spouses of Patients
- Utilized hypnosis and guided imagery techniques to assist clients in managing pain and treatment side effects
- Participated in case conferences and live observation sessions as part of clinical supervision

Teaching & Supervisory Activities

Clinical Supervisor

Student Counselling Services, University of Alberta

September 2009 – April 2010

- Provided clinical supervision to masters level and doctoral students who were on clinical placement at Student Counselling Services
- Provided live observation of student work, case consultation and file review
- Developed collaborative learning and experiential goals with students to fulfill their personal goals for their practicum experience
- Met weekly with students to ensure appropriate support for the development of their clinical skills and ensure appropriate client care
- Provided regular feedback and consultation with students regarding their clinical skills, case conceptualization and clinical interventions
- Reviewed all client files and instructed students on file management issues and note taking practices
- Provided mid term and final evaluations of students for their academic program requirements

Instructional Skills Program

University Teaching Services, University of Alberta

February 2005 – July 2009

- Participated in the Instructional Skills Program which offers professional development and training related to teaching and learning
- Completion of the program required between 40- 50 hours of pedagogical workshops and the submission of a teaching dossier
- Certificate of completion awarded July 2009

Principal Co-Instructor

University of Alberta, Department of Educational Psychology

January 2010 – April 2010 : January 2009 – April 2009

- Principal instructor for a half section of EdPsy 534: Basic Skills, Issues & Attitudes in Counselling II
- EdPsy 534 is the continuation of 533 introductory class for masters students that focuses on the continued development of basic skills, knowledge and attitudes necessary for the practice of counselling
- Worked with graduate students to create a safe and supportive classroom environment to explore personal and professional issues that arise in learning and providing counselling and psychotherapy
- Developed assignments that were designed to enhance students understanding of the counselling process and to promote reflective practice
- Consulted with students and provided feedback on their development of basic counselling and communication skills and marked assignments

- Utilized different media such as film, video, internet resources and overheads to facilitate acquisition of knowledge of counselling theory and basic counselling skills
- Extensively utilized experiential exercises (role plays, case studies, reflecting teams, relaxation/meditation) to assist students in acquiring counselling skills and engage in reflective practice
- Developed and utilized some feedback forms for students to use throughout the semester
- Supervised a doctoral level teaching assistant who provided administrative support for students in this class

Principal Co-Instructor

University of Alberta, Department of Educational Psychology

September 2008 – December 2008; September 2007 – December 2007

- Principal instructor for a half section of EdPsy 533: Basic Skills, Issues & Attitudes in Counselling
- EdPsy 533 is an introductory class for masters students that focuses on the development of basic skills, knowledge and attitudes necessary for the practice of counselling
- Developed eclass (formerly webct) component for this course to supplement classroom learning activities
- Worked with graduate students to create a safe and supportive classroom environment to explore personal and professional issues that arise in learning and providing counselling and psychotherapy
- Developed assignments that were designed to enhance students understanding of the counselling process and to promote reflective practice
- Consulted with students and provided feedback on their development of basic counselling and communication skills and marked assignments
- Utilized different media such as film, video, internet resources and overheads to facilitate acquisition of knowledge of counselling theory and basic counselling skills
- Extensively utilized experiential exercises (case studies, reflecting teams, relaxation/meditation) to assist students in acquiring counselling skills and engage in reflective practice
- Developed and utilized feedback forms for students to use throughout the semester
- Supervised a doctoral level teaching assistant who provided administrative support for students in this class

Principal Co-Instructor

University of Alberta, Department of Educational Psychology

January 2008 – April 2008

- Shared principal instructor role for EdPsy 597 with Dr. D. Zeman
- EdPsy 597: Special Seminars Capping Project
- Worked collaboratively with co-instructor to develop assignments designed to enhance students' progression with their individual capping projects
- Consulted with students and provided feedback on their development of their project proposals and finished project
- Responsible for developing WebCT for this course using Vista 4.0
- Utilizing WebCT functions maintained connection with students; created discussion forums and online resources relating to the writing process

Secondary Supervisor for Undergraduate Intern

Student Counselling Services, University of Alberta

May 2006 – May 2007

- Developed collaborative learning and experiential goals with our undergraduate intern to fulfill their personal goals for their internship experience
- Met regularly with our intern to ensure their educational needs were being met and to ensure appropriate support for the development of their skills in conducting research
- Provided feedback and consultation with student regarding their learning plan and assignments as required by their department for successful completion of their academic requirements during their internship
- Assisted the student to develop skills relating to data entry and data collection procedures for agency program evaluation and research
- Created additional learning opportunities for the student to supplement their academic learning plan

Principal Instructor

University of Alberta, Department of Educational Psychology

January 2001 – April 2001

- Principal instructor for EdPsy 442: Introduction to Counselling
- Provided instruction for class lecture and seminars to fourth year undergraduate education students
- Consulted with students and provided feedback on their development of basic counselling and communication skills, marked all assignments and administered mid-term and final examinations
- Utilized different media such as film, video, overheads to facilitate acquisition of knowledge of counselling theory and basic counselling skills

Supervisor/Teaching Assistant

University of Alberta Education Clinic

September, 1998 – December, 2000; September 2001 – April 2002

- Supervised students at the Masters and Doctoral level who were providing psycho-educational assessments of children, adolescents and adults presenting to the clinic with a variety of issues (cognitive deficits, learning disabilities, attention deficit disorder, behavioral concerns etc.)
- Provided regular supervision to students learning about the assessment process
- Reviewed all tests administered and evaluated reports
- Supervised by a Registered Psychologist

Publications

Kadambi, M. A., Audet, C., & Knish, S. (*in press*). *Counseling Post-Secondary Students: Counselors' Positive Experiences*. *Journal of College Student Psychotherapy*.

Kadambi, M. A., & Truscott, D. (2008). Traumatizing Aspects of Providing Counselling to Survivors of Sexual Violence In Community Agencies: A Concept Map. *Canadian Journal of Counselling*, 42(3), 192 – 208.

Ennis, L., & Kadambi, M.A. (2008). The impact and rewards of providing sex offender treatment. In B. Schwartz, *The Sex Offender: Offender Evaluation and Program Strategies*, Volume 6, p.5-2 – 5-19. Civic Research Institute, Kingston: New Jersey.

Kadambi, M. A., & Truscott, D. (2006). Concept mapping professional's perceptions of rewards and motive in providing treatment to sex offenders. *Journal of Offender Rehabilitation*, 42(4), 37 - 58.

Kadambi, M. A., & Ennis, L. P. (2004). Reconsidering vicarious trauma: A review of the literature and its' limitations. *Journal of Trauma Practice*, 3(2), 1 - 21.

Kadambi, M. A., & Truscott, D. (2004). Vicarious trauma among therapists working with sexual violence, cancer and general practice. *Canadian Journal of Counselling*, 38(4), 260 - 276.

Kadambi, M. A., & Truscott, D. (2003). Vicarious traumatization and burnout among therapists working with sex offenders. *Traumatology* 9(3), 216 - 230.

Professional Activities & Affiliations

- College of Alberta Psychologists, 2010
- Psychologists' Association of Alberta, 2010
- Canadian Journal of Counselling Reviewer, 2006 - present
- College of Alberta Psychologists: Volunteer Registration Committee member, 2004 – present

Professional Development & Continuing Education

- EMDR Basic Training: EMDR Institute, March 2008 & August 2008: Calgary, Alberta.
- Level 1 Marital Therapy a Research Based Approach: John Gottman Insitutute Home Study Program, July 2007.
- Emotion Focused Therapy: Working with Individuals and Couples: Workshop by Les Greenberg, June 2007: Calgary, Alberta.
- Cognitive Behavioral Therapy for Obsessions: Canadian Psychological Association Pre-conference workshop, June 2006: Calgary, Alberta
- Canadian Psychological Association Annual Convention, June, 2006: Calgary, Alberta
- Instructional Skills Program – Teaching & Learning Effectiveness Sessions completed University of Alberta Teaching Services, February 2005 – June 2009: Edmonton, AB.
- Evolution of Psychotherapy Conference, December 2005: Anaheim, California, U.S.A.
- American Psychological Association Annual Convention Conference, August, 2001: San Francisco, U.S.A.
- Canadian Psychological Association Annual Convention Conference, July, 2000: Ottawa, ONT.
- The 2nd Canadian HIV/AIDS Skills Building Symposium Conference, November, 1999: Winnipeg, MB.
- The Canadian Society of Clinical Hypnosis: Advanced Workshop Conference, October, 1999: Edmonton, AB.
- The Canadian Society of Clinical Hypnosis: Intermediate Workshop Conference, April 1998: Banff, AB.
- Counselling Gay and Lesbian Clients: Understanding Unique Issues Workshop, October 1997: Edmonton, AB.

Academic and Community Awards

- Canadian Association of College and University Student Services Special Projects Grant, 2006
- Province of Alberta Graduate Fellowship Award, 2001
- Faculty of Education Graduate Student Travel Award, 2001
- Mary Louise Imrie Graduate Student Award, 2000
- Faculty of Graduate Studies and Research Scholarship, 1998 - 2002
- Meyer Horowitz Graduate Scholarship Award, University of Alberta, 1997
- United Way Community Service Citation: In recognition of outstanding service to the community, 1997
- Brandon University Honors Graduate, 1994
- Brandon University Dean's List 1994, 1993, 1992