

Alicia Berze-Butts

CURRICULUM VITAE

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EDUCATION

Sept. 2017-
June 2021

M.A. in Clinical Psychology

University of Windsor, Windsor, ON

Master's Thesis: Body Image Disturbance and Social Networking Site Behaviours

(Thesis Advisor: Dr. Michael Boroughs, Ph.D.), University of Windsor

Relevant Training and Coursework:

- *Emotion-Focused Therapy I & II*
- *Cognitive Behavioural Therapy I & II*
- *Multicultural Issues in Clinical Practice*
- *Advanced Adult Assessment*
- *Cognitive Bases of Behaviour*
- *Biological Bases of Behaviour*
- *Supervision, Consultation, & Interprofessional Relationships*
- *Clinical Assessment I & II*
- *Ethical and Professional Issues in Clinical Psychology*
- *Statistics for Graduate Studies in Psychology I & II*
- *Research Methods in Clinical Psychology*
- *Introduction to Psychotherapy*
- *Psychopathology*

Sept. 2006-
June 2010

B.A. in Honours Psychology

St. Francis Xavier University, Antigonish, NS

Honour's Thesis: Time Orientation as a Moderator of the Causal Link Between Implicit Theories of Relationships and Conflict Perceptions

(Thesis Advisor: Christine Lomore, Ph.D.), St. Francis Xavier University

RESEARCH INTERESTS

- Social Psychology
- Social Media
- Interpersonal Relationships
- Sexual Health
- Social Comparisons
- Body Image
- Intergroup Relations
- Multiculturalism

CLINICAL TRAINING WORK EXPERIENCE

Fall/Winter Adult Assessment Practicum

Psychological Services and Research Centre
Windsor, ON

September 2019- April 2020

Supervisor: Dr. Annette Dufresne

Duties and Responsibilities:

My responsibilities involved completing psychological assessments, including conducting clinical interviews, selection of appropriate tests, test administration and interpretation, report writing, and providing feedback with community clients. Assessments were generally for the purpose of diagnosing learning disorders, developmental disabilities, and other mental disorders, as well as making recommendations. Clients were typically self-referred or were referred from the Learning Disabilities Association of Windsor-Essex County (LDA) to apply for disability services through the Ontario Disability Support Program (ODSP).

Emotion-Focused Therapy

Psychological Services and Research Centre
Windsor, ON

September 2019- April 2020

Supervisors: Dr. Antonio Pascual-Leone, Dr. Imogen Hall

Duties and Responsibilities:

I completed coursework which consisted of class discussions based on assigned readings, videotaped examples of emotion-focused therapy (EFT), a student seminar presentation, role-playing, and skill-building assignments. This training provided a comprehensive overview of core intervention principles and techniques used in EFT, assessment strategies, case presentation and conceptualization, and outcome evaluation. Under the supervision of a licensed clinical psychologist, I treated an adult client with a variety of presenting problems using this approach. I was responsible for completing weekly process notes, as well as attending weekly individual and group supervision meetings.

Summer Adult Assessment Practicum

Psychological Services and Research Centre
Windsor, ON

May 2019- August 2019

Supervisor: Dr. Annette Dufresne

Duties and Responsibilities:

My responsibilities involved completing psychological assessments, including conducting clinical interviews, selection of appropriate tests, test administration and interpretation, report writing, and providing feedback with community clients. Assessments were generally for the purpose of diagnosing learning disorders, developmental disabilities, and other mental disorders, as well as making recommendations. Clients were typically self-

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referred or were referred from the Learning Disabilities Association of Windsor-Essex County (LDA) to apply for disability services through the Ontario Disability Support Program (ODSP).

Cognitive-Behavioural Therapy

Psychological Services and Research Centre
Windsor, ON

September 2018- April 2019

Supervisor: Dr. Cheryl Thomas

Duties and Responsibilities:

I completed coursework which included class discussions based on assigned readings, videotaped examples of cognitive-behavioural therapy (CBT), role-playing, and skill-building assignments. This training provided a comprehensive and practical overview of CBT principles, assessment strategies, case presentation and conceptualization, treatment techniques, and outcome evaluation. Under the supervision of a licensed clinical psychologist, I applied CBT interventions to treat multiple adult clients with a variety of presenting problems including anxiety, depression, interpersonal issues, body-image insecurities, low self-esteem, and suicidal ideation. I was responsible for completing weekly process notes, as well as attending weekly individual and group supervision meetings.

I incorporated information obtained through conducting clinical interviews, questionnaires, and clinical observations to produce behavioral case formulations. I designed appropriate CBT treatment plans based on review of the CBT treatment literature, as well as individualization of standard treatment protocols to the clients and the specific treatment goals. I modified the treatment plans as necessary based on the clients' ongoing responses to the interventions. I demonstrated competencies essential to the therapist role (i.e., establishing rapport, responding empathically, communicating clearly and directly, educating clients to the therapy, engaging clients in an active collaborative relationship, introducing appropriate CBT interventions, teaching and reinforcing skills, problem solving difficulties in the therapy relationship, and addressing issues around termination and relapse prevention). I systematically monitored treatment progress and assessed treatment outcomes incorporating clinical observations, client feedback, questionnaire data, and supervisory feedback. Additionally, I kept timely, concise, and accurate client records as required by the clinic and the course instructor.

Advanced Adult Assessment

Psychological Services and Research Centre
Windsor, ON

September 2018- December 2018

Supervisor: Dr. Alan Scoboria

Duties and Responsibilities:

Under the supervision of a licensed clinical psychologist, I worked with an adult client to apply basic assessment skills acquired in preceding courses. I evaluated a wide range of

cognitive, emotional, personality, and interpersonal functions to arrive at a comprehensive description of the client being assessed and formed meaningful clinical recommendations. Assessment strategies frequently employed in the field of clinical psychology were practiced, and I acquired skills with additional assessment instruments as determined by client needs. I furthered my skills in interviewing, report writing, clinical formulations, diagnosis, and making recommendations and referrals appropriate to the needs of clients. Client cultural and linguistic differences were considered. This course based practicum included a peer supervision training component whereby I learned to provide constructive feedback to my peers.

ACADEMIC WORK EXPERIENCE

Graduate Assistant

Department of Psychology
University of Windsor, Windsor, ON
Methods of Behavioural Change
September 2019- December 2019

Duties and Responsibilities:

My responsibilities included holding office hours, assisting students with coursework, proctoring exams, as well as grading assignments and papers throughout the semester.

Graduate Assistant

Department of Psychology
University of Windsor, Windsor, ON
Tests and Measurement
January 2019- April 2019

Duties and Responsibilities:

My responsibilities included assisting students with coursework, proctoring exams, grading assignments and reports, and scoring various psychometric tests (e.g. Mental Status Examination, Trail Making Test A & B, Digit Span Test, Wechsler Memory Scale, Wide Range Achievement Test (WRAT), Stroop Test, Rey Complex Figure Test).

Graduate Assistant

Department of Psychology
University of Windsor, Windsor, ON
Social Science Research Methods/Abnormal Psychology
September 2018- December 2018

Duties and Responsibilities:

I held an administrative position in which I was responsible for collecting and arranging course materials, filling in for teaching labs, and other activities such as analyzing data from lab exercises. My responsibilities also included holding office hours, assisting students with coursework, proctoring exams, as well as grading assignments and papers throughout the semester.

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Graduate Assistant

Department of Psychology
University of Windsor, Windsor, ON

Child Psychopathology

May 2018- June 2018 (spring session)

Duties and Responsibilities:

My responsibilities included holding office hours, assisting students with coursework, proctoring exams, as well as grading assignments and papers throughout the semester.

Graduate Assistant

Department of Psychology
University of Windsor, Windsor, ON

Introduction to Psychology as a Social Science

January 2018- April 2018

Duties and Responsibilities:

My responsibilities included holding office hours. assisting students with coursework, proctoring exams, as well as grading assignments and papers throughout the semester.

TEACHING WORK EXPERIENCE

Graduate Assistant- Lab Instructor

Department of Psychology
University of Windsor, Windsor, ON

Social Science Research Methods

September 2017- December 2017

Duties and Responsibilities:

My responsibilities included teaching an undergraduate lab once a week, preparing lesson plans, mentoring students, grading assignments, as well as proctoring and grading exams.

Violin Instructor

2010- Present

Duties and Responsibilities:

I occasionally take on students for private lessons in beginner violin. I teach the basic principles and techniques of the instrument, as well as the fundamentals of music theory and practice. Some of my duties include preparing lesson plans and providing feedback to students. My background and training are primarily in the traditional Celtic genre.

RESEARCH VOLUNTEER EXPERIENCE

Research Assistant

Department of Psychology
University of Calgary, Calgary, AB

Intergroup Relations Lab

February 2016- August 2017

Duties and Responsibilities:

Under the supervision of Dr. Cara MacInnis, I assisted in a project studying intergroup contact. My task was to analyze physiological data using the VU-DAMS (Ambulatory Monitoring System) software. I was also involved with running participants for data collection for a study researching the “overview effect.”

Research Assistant

Department of Psychology
University of Calgary, Calgary, AB

Relationships Lab

January 2014- December 2015

Duties and Responsibilities:

I worked under the supervision of Dr. Susan Boon on a variety of projects involving romantic relationships. I assisted in data-analysis tasks for a study researching responses to discrete acts of harm in interpersonal relationships. I analyzed open-ended responses from participants who answered questions about how they would respond to hypothetical transgressions in their relationships. I formulated classifications based on common themes and categorized each response into a quantifiable excel file. I also was involved in a meta-analysis project examining the association between narcissism and aggression. My responsibilities involved perusing numerous scientific articles and picking out key points of information, such as variables, measures, and results. I then transcribed this into quantifiable data that could be further analyzed.

Undergraduate Research Assistant

Department of Psychology
St. Francis Xavier University, Antigonish, NS
2008-2009

Duties and Responsibilities:

I assisted a senior year student in the analyzing and quantifying of data for her undergraduate honour’s thesis. The project focused on the physical and subjective measures of the effectiveness of pool therapy for arthritis pain. My role involved observing video data of participants undergoing various simple motor tasks and quantifying the effectiveness of these movements by counting the time durations frame by frame.

VOLUNTEER EXPERIENCE

Calgary's Women's Emergency Shelter

Calgary, AB

January 2017- July 2017

Duties and Responsibilities:

Approximately once a week I held a shift at the women's shelter in food services, assisting with kitchen duties. I also volunteered routinely in the children's center, where I was responsible for daycare activities.

Peer Support Counsellor

St. Francis Xavier University, Antigonish, NS

2009-2010

Duties and Responsibilities:

Along with a small group of my fellow upperclassmen, I helped organize and implement the new peer counselling program being introduced at my university (St. FX Peer Support Program). The purpose of this project was to provide assistance to new students who may be struggling with various life transitions and challenges. I organized and held weekly counselling sessions with a small group of first-year students, where we discussed the various issues and concerns that they were experiencing. I helped assess the effectiveness of the program during its pilot year and provided feedback on how it could be fine-tuned and improved for the future.

Psychology Society Member

St. Francis Xavier University, Antigonish, NS

2006-2010

Duties and Responsibilities:

I participated in weekly meetings and was actively involved in planning and implementing events for the society. One of my duties included serving as a tutor for students having difficulty in various psychology classes.

Orientation Crew Member

St. Francis Xavier University, Antigonish, NS

2007-2009

Duties and Responsibilities:

I helped organize and implement various activities and events for orientation week. These events were intended to allow incoming first-year students to make new friends and get introduced to university life. I was specifically involved with the Shinerama committee.

CERTIFICATIONS & TRAINING

- Feb. 2017** **Family Violence & Abuse Training**
Calgary Women's Emergency Shelter
- March 2017** **Children's Activity Centre & Shelter Orientation Training**
Calgary Women's Emergency Shelter
- April 2009** **Certificate in Peer Counselling**
St. Francis Xavier University
- *Trained in basic counselling skills such as problem-solving, conflict mediation, active listening, paraphrasing, asking open-ended and closed questions, body language, tone, summarizing, etc.*

HONOURS & AWARDS

- 2017** University of Windsor Master's Entrance Scholarship
University of Windsor, \$7000/yr
- 2017** Entrance Scholarship
University of Windsor, \$1000
- 2010** Graduated with First-Class Honours
St. Francis Xavier University
- 2006-2010** Dean's List
St. Francis Xavier University
- 2007-2010** St. Francis Xavier University Dean's Scholarship,
St. Francis Xavier University, \$1000/year (\$3000 total)