

# Dr. Joanna Hessen-Kayfitz, R. Psych

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## SUMMARY OF QUALIFICATIONS

- Experience providing individual and group therapy with adolescents and adults
- Experience administering, scoring, and interpreting cognitive, academic and behavioural/personality tests and writing psychological reports (including medico-legal and insurance evaluations) with adults
- Experience working with adults with chronic pain, depression, anxiety, specific phobias, and serious mental illness (bipolar disorder, schizophrenia, psychosis)
- Experience in forensic treatment and risk assessment (sexual, violent and general recidivism prediction) with youth and adult populations
- Qualified as an expert clinical and forensic psychologist in the Halifax Provincial Court and in the Nova Scotia Court of Appeal

## EDUCATION

**PhD**, University of Windsor, Windsor, Ontario, October 2008-October 2013 (CPA/APA accredited)

- Major: Clinical Psychology
- Dissertation title: Goldilocks and False Memories: Photograph content influences memory retrieval models. Supervisor: Dr. Alan Scoboria

**Master's Degree**, University of Windsor, Windsor, Ontario, September 2006- October 2008 (CPA/APA accredited)

- Major: Clinical Psychology (Adult Clinical subspecialty)
- Thesis title: Creating false memories: Effects of varying types of details contained in photographs. Supervisor: Dr. Alan Scoboria

**Bachelor of Arts, Honours**, University of Manitoba, Winnipeg, Manitoba, 2004-2006

- Major: Psychology
- Graduated with First Class Honours
- Dean of Arts Honours' list, 2005-2006
- Thesis title: The Effects of Leading Questions and Behavioral Momentum on Eyewitness Episodic Memory

**Bachelor of Science**, University of Manitoba, Winnipeg, Manitoba, 2003-2006

- Major: Microbiology
- Minor: Psychology

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## PROFESSIONAL EMPLOYMENT EXPERIENCE

**Contract Psychologist**, Correctional Service Canada, April, 2024 – Present.

- Provision of psychological risk assessments with federally incarcerated male offenders to assist with National Parole Board decisions regarding Detention and Statutory Release, as well as to assist with Judicial Review of applications for a reduction in number of years without parole eligibility, per CCC 745.6(1).

**Clinical Team Lead – Forensic Assessment**, IWK Health Centre, Youth Forensic Services; Halifax, Nova Scotia; February, 2023 – Present.

- Provision of leadership to an inter-disciplinary assessment team.
- Responsible for the overall assessment service delivery.
- Provision of key front-line decision-making and team facilitation to support clinical practice and supervision, and the day to day clinical leadership of the team.
- Promotion of the provision of quality evidence-based care to clients and families.
- Leading quality improvement initiatives related to the process, content, and policy of completing forensic assessments

**Psychologist**, Hubley Carruthers & Associates; Halifax, Nova Scotia; May 2014 – Present

- Provision of individual psychotherapy for older adolescents (16 years+) and adults experiencing a variety of psychological difficulties, including, but not limited to, trauma, depression, anxiety, relational/interpersonal problems, and adjustment difficulties.
- Provision of forensic recidivism risk assessments with adults regarding risk status and risk management needs to assist with sentencing, determination of parole ineligibility, etc.

**Psychologist**, IWK Health Centre, Youth Forensic Services; Halifax, Nova Scotia; September 2013 – Present.

- Provision of court-ordered forensic risk assessments (sexual, violent and general recidivism prediction) with out-patient adolescents regarding risk status, risk management, and appropriate sentencing to assist the Youth Court in disposition decisions.
- Provision of intervention addressing criminogenic need areas in order to reduce risk for criminal recidivism.

## PROFESSIONAL ACTIVITIES

**Governor in Council Appointment**

- Member (Psychologist), Nova Scotia Criminal Code Review Board, an expert tribunal that makes and reviews dispositions concerning any accused that has been found Not Criminally Responsible or Unfit to Stand Trial. December, 2022 - Present

**Professional Organizations**

- Chair, Criminal Justice Task Force for Fitness to Stand Trial and Criminal Responsibility Assessment, 2017 – 2023
- Member, Association of Psychologists of Nova Scotia Cultural Diversity Committee, 2017 – Present
- IWK Youth Court Assessment Team Representative, Youth Court Mental Health Working Group, 2016 - Present
- Director-at-Large, Conference Program - CPA Criminal Justice Section Executive, 2011 – Present.
- Co-Student Representative - CPA Criminal Justice Section, 2009 – 2011.

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## CLINICAL TRAINING WORK EXPERIENCE

**Psychology Resident**, Nova Scotia Capital District Health Authority Psychology Internship Program; Halifax, Nova Scotia; September 2012 – August 2013.

- Provided individual and group risk management and relapse prevention intervention to outpatients under probation order for sexual offence convictions.
- Conducted forensic violence risk assessments with inpatient psychiatric patients, wrote reports regarding risk status and risk management, and presented assessment findings to the Nova Scotia Criminal Code Review Board to assist in disposition decisions.

**Psychometrist**, Private Office of Dr. Jeremy Frank, Toronto, Ontario, September, 2011- July, 2012

- Conducted Psychological Insurer Examinations and Psychological Disability Assessments with adult individuals who have been involved in motor vehicle accidents (including Catastrophic, Post-104 disability, and assessments of treatment necessity and other specified benefits).
- Wrote comprehensive reports and provide recommendations accordingly.

**Psychometrist**, Private Office of Dr. Andrew Taylor, Windsor, Ontario, September, 2010- July, 2012

- Administered and scored a cognitive and academic battery to school-aged children and adolescents.

**Therapist**, Office of Dr. Stewart Plotnick, Windsor, Ontario, September, 2010 - October, 2011

- Conducted individual psychotherapy with adult clients referred for treatment secondary to a workplace injury or a motor vehicle accident.
- Prepared discharge reports as well as regular progress reports to be sent to clients' insurance companies or case workers for the purpose of petitioning for the approval of additional treatment sessions.
- Consulted with claims adjudicators, insurance representatives, vocational case managers, family physicians, and attorneys on clients' behalves.

**Advanced Practicum**, Psychological Services Centre – University of Windsor, Windsor, Ontario, September, 2010 – April, 2011

- Conducted individual psychotherapy with adults using an integrative blend of Psychodynamic, Emotion-focused, Experiential, and Cognitive Behavioral approaches.
- Conducted individual interpreter-assisted therapy and presented theoretically integrative case formulations clients at regular monthly case conferences.

**Assessment Practicum**, Office of Dr. Stewart Plotnick, Windsor, Ontario, September, 2008 – September 2010

- Conducted psychological and psycho-vocational assessments for adult clients referred by the Workplace Safety Insurance Board or by independent insurance companies.
- Wrote comprehensive reports and provided recommendations primarily with respect to the client's treatment needs (i.e. pain management counselling, psychotherapy), ability to proceed with various labour market retraining initiatives, and which vocational options they were most suited for.

**Student Adolescent Therapist**, as part of the Adolescent Clinical Interventions course sequence, Psychological Services Centre, University of Windsor, Windsor, Ontario, September 2007-April, 2008

- Provided Psychodynamic and Cognitive Behavioral Therapy to adolescent patients.

**Student Psychodynamic Therapist**, as part of independent supervision under Dr. Josee Jarry, Psychological Services Centre, University of Windsor, September, 2009 - April, 2010

- Provided Psychodynamic Therapy to university students.

**Student Psychodynamic Therapist**, as part of the Psychodynamic Therapy course sequence, Psychological Services Centre, University of Windsor, September, 2008 - April, 2009.

- Provided Psychodynamic Therapy to university students

**Therapy Practicum**, Canadian Mental Health Association, Windsor, Ontario, May, 2008-April, 2009.

- Provided individual therapy and group therapy to adults in a community health setting using Cognitive Behavioural and Mindfulness approaches.
- Conducted intake screening assessments for admission to a group therapy program for anxiety.

**Short-Term Crisis Therapy Practicum**, Student Counselling Centre, Windsor, Ontario, May 2008 - August, 2008.

- Provide short-term individual therapy sessions to university students in a university clinic using Cognitive Behavioural Therapy.

**Student Cognitive Behavioural Therapist**, as part of a Cognitive Behavioural course sequence, Psychological Services Centre, University of Windsor, Windsor, Ontario, September 2007-April, 2008

- Provided Cognitive Behavioural Therapy to four university students with depression and anxiety.

**Assessment Student**, as part of the Advanced Adult Assessment course, University of Windsor, Windsor, Ontario, September, 2007 - December, 2007.

- Conducted comprehensive psychological assessments for patients referred by the Learning Disabilities Association of Windsor.

**Assessment Practicum**, Stony Mountain Institution (CSC, Prairie Region), Winnipeg, Manitoba, May, 2007 - July, 2007.

- Conducted psychological (recidivism risk) assessments on incarcerated adult male offenders for the purpose of intake and statutory release.
- Wrote comprehensive reports and provided recommendations/feedback to inmates and to the inmates' Case Management Team.

### PEER-REVIEWED PUBLICATIONS

Roesch, R., Kayfitz, J. H., Watt, M. C., Cooper, B. S., Guy, L. S., Hill, D., Haag, A. M., Pomichalek, M., & Kolton, J. C. (2019). Fitness to stand trial and criminal responsibility assessments: Advocating for changes to the Canadian Criminal Code. *Canadian Psychology, 60*, 148-154.

Scoboria, A., Hessen-Kayfitz, J. K., Shapero, D., Fisico, S. (2011). Evaluating the Nested Model: An assessment of potential measurement confounds and response latencies. (*in progress*).

Hessen-Kayfitz, J. K., Scoboria, A. (2012). False memory is in the details: Photographic details predict memory formation. *Applied Cognitive Psychology, 26*, 333-341.

Scoboria, A., Lynn, S. J., Hessen, J., & Fisico, S. (2007). So *that* is why I don't remember: Normalizing forgetting of childhood events influences false autobiographical beliefs but not memories. *Memory, 15*(8), 801-813.

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**NON-PEER-REVIEWED PUBLICATIONS**

Hessen, J. (2010). On the inside: Reflections on a Clinical Practicum at Stony Mountain Institution. *Crime Scene*, 17(1), 21.

**PEER-REVIEWED CONFERENCE PRESENTATIONS**

Watt, M.C., Hessen-Kayfitz, J. (2019). Fitness to Stand Trial and Criminal Responsibility Assessments in Canada: Improving Access to Qualified Mental Health Professionals. Section Keynote Address presented at the 29<sup>th</sup> International Congress of Applied Psychology, Montreal, QB.

Hessen, J., Scoboria, A., Shapero, D., Fisico, S. (2010, May). Nested model holds: Plausibility, belief, and memory ratings unaffected by order effects. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.

Hessen, J., Scoboria, A., (2009, July). False memory is in the details: Photographic details predict memory formation. Paper presented at the bi-annual meeting of the Society for Applied Research in Memory and Cognition, Kyoto, Japan.

Hessen, J., Scoboria, A., (2008, June). The Devil is in the details: Photograph content influences false memory formation Poster presented at the annual meeting of the Canadian Psychological Association, Halifax, NS.

Frey, M., Scoboria, A., Hessen, J. (2008, May). Self-Esteem predicts accuracy of responding to interview questions. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Hessen, J., Scoboria, A., (2008, May). Creating False Memories: Effects of varying types of details contained in photographs. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, IL.

Fisico, S.N., Scoboria, A., & Lynn, S.J. Hessen. (2007, Jul). So that's why I can't remember: The provision of a rational normalizing forgetting in autobiographical belief formation. Paper presented at the bi-annual meeting of the Society for Applied Research in Memory and Cognition, Lewiston, ME.

Fisico, S.N., Scoboria, A., Lynn, S.J., & Hessen, J. (2007, May). Normalizing the forgetting of events influences the creation of false autobiographical beliefs. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.