

TOMAS JURCIK, PhD, RPsych

Contact

tomas.jurcik@cruxpsychology.ca

HIGHLIGHTS OF QUALIFICATIONS

- Psychologist, Clinic Director, Health and Balance Counselling
- Held Assistant Professor and Core Faculty positions, HSE University and Adler University
- CPA/APA accredited PhD: Clinical Psychology (Concordia University, 2014)
- CPA accredited internship: London Clinical Psychology Residency Consortium (2014)
- MA: Counselling Psychology (McGill University, 2005)
- Registered psychologist in BC (#2158) and licensed psychologist in Quebec (#12040-12)
- International graduate-level teaching, research, supervision, and faculty experiences
- Dissertation in acculturation, ecology, and immigrant mental health (quantitative)
- Publications in peer reviewed journals and book chapters in acculturation and clinical psychology
- Experience collaborating in multidisciplinary clinical and research teams
- 8 years of supervised experiences in counselling and psychotherapy (including CBT)
- Cognitive and personality assessment skills (e.g., WAIS, WISC, RBANS, MMPI, PAI, MCMI)
- University counseling clinic, outpatient and inpatient hospital, and private practice experience
- Fluent (oral and written) in English; intermediate in French, German, Slovak and Russian

EDUCATION

Concordia University
Montreal, QC

Sep 2008 – Aug 2014

Doctor of Philosophy (PhD) in Psychology

Oct 2014

Doctoral degree in CPA/APA Accredited

Clinical Psychology Programme

Dissertation: Unraveling Perceived Ethnic Density Effects and Recontextualizing Acculturation: The cases of Student and Russian-Speaking Immigrants to Montreal

Specialist Courses: Cultural psychology
and psychopathology, cultural psychiatry

Comprehensive exam papers: Cultural competence,
Psychosocial etiology of psychosis

Residency: London Residency Consortium, London, ON (CPA Accredited)

Rotations: First Episode Psychosis, Outpatient CBT, Geriatrics,
Inpatient Assessment, Epilepsy

CGPA : 4.0/4.3

McGill University
Montreal, QC

Sep 2002 – Apr 2005

Master of Arts (MA) in Counselling Psychology

May 2005

- Courses: Counseling Theories, Vocational and Group Counseling
- Fulfilled requirements for psychologist permit in Quebec (prior to 2006)
- CGPA: 3.9/4.0

McGill University

Montreal, QC

Sep 2000 – Apr 2001

Independent Student

- Specialist Courses: Community psychology (graduate level), health psychology, independent research, behavioural disorders
- CGPA: 3.9/4.0

University of Western Australia

Perth, WA

Jan 1996 – Dec 1999

Bachelor of Arts (BA), Psychology

Feb 2000

- Double major: Psychology
- Graduated with Honours

AWARDS AND GRANTS

HSE University “Best Teacher” Award

2017/19, 2020/21/22

International Faculty Support Grant (Higher School of Economics, annual)

Nov 2016 – Apr 2023

FQRSC (Fonds de recherche sur la société et la culture) doctoral award

Sep 2008 – Aug 2011

Doctoral entrance award (Concordia University)

Sep 2008 – Aug 2009

Doctoral award of excellence (Concordia University)

Sep 2011 – Aug. 2012

Travel grant for CPA 2012 convention (Concordia University & SSHRC)

Jun 2012

Accelerator Award (Concordia University)

Jan 2013 – Apr 2013

Travel grant for CPA 2013 convention (School of Graduate Studies, Concordia)

Jun 2013

CIHR Health Professional Student Research Award

May 2013 – Aug 2013

International Faculty Support Grant (Higher School of Economics, annual)

Nov 2016 – Sep 2019

PROFESSIONAL MEMBERSHIPS AND REGISTRATION/LICENSINGRegistered psychologist (#2158), **College of Psychologists of BC** (CPBC)

Nov 2014 – present

Psychologist permit (#12040-12), **Ordre des Psychologues du Québec** (OPQ)

Sep 2012 – present

Member, **British Columbia Psychological Association** (BCPA)

Jun 2015 – present

Student member, **Canadian Psychological Association** (CPA)

Jun 2009 – Oct 2014

- Sections on Clinical Psychology, International/Cross-Cultural Psychology, Rural and Northern Psychology

Canadian Certified Counsellor (CCC, #9694)

Jun 2005 – Jun 2015

Canadian Counselling & Psychotherapy Association (CCPA)

- Private practitioner chapter, Quebec Counselling Association

EMPLOYMENT**Health and Balance Counselling**

Apr 2015 – present

Port Moody, BC

Position: Director and Registered Psychologist (Private Practice)*Responsibilities:* Assesses and treats clients with mood and anxiety disorders in accordance with CPBC code of conduct; provides consultation, clinical and research supervision of graduate students and counsellors; Telehealth services; liaises/consults with other professionals, researchers and clinics; participates in community outreach**HSE University**

Nov 2016 – Apr. 2022

Moscow, Russia

Position: Assistant Professor (Tenure Track)*Responsibilities:* Developed and instructed two courses for Master's-level graduate students in the Applied Social Psychology program; supervised research thesis students, teaching assistants, participated in seminars and program meetings. Collaborated internationally with researchers and faculty. Research topics included mental health literacy in Russia and western countries; cultural adaptations of psychotherapy, the physician perceptions of patients with life threatening illnesses; acculturation and social ecology in sojourners and immigrants**Centre for Clinical Research in Health (CCRH)**

Oct 2014 – present

Concordia University

Montreal, QC

Position: Affiliate Member*Responsibilities:* Maintains collaborative ties with Culture, Health and Personality Laboratory (one of several laboratories at CCRH); consults and co-authors on projects related to acculturation and immigrant mental health; helps coordinate an international project on time perspective*Director:* Andrew Ryder, PhD**Adler University**

Sep 2014 – Aug 2016

Vancouver, BC

Position: Core Faculty*Responsibilities:* Develops and instructs courses for doctoral level graduate students in Cognitive Assessment, Personality Assessment, and Integrative Assessment; leads therapy and assessment practicum seminars for advanced students; supervises research students, teaching assistants, and collaborates with faculty in the development of the PsyD program; participates in academic community as full member of the Research Ethics Board, member at large of Faculty Council, and core faculty at clinical psychology program meetings*Program director:* Cindy Weisbart, PsyD*Dean:* Larry Axelrod, PhD**Cognitive Behavioural Therapy Clinic**

Sep 2012 – Aug 2013

(Affiliated with McGill University Health Centre)

Queen Elizabeth Health Complex

Montreal, QC

Position: Psychologist (licensed in Quebec)*Responsibilities:* provides cognitive-behavioural therapy to outpatients for anxiety and mood disorders (e.g., PTSD, major depression); includes longer term follow-up and booster sessions; see section on *Formal Practica Experiences* for further details*Direct Service Hours:* 100 (0.5 days/week)

Director: Luisa Cameli, PhD

Montreal Therapy Centre

Feb 2007 – Feb 2014

Queen Elizabeth Health Complex
Montreal, QC

Position: Counsellor (2007-2012); Psychologist (Oct. 2012-Feb. 2014)

Responsibilities: Provided part-time individual counselling and psychotherapy services on a sliding scale to clients referred to the centre. Typical presenting problems include sub-clinical depression and anxiety, relationship, and vocational issues for clients of various cultural backgrounds; conducted treatment planning, intervention, and follow up; interpreted vocational tests (Strong Interest Inventory); incorporated couple sessions in the context of individual therapy; occasionally communicated with legal system for court mandated counselling

Direct Service Hours: Approximately 500 (0.5 days/week)

Director: Rebecca Murray, M.F.T., S.W.

Cultural Consultation Service

Oct 2005 – Aug 2008

Culture and Mental Health Research Unit
Jewish General Hospital
McGill University Health Centre
Montreal, QC

Position: Research Coordinator (full-time)

Responsibilities: Maintained and helped develop a database on the use of an outpatient psychiatric cultural consultation service for refugees and immigrants referred from the community by practitioners; coded changes in diagnosis; coded recommended treatments; conducted interviews with referring clinicians (physicians, psychologists, social workers, nurses) on perceived satisfaction of service; interviewed patients for satisfaction and symptom monitoring (GHQ-12; SF-36); utilized translators; observed emergency room psychiatric assessments; assisted with the development of treatment guidelines in primary care for refugees and immigrants with PTSD, anxiety and depression; participated in a multi-site project on Aboriginal resilience in Canada, US and New Zealand; assisted with grant writing; co-supervised medical student for research projects. Co-ordination work led to co-authored publications in *Canadian Medical Association Journal*, *Psychiatric Services* and *Transcultural Psychiatry*

Supervisors: Laurence Kirmayer, MD and Eric Jarvis, MD

RESEARCH RELATED EXPERIENCE

Principal Investigator and Thesis Supervisor

Nov 2016 – Jun 2023

NRU Higher School of Economics
Moscow, Russia

Developed and led an international collaborative project assessing diagnostic practices of psychiatrists and clinical psychologists using a vignette and survey design; countries involved include Russia, Australia, Turkey, Italy, and Serbia, with an expectation to include Canada. Collaborated with Russian cognitive behavioural psychologists on a cultural treatment adaptation and working alliance project. Supervises master's students on thesis research topics related to acculturation and student sojourner adjustment in Moscow; dehumanization and the working relationship in medical settings; mental health literacy in Russia, Ghana, US and Australia; ethnic density and psychosis in South Africa. Published with students and colleagues in international peer reviewed journals.

Dissertation Chair/Advisor

Adler University
Vancouver, BC

Oct 2015 – May 2018

Supervised three doctoral students on dissertation research topics related to acculturation and mental health literacy, bilingualism and cognitive assessment, religious perspectives of existentialism

PhD Dissertation Project

Culture, Health and Personality Lab
Concordia University
Montreal, QC

Sep 2008 – Jun 2014

Dissertation research (successfully defended) examined the mechanisms involved in the ethnic density effect; relations between ethnic neighbourhood concentration, discrimination, social support, psychological acculturation and depression in student immigrants and Russian immigrants in the community; mediation and moderation analyses; presented data at CPA 2012 and 2013 conventions; both studies published in *Journal of Community Psychology*; remainder of manuscript published as a book chapter. Assisted with the coordination of a longitudinal study with international students

Supervisor: Andrew Ryder, PhD

Cultural Consultation Service

Culture and Mental Health Research Unit
Jewish General Hospital
McGill University Health Centre
Montreal, QC

Oct 2005 – Aug 2008

Worked as research co-ordinator assisting with qualitative, review, and quantitative projects in the area of immigrant, refugee and Aboriginal mental health (see Employment and Publications sections for details)

Supervisor: Laurence Kirmayer, MD

Post-Master's Project

Mental Health & Counselling Services
McGill University
Montreal, QC

Apr 2005 – Dec 2011

Examined University wide substance use; project began as part of Master's practicum; led ethics approved quantitative survey-based research project on several campus locations; explored the relations between drug and alcohol use and its relation to parental bonding and risk perception; co-authored paper published in *Journal of Substance Use*

Advisor: Norman Hoffman, MD

Qualitative Research Training

McGill University
Montreal, QC

Jan 2004 – Apr 2004

Master's qualitative research project using action research method examined how therapists-in-training reacted to the teaching and learning of qualitative research methods; interviewed students, coded themes and collated data, and prepared report

Course supervisor: Marilyn Fitzpatrick, PhD

Independent Research Project

Sep 2000 – Apr 2001

McGill University
Montreal, QC

Using a quasi-experimental design, examined whether sexual impulsivity and thought avoidance of sexually transmitted infections (STI) were related to STI Risk Perception in heterosexual men; developed a controlled manipulation

Supervisor: Bärbel Knäuper, PhD

Honours Thesis

Feb 1999 – Nov 1999

University of Western Australia
Perth, WA

Completed thesis using a non-experimental research design, examining the effects of an anticipated flight on fearful flyers' state anxiety, and risk perception; involved cooperation with a number of clinical psychologists in major Australian cities working for a national airline

Supervisor: Neil McLean

FORMAL CLINICAL PRACTICA AND INTERNSHIP EXPERIENCES

Doctoral level (Clinical Psychology)

London Clinical Psychology Residency Consortium

Sep 2013 – Aug 2014

Victoria Hospital, University Hospital, St. Joseph's Regional Mental Health Care
London, ON

Completed Canadian Psychological Association (CPA) accredited pre-doctoral residency with hospital rotations in the following services: Prevention and Early Intervention Program for Psychosis (PEPP), Cognitive-Behaviour Therapy, Geriatric Psychiatry, Assessment, and Epilepsy. Rotations involved outpatient and inpatient work, individual, group and family interventions, cognitive and personality testing, program evaluation, consultation and collaboration in multidisciplinary teams, as well as administrative responsibilities such as psychological report writing and work tracking. Patients across the adult developmental spectrum were serviced (18-80+ years of age). Rotations were spread across three hospitals in London and affiliated with the University of Western Ontario.

Supervised residency hours: ca. 2,000 (5 days/week)

Supervisors: Drs. Jason Carr, Brendan Guyitt, Stephanie Dubois, Ed Black, Paul Derry

Cultural Consultation Service

Sep 2012 – Apr 2013

Jewish General Hospital
Montreal, QC

Assisted with psychiatric interviews of culturally diverse clients, mostly refugees, refugee claimants, and immigrants, with various complex diagnoses, migration, and legal histories referred by hospital staff and clinicians in the community for culture-psychiatric consultation; collaborated with psychiatrists, translators, and anthropologists; liaison with professionals in the community; short-term CBT follow-up of African patient; provided services in both English and French; prepared reports and presented cases at rounds; received individual supervision; See also *Employment* section above

Supervised practicum hours: 172

Supervisors: Andrew Ryder, PhD (with Eric Jarvis, MD)

Cognitive Behavioural Therapy Clinic

Jan 2011 – Aug 2012

(Affiliated with McGill University Health Centre)
Queen Elizabeth Health Complex
Montreal, QC

Provided cognitive-behavioural therapy to outpatients for anxiety and mood disorders (e.g., PTSD, Panic, OCD, GAD, major depression); monitored progress (Beck inventories); conducted intake interviews with supervisor (also in French); prepared integrated reports using MCMI and personality and symptom measures; completed SCID assessments to screen patients for clinical research study on depression; observed workshop on stress management; clinical research rounds; presented case formally to clinical students and faculty at Concordia University; wrote summary letters outlining impressions and treatment plan to referring physicians; individual supervision conducted in English and French

Supervised practicum hours: 355 (1 day/week)
Supervisor: Luisa Cameli, PhD

Internal Practicum: Neuropsychology

Sep 2009 – Apr 2010

Applied Psychology Centre
Concordia University
Montreal, QC

Completed neuropsychological battery on a volunteer, and two adult patients referred from the Montreal Neurological Institute (Traumatic Brain Injury/Dementia and Multiple Sclerosis) under close supervision (one-way mirrors and video); included intake interviews, testing (e.g., WAIS, WMS, CVLT, WCST, TMT, Stroop, Boston Naming, Grooved Pegboard, Rey figure, Judgment of Line Orientation), and debriefing sessions; completed integrated neuropsychological reports for neurologist; received didactic training in neurobiology; observed other students conducting assessments

Supervised practicum hours: 104 hours (0.5 days/week)
Supervisor: Virginia Penhune, PhD

Inpatient Psychiatry

May 2009 – Aug 2009

Jewish General Hospital
Montreal, QC

Provided support and discharge planning for short-term hospitalized patients with severe mental illness (e.g., schizophrenia, bipolar disorder, other psychoses) from a culturally diverse catchment area; participated in individual, family, and group (outpatient) interventions; monitored symptoms and familiarized with mental status exam; explored patient medication compliance problems; examined medical charts; liaison with professionals in community; collaborated with translator; observed electro-convulsive therapy; participated in multidisciplinary clinical rounds; received individual and small group supervision

Supervised practicum hours: 445 (4 days/week)
Supervisor: Maxine Sigman, PhD (with Kamil Geagea, MD)

Internal Practicum: Assessment

Jan 2009 – Dec 2009

Applied Psychology Centre
Concordia University
Montreal, QC

Conducted cognitive tests (WAIS-III, WISC-IV) with an adult and child volunteer client (Practicum I); as well as tests of personality (MMPI, TAT, DAP) (Practicum II); included close supervision (video and one-way mirror); completed integrated reports; presented findings in small group supervision meetings

Supervised practicum hours: 24
Supervisor: Dina Giannopolous, PhD

Internal Practicum: Cognitive Behavioral Therapy

Sep 2008 – Apr 2009

Applied Psychology Centre
Concordia University
Montreal, QC

Conducted CBT with two clients (depression/borderline personality features, and academic anxiety) with close supervision (one-way mirrors and video); conducted SCID for borderline personality disorder; closely monitored symptoms; completed assessment reports; observed other students conducting therapy; received individual and group supervision

Supervised practicum hours: 143 (1 day/week)
Supervisor: Mark Ellenbogen, PhD

Master's level (Counselling Psychology)

McGill University Counselling Services

Sep 2004 – Apr 2005

Montreal, QC

Counseled University students with various psychological and vocational-academic concerns (e.g., depression, generalized anxiety, vocational/academic decision making; escorted a suicidal student to ER); exposed to humanistic, cognitive, solution-focused and dynamic treatment models; interpreted vocational tests (Strong Interest Inventory, Myers-Briggs Type Inventory), co-led workshop for mature students on balancing work, family and academic life; participated in mental health awareness day on campus; supervision by various service and University staff

Supervised practica hours: 677 (3 days/week)
Supervisors: Jeelson Park, PhD; Ada Sinacore, PhD; Evelyn Rodinos, MA, Vera Romano, MA; Ted Baker, PhD

Psychometric Testing

Sep 2003 – Apr 2004

McGill University
Montreal, QC

Familiarization with major psychological tests; assessed three primary school aged-children (one in school context), and three adults at a drug rehabilitation facility (Clearhaven); administered, scored, and wrote integrated reports using cognitive, personality, and vocational tests, including WAIS, WISC, MMPI, NEO-PI-R, DAP, MBTI, SII, Connors, and others; presented results in supervision group; received feedback on integrated reports and during practice administrations

Supervised practica hours: 62
Supervisor: Andy Hum, PhD

Internal Practicum: Counselling Skills

Sep 2002 – Apr 2003

Psychoeducational and Counseling Clinic
McGill University
Montreal, QC

Completed intake assessments, and counseled three adult volunteer clients (bereavement, coping with reading disability, relationship concerns); basic counseling skills and techniques were emphasized; received close supervision (video observation), presented client progress in group supervision meetings

Supervised practica hours: 149
Supervisor: Jack DeStefano, PhD

ADDITIONAL CLINICAL EXPERIENCES***Independent student level (pre-M.A.)*****Psychogeriatrics**

Sep 2000 – Apr 2001

Douglas Hospital
Montreal, QC

Completed a practicum as part of an advanced undergraduate psychology course in behavioural disorders; observation at the psychogeriatric day hospital (outpatient) and dementia wards (inpatient); co-animating therapy group, provided individual support for geriatric patients; observed neuropsychological assessments; assisted with research project coding diagnoses

Supervision hours: 121 (1 day/week)

Supervisors: Hildegard Brack, PhD; Hanneke Daniels, MSW; Camillo Zacchia, PhD

TEACHING AND SUPERVISION**Culture, Health & Personality Lab**

Sep 2022 – Present

Concordia University
Montreal, QC

Position: Clinical co-supervisor (Cultural therapy supervision)

Responsibilities: Supervises clinical psychology doctoral students in a research project evaluating culturally informed psychotherapy. Meetings are held biweekly to discuss therapy cases that have a cross-cultural element. Culturally adapted or informed cognitive and behavioural conceptualizations and interventions are considered and implemented.

Director: Andrew Ryder, PhD

Applied Social Psychology (MSc) program

Nov 2016 – Jun 2022

NRU Higher School of Economics
Vancouver, BC

Position: Assistant Professor; Course Instructor and Thesis Research Advisor

Responsibilities: Developed and taught original Master's-level courses entitled "Abnormal and Clinical Psychology: Social and Cultural Contexts" as well as "Controversies in Psychology". Responsible for developing syllabi and course content, including in-class exercises, assignments, and course slides. Delivers lectures that cover psychopathology, including its assessment and treatment, as well as controversies in social, clinical, and cognitive psychology. Topics include professional issues, ethical dilemmas, replication crises, contradictions in the empirical literature, cultural and social issues related to clinical and abnormal psychology, and related student presentations. Courses involved supervision of Teaching Assistants. Other work includes advising Master's research students; tasks involved guiding students through the topic selection process, project design, research ethics board approval, sample recruitment, data cleaning, analysis and report writing, and grading of theses (see section above for examples of topics)

Clinical Psychology (PsyD) program

Sep 2014 – Aug 2016

Adler University
Vancouver, BC

Position: Core Faculty Member; Course Instructor and Thesis Research Advisor

Responsibilities: Developed and taught doctoral-level courses in Cognitive, Personality, and Integrative Assessment, as well as supervising an Assessment Seminar. Responsible for developing

syllabus and course content, including in class exercises, assignments, and course slides. Delivered lectures that cover personality tests (e.g., MMPI, MCMI, PAI), cognitive tests (e.g., WAIS, WISC), achievement tests (e.g., WRAT) and their interpretation. Other topics included ethics, cultural and social issues related to test use, controversial topics, report writing, and related student presentations. Courses often included a lab component (e.g., practice of test administration) and involve supervision of Teaching Assistants. Practicum seminars involved supervising student case presentations related to student clinical placements, and facilitating discussion of pertinent clinical and professional issues. Acted as an advisor for two doctoral dissertation students (see section above)

Culture, Health & Personality Lab

Oct 2009 – Aug 2014

Concordia University
Montreal, QC

Position: Team Leader and Co-supervisor (Immigrant Psychosocial Adjustment Research Team)

Responsibilities: Created a research team of volunteers (Immigrant psychosocial adjustment research team); supervised honour's thesis students who wrote about an aspect of dissertation data; taught students: recruitment issues in community settings, data entry, data cleaning, basic analyses (SPSS), and literature searches (PsycInfo); examined articles and assisted with writing skills; monitored work during weekly team meetings; provided extensive feedback on honours theses drafts (based on aspects of my research data) and term papers; prepared and reviewed manuscripts for submission to peer reviewed journals; prepared reference letters; acted as reviewer for *Assessment* and *Transcultural Psychiatry* journal; consulted with director and dissertation advisor when required

Director/Supervisor: Andrew Ryder, PhD

McGill Tutorial Service

Nov 2004 – Jun 2007

McGill University
Montreal, QC

Position: Tutor (part-time)

Responsibilities: Received referrals from tutoring services; provided individual tutoring to undergraduate students taking courses in psychology (e.g., social psychology, educational psychology, statistics); proof read term papers; provided information on structuring essays; provided detailed feedback on essays for students who spoke English as a second language and students with disabilities; helped students obtain notable gains in grades

Director: Ted Baker, EdD

COMMITTEES

Research Ethics Board (REB)

Jun 2015 – Jul 2016

Adler University
Vancouver, BC

Position: REB full member

Responsibilities: Assisted with the updating of the institutional research ethics handbook and with the review of Master's and Doctoral level research proposals; flagged ethical and legal concerns

Director: Debbie Clelland, PhD

London Clinical Psychology Residency Consortium

Dec 2013 – Jan 2014

London Health Sciences Centre
London, ON

Tomas Jurcik

Phone (236) 979 3375

Represented the interests of psychology residents at consortium business meetings; surveyed preferences of residents for administrative tasks

Director: Brent Hayman-Abello, PhD

Center for Clinical Research in Health

Sep 2010 – Apr 2012

Concordia University

Montreal, QC

Represented the Culture, Health and Personality lab in the context of a University research consortium with various research groups in the areas of health psychology, anxiety disorders and culture; assisted with organizing and scheduling presenters

Directors: Drs. Michel Dugas, Adam Radomsky, Jean-Phillippe-Gouin, Andrew Ryder, Roisin O'Connor, Jennifer McGrath

COMPLETED WORKSHOPS

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|---|-----------|
| Principles of Supervision in Cognitive Therapy (Moscow) | Apr 2018 |
| Combining CBT and Compassion Focused Therapy (Moscow) | Apr 2018 |
| Woodcock Johnson-IV (WJ-IV) Training (Nelson Education) | Feb 2016 |
| Using Behavioral Experiments in the Treatment of Anxiety Disorders (Melisa Robichaud, Vancouver CBT Centre) | Oct 2015 |
| WISC-V (Pearson) | Nov 2014 |
| Cardiopulmonary Resuscitation (Heart and Stroke Foundation) | Nov 2012 |
| Acceptance and Commitment Therapy (Concordia U.) | Mar. 2012 |
| Structured Clinical Interview for Diagnosis (CBT Clinic, Montreal) | Jan 2012 |
| Evidence-Based Assessments (Concordia U.) | Mar 2010 |
| Motivational Interviewing (Concordia U.) | Feb 2009 |
| Rethinking trauma (McGill U.) | May 2007 |
| Multicultural Skills in Counselling and Therapy (Queen's U.) | May 2006 |

GUEST SPEAKER

Psychological Services Apr 30, 2020

Higher School of Economics

Moscow Russia

"Healing from a Pandemic: Individual Perspectives" (online) as part of *Mental Health Spring*

Psychological Services

Higher School of Economics

Moscow, Russia

Oct 10, 2019

Tomas Jurcik

Phone (236) 979 3375

“Mental Health Awareness on Campus” as part of *World Mental Health Day*

Department of Psychology
Higher School of Economics
Moscow, Russia

May 27, 2016

“The future of contextualized acculturation research: Applications in a changing World”

Culture & Mental Health Research Unit
Institute of Community and Family Psychiatry
Montreal, QC

May 1, 2013

“Rethinking Ethnic Density and Acculturation in Russian-Speaking Immigrants to Montreal”

Department of Psychology
Concordia University
Montreal, QC

Jun 2013

“Applying for CPA/APA accredited internships”

OTHER RELEVANT EXPERIENCES

Korea Foreign Language Institute

Feb 2000 – Aug 2000

Tonghae, South Korea

Position: English as a second language Teacher (full-time, 6-month contract)

Responsibilities: Taught English to children of different age groups (6-16) in small classes of approximately 10; engaged children in conversation; writing and listening skills; conducted lesson planning, evaluations; attended teacher meetings with Korean and western staff.

Principal: Bon Hai Kim

Forensic and Inpatient Psychiatry

Feb 1997 – Feb 1999

Graylands Hospital
Perth, WA

Volunteer aide in inpatient psychiatry and locked forensic wards; liaison between volunteer services and hospital units; opportunity to interact with inpatients, staff and administration

PUBLICATIONS, CONFERENCES, AND RESEARCH REPORTS

Peer-Reviewed Articles

Cavanagh, D., **Jurcik, T.**, & Charkhabi, M. (2022). How does trust affect help-seeking for Depression in Russia and Australia? *International Journal of Social Psychiatry*, 68(8), 1561-1570. doi: 10.1177/00207640211039253

Batkina, A., Berry, J. W., **Jurcik, T.**, Dubrov, D., Grigoryev, D. (2022). More similarity if different, more difference if similar: Assimilation, colorblindness, multiculturalism, polyculturalism, and generalized and specific negative intergroup bias. *Europe's Journal of Psychology*, 18(4), 369-390. doi: 10.5964/ejop.3715

Tatarko, A., **Jurcik, T.**, & Boehnke, K. (2022). Social capital and the COVID-19 pandemic threat: The Russian experience. *Frontiers in Sociology*, 7. doi: 10.3389/fsoc.2022.957215

Jurcik, T., Jarvis, G. E., Doric, J. Z., Krasavtseva, Y., Yaltonskaya, A., Ogiwara, K., . . . Grigoryan, K. (2021). Adapting mental health services to the COVID-19 pandemic: Reflections from professionals in four countries. *Counselling Psychology Quarterly*, 34(3-4), 649-675. doi: 10.1080/09515070.2020.1785846

- Adu, P., **Jurcik, T.**, & Grigoryev, D. (2021). Mental health literacy in Ghana: Implications for religiosity, education and stigmatization. *Transcultural Psychiatry*, 58(4), 516-531. doi: 10.1177/13634615211022177
- Tatarko, A., & **Jurcik, T.** (2021). Migrant Integration Policies, Perceived Group Threat and Generalized trust: A Case of European Countries. *Journal of International Migration and Integration*, 22(2), 705-727. doi: 10.1007/s12134-020-00763-4
- Tatarko, A., **Jurcik, T.**, & Hadjar, A. (2021). How Migration Policy Shapes the Subjective Well-Being of the Non-immigrant Population in European Countries. *Journal of Cross-Cultural Psychology*, 52(3), 316-333.
- Grigoryan, K. & **Jurcik, T.** (2020). Psychosocial Predictors of Non-suicidal Self-injury (NSSI) in Adolescents: Literature Review. *Mental Health and Family Medicine*, 16, 905-912.
- Arsalidou, M., Yaple, Z., **Jurcik, T.**, & Ushakov, V. (2020). Cognitive Brain Signatures of Youth With Early Onset and Relatives With Schizophrenia: Evidence From fMRI Meta-analyses. *Schizophrenia Bulletin*, 46(4), 857-868. doi: 10.1093/schbul/sbz130
- Jurcik, T.**, Sunohara, M., Yakobov, E., Solopieiva-Jurcikova, I., Ahmed, R., & Ryder, A. G. (2019). Acculturation and adjustment of migrants reporting trauma: The contextual effects of perceived ethnic density. *Journal of Community Psychology*, 47(6), 1313–1328. doi: 10.1002/jcop.22183
- Nersessova, K. S., **Jurcik, T.**, & Hulsey, T. L. (2019). Differences in beliefs and attitudes toward Depression and Schizophrenia in Russia and the United States. *International Journal of Social Psychiatry*, 65(5), 388–398. doi: 10.1177/0020764019850220
- Testa, S., Doucerain, M. M., Miglietta, A., **Jurcik, T.**, Ryder, A. G., & Gattino, S. (2019). The Vancouver Index of Acculturation (VIA): New evidence on dimensionality and measurement invariance across two cultural settings. *International Journal of Intercultural Relations*, 71, 60–71. doi: 10.1016/j.ijintrel.2019.04.001
- Yakobov, E., **Jurcik, T.**, Solopieieva-Jurcikova, L., & Ryder, A. G. (2019). Acculturation and expectations: Unpacking adjustment mechanisms within the Russian-speaking community in Montreal. *International Journal of Intercultural Relations*, 68, 67-76. doi:10.1016/j.ijintrel.2018.11.001
- Grigoryev, D., **Jurcik, T.**, Batkhina, A., & Dubrov, D. (2018). Toward an ecological perspective of interethnic ideologies: Moderation effects of ethnic density on relationships between interethnic ideologies and intergroup bias. *Russian Psychological Journal*, 15(2/1), 117–130. doi:10.21702/rpj.2018.2.1.7
- Ahmed, R., Bruce, S., & **Jurcik, T.** (2018). Towards a socioecological framework to support mental health caregivers: Implications for social work practice and education. *Social Work in Mental Health*, 16(1), 105-122. doi:10.1080/15332985.2017.1336744
- Jurcik, T.**, Yakobov, E., Solopieieva-Jurcikova, L., Ahmed, R., Sunohara, M., & Ryder, A. (2015). Unraveling ethnic density effects, acculturation and adjustment: The case of Russian-speaking immigrants from the former Soviet Union. *Journal of Community Psychology*, 43(5), 628-648. <https://doi.org/10.1002/jcop.21708>
- Taycan, O, Ozdemir, A., Erdogan-Taycan, S., **Jurcik, T.** (2015). Associations of somatic symptom attribution in Turkish patients with major depression. *Nordic Journal of Psychiatry*, 69(3), 167-73. <https://doi.org/10.3109/08039488.2014.950328>
- Jarvis, E.G., Spigonardo, V., **Jurcik, T.**, Bhat, V., Whitley, R. (2015). Transatlantic variation in the attributed

etiology of psychosis. *International Journal of Social Psychiatry*, 61(6), 577-582.
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Jurcik, T., Yakobov, E., Ahmed, R., Solopieieva-Jurcikova, L., Sunohara, M. & Ryder, A. (2014). Social Ecology and the Recontextualization of Acculturation: Exploring the Psychological Role of Ethnic Density. In J. Merton (Ed.), *Acculturation: Psychology, Processes, and Global Perspectives* (Chapter 6). Hauppauge, NY: Nova Science.

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Ryder, A.G., & **Jurcik, T.** (2011). Review of principles of multicultural counseling and therapy. *Transcultural Psychiatry*, 48(4), 508-510.

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Select Conference Presentations

- Jurcik, T., & Zaremba-Pike S.** (2021, December). *Suicide prevention on Campus*. [Conference session]. All-Russian scientific and practical symposium initiated by the Psychological Service of HSE University: The Experiences of a Pandemic, Moscow, Russia.
- Zaremba-Pike, S., **Jurcik, T.**, Zeleskov Doric, E., Krasavtseva, Y., Yaltonskaya, A., Ogiwara, K., Sasaki, J., Dubois, S., & Grigoryan, K. (2021, November). *Вызовы психотерапевтической работы в период пандемии COVID-19: опыт специалистов из четырех стран* [Challenges of psychotherapeutic work during the COVID-19 pandemic: the experience of specialists from four countries] [Conference session]. VIII International Research Conference 2021: Culture in Society, Between Groups and Across Generations, Moscow, Russia.
- Adu, P., & **Jurcik, T.** (2020, July 6 - August 28). *Mental Health Literacy in Ghana: Consequences of Religiosity, Education, and Stigmatization*. [Paper presentation]. 2020 Canadian Psychological Association Virtual Conference, Montreal, Canada.
- Jurcik, T.**, Jarvis, G. E., Zeleskov Doric, J., Krasavtseva, Y., Yaltonskaya, A., Ogiwara, K., Sasaki, J., Dubois, S., & Grigoryan, K. (2020, April). *Adapting mental health services to the COVID-19 pandemic: reflections from professionals in four countries* [Paper presentation]. VII International Research Conference Culture in Society, Between Groups and Across Generations 2020, Moscow, Russia.
- Zeleskov Djoric, J. & **Jurcik, T.** (2019, October). *International study on psychiatric diagnosis: Habitual practices of clinicians* [Conference session]. ACAP Conference 2019: Innovations in a Changing World, Melbourne, Australia.
- Hovhannisyan, R. & **Jurcik, T.**, (2019, 21-24 August). *A cognitive model of anorexia nervosa: eating disorders as a malfunction of competing needs* [Paper presentation]. 19th World Congress of Psychiatry, Lisbon, Portugal.
- Hovhannisyan, R. & **Jurcik, T.**, (2019, July). *A cognitive model of anorexia nervosa: eating disorders as a malfunction of competing needs* [Paper presentation]. XVI European Congress of Psychology, Moscow, Russia.
- Jurcik, T.**, Onatskaya, A., Grigoryan, K., Kovalenko, H. & Bombieri, L. (2019, July). *Psychodiagnostic practices in Russia and beyond* [Conference session]. XVI European Congress of Psychology, Moscow, Russia.
- Grigoryev D., **Jurcik T.**, Batkhina A., Dubrov D. (2019, June). *Assimilationism, Multiculturalism, Colorblindness, Polyculturalism in the Russian Context* [Paper presentation]. International Migration Conference, Bari, Italy.
- Jurcik, T.**, Onatskaya, A., Grigoryan, K., Kovalenko, H. & Bombieri, L. (2019, April). *Psychodiagnostic practices in Russia* [Conference session]. VI International Research Conference 2019: Culture in Society, Between Groups and Across Generations, Moscow, Russia.
- Arsalidou, M., Yapple, Z., **Jurcik, T.** & Ushakov, V. L. (2019, March). *Cognitive function in youth with early onset and at risk of schizophrenia: fMRI meta-analyses* [Paper presentation]. XI Dubrovnik Conference on Cognitive Science, Dubrovnik, Croatia.
- Mineeva, N. **Jurcik, T.** & Sonkina-Dorman, A. (2018, April 12). *The medical provider experience of patients with life-threatening diseases: Mortality salience, humanization, and the working alliance*.

[Conference presentation]. V International Research Conference: Culture in society, Between Groups and Across Generations, Moscow, Russia.

Grigoryev, D., **Jurcik, T.**, Batkhina, A., & Dubrov, D. (2018, April 13). *Toward an ecological perspective of interethnic ideologies: Moderation effects of ethnic density on relationships between interethnic ideologies and generalized prejudice* [Conference session]. V International Research Conference: Culture in Society, between Groups and Across Generations. Moscow, Russia.

Jurcik, T. (2018, April 20). *Cultural adaptations of cognitive and behavioural therapies: Towards adapting CBT for Russian-speakers* [Conference presentation]. 2nd Association of Cognitive Behavioural Therapists All-Russian Conference: Advances and Challenges in CBT, Moscow, Russia.

Sunohara, M., **Jurcik, T.**, Yakobov, E., Ahmed, R., & Ryder, A. G. (2017, July). *Understanding immigrants with Trauma: Personality, ethnic density, and adjustment in a community sample of visible minority immigrants in Canada*. [Poster presentation]. 9th Regional Congress of the International Association for Cross-Cultural Psychology, Warsaw, Poland.

Jurcik, T. (2017, March 2). *Immigrants with trauma: From risk to resilience* [Conference session]. International Scientific-Educational Laboratory for Socio-Cultural Research, "Culture Matters" series.

Jurcik, T. (2017, April 18). *Immigrant acculturation and mental health in social ecological context: Revisiting ethnic density* [Conference session]. IV International Research Conference: Culture in society, between groups and across generations. Moscow, Russia.

Jurcik, T., Olivera-Figueroa, Lening A., Jarvis, G.E., Fieulaine, N., Sircova, A., Espinola, M., Odisho, N. (2016, August 15-19). *Cultural praxis: Mobile cultural consultation and referral service* [Conference session]. 3rd International Conference on Time Perspective, Copenhagen, Denmark.

Sunohara, M., Lemieux, A.J., Yakobov, E., Ryder, A. G., & **Jurcik, T.** (2015, August 6-7). *Taking the good with the bad: Psychological well-being and social integration in Russian-speaking immigrants in Montreal* [Poster presentation]. 17th International Conference on Psychology and Applications, Amsterdam, The Netherlands.

Jurcik, T., Sunohara, M., Bosset, D.-A., Yakobov, E., Solopieieva-Jurcikova, L., Ahmed, R., Saïd, S., & Ryder, A. G. (2014, June 5-7). *Revisiting perceived ethnic density and acculturation: Another case of Immigrants to Montreal* [Poster presentation]. 75th annual convention of the Canadian Psychological Association, Vancouver, BC, Canada.

Jurcik, T., Yakobov, E., Solopieieva-Jurcikova, L., Ahmed, R., Sunohara, M. Said, S. & Ryder, A.. (2013, June 13-15). *Unraveling the ethnic density effect in Russian-speaking immigrants from the former Soviet Union*. [Poster presentation]. 74th annual convention of the Canadian Psychological Association, Quebec City, QC.

Yakobov, E., **Jurcik, T.**, Ahmed, R., Solopieieva-Jurcikova, L. & Ryder, A. (2013, June 13-15). *Searching for missing links: The role of expectations and acculturation in psychosocial adaptation in an immigrant community in Montreal* [Poster presentation]. 74th annual convention of the Canadian Psychological Association, Quebec City, QC.

Jurcik, T., Yakobov, E., Ahmed, R., & Ryder, A. (2012, June 14-16). *Understanding the ethnic density effect: Issues of acculturation, social support, and discrimination*. [Poster presentation]. 73rd annual convention of the Canadian Psychological Association, Halifax, NS.

Bhat, V., Vincenzo S., **Jurcik, T.**, Whitley, R., Jarvis, G.E. (2011, September 21). *Variations in the attribution of the etiology of psychosis in the abstracts of articles from three national psychiatric journals* [Conference session]. at the 15th World Congress of Psychiatry, Buenos Aires, Argentina.

Ahmed, R., **Jurcik, T.** & Ryder, A. (2011, June 2-4). *The role of attachment, acculturation, and social support in predicting the psychosocial adjustment of visible minority immigrants: Towards an integrative model* [Poster presentation]. 72nd annual convention of the Canadian Psychological Association, Toronto, ON.

Ahmed, R., **Jurcik, T.** & Ryder, A. (2011, April). *Does adult attachment mediate acculturation-adjustment association in visible minority immigrants?* [Poster presentation]. 5th annual Concordia University Undergraduate Research Day, Montréal, QC.

Ahmed, R., **Jurcik, T.** & Ryder, A. (2011, Accepted but postponed). *Acculturation and adjustment in visible minorities: whatever happened to attachment?* [Poster presentation]. 6th International Conference on Health Issues in Arab Communities, Aleppo, Syria.

Academic Theses and Research Reports

Jurcik, T.. (2013). *Unraveling perceived ethnic density effects and recontextualizing acculturation: The cases of student and Russian-speaking immigrants to Montreal*. (Doctoral Dissertation). Concordia University, Montreal, Canada.

Amiot, C., Ryder, A.G., Zhou, B. Brais, E., Doucerain, M., Giroux, C. **Jurcik, T.** (2013). *Culture and identity explored longitudinally: CIEL project: Brief report 2012-2013*. Concordia University and Université du Québec à Montréal, Montreal, Canada.

Jurcik, T. (2004). *How counselors-in-training react to the teaching and learning of qualitative research methods*. (Master's Research Project). McGill University, Montreal, Canada.

Jurcik, T. (2001). *Is sexual impulsivity and thought suppression of sexually transmitted diseases related to STD risk perception?* (Independent Student Research Project). McGill University, Montreal, Canada.

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Supervised and Co-Supervised Student Theses and Reports

Schavleva, A. (2021). *Cancer Awareness Among Pediatricians in Russia*. (Master's thesis). Faculty of Social Sciences. Higher School of Economics, Moscow, Russia.

Yadav, J. (2021). *The Relation Between Wearing Masks and Dehumanization, Perceptions of Competence, Mood and Satisfaction of Interpersonal Interactions*. (Master's thesis). Faculty of Social Sciences. Higher School of Economics, Moscow, Russia.

Chernoskutova, V. (2021). *How Transparency and Cognitive Reflection Shape Trust in Algorithms*. (Master's thesis). Faculty of Social Sciences. Higher School of Economics, Moscow, Russia.

Hovhannisyan, R. (2020). *A Cognitive Model of Anorexia Nervosa: Eating Disorders as a Malfunction of Competing Needs*. (Master's thesis). Faculty of Social Sciences. Higher School of Economics, Moscow, Russia.

- Cavanagh, D. (2020). *Differences in Mental Health Literacy, Trust and Depression Valuation in Young Russians and Young Australians*. Faculty of Social Sciences. (Master's thesis). Higher School of Economics, Moscow, Russia.
- Adu, P. (2019). *Mental Health Literacy, Education, Stigmatization, and Religiosity in Ghana*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Morris, E. (2019) *Ethnic Destiny Effects on Cultural Distance and Adjustment: The Case of Zimbabwean Immigrants Living in South Africa*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Mohd Ali, N. (2019). *Coping Strategies of Teachers in Singapore: The Impact of Occupational Stress, Personality and Years of Service*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Yu, S. (2018). *The effect of ESL status on RBANS performance in a cognitively intact sample of bilingual East Asian adults in British Columbia, Canada*. (Doctoral Dissertation). Adler University, Vancouver, Canada.
- Wong, P. (2018). *The association between depression literacy, perceived ethnic density, and acculturation in recent Chinese-speaking immigrants in two Canadian cities*. (Doctoral Dissertation). Adler University, Vancouver, Canada.
- Sergeev, N. D., Skuratov, A.V. (2018). *Development of a gamified mixed reality system: Towards an exposure therapy for animal phobia*. (Undergraduate project). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Onatskaia, A. (2018). *Depression and social support*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Nersessova, K. (2018). *Differences in beliefs and attitudes toward depression and schizophrenia in Russia and USA*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Amoako-Gyedu, S. (2018). *Acculturative stress in international students: A case of Russian universities*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.
- Mineeva, N. (2017). *The physician experience of patients with incurable diseases: Stressors, coping and working alliance*. (Master's thesis). Faculty of Social Sciences, Higher School of Economics, Moscow, Russia.

JOURNAL REFEREE/PEER REVIEWER

Assessment, Transcultural Psychiatry, International Journal of Intercultural Relations, Canadian Journal of Community Mental Health, Psychological Studies

RELEVANT SKILLS

Languages

English – Fluent Competence
 French – Moderate Competence
 German – Moderate Competence
 Slovak – Beginner-Moderate
 Russian – Beginner-Moderate

References made available upon request