

Curriculum Vitae

Patrick Keelan, BA (Hons), MA, PhD

Registered Psychologist



RECENT EMPLOYMENT HISTORY

2010-present **Registered Psychologist in Private Practice**
Calgary and Cochrane, Alberta

Notable tasks and achievements

- I have worked with clients in individual and couples counselling in private practice.
- I have helped clients successfully address a wide range of issues including depression, anxiety (generalized, social, panic disorder, phobias, health, obsessive-compulsive disorder), post-traumatic stress disorder, anger and stress management, eating disorders, addictions and relationship (couple) issues.
- I have supervised and continue to supervise several registered provisional psychologists.
- I write a regular blog column for my website on various issues focused on helping people improve their lives through counselling and applying psychological ideas.
- I regularly give media interviews and presentations on various psychological topics.
- I am the head of the public education section of the Public Education and Workplace Wellness Committee of the Psychologists' Association of Alberta (PAA).

2003-2012 **Senior Supervisor and Registered Psychologist**
Calgary Counselling Centre, Calgary, Alberta

Notable tasks and achievements

- I worked with clients in individual, couple, family and group counselling at the Centre which offers services to clients based on a sliding scale according to client income.
- I helped clients successfully address a wide range of issues including depression, anxiety (generalized, social, panic disorder, phobias, health, obsessive-compulsive disorder), post-traumatic stress disorder, anger and stress management, eating disorders, addictions and relationship (couple) issues.

- From 2003 until 2012, I was a supervisor for counsellors doing various types of internships at the Centre. I supervised registered provisional psychologists, Ph.D. practicum students and M.A. practicum students. Among the tasks I performed as a supervisor were meeting with supervisees in individual and group supervision sessions, giving supervisees feedback from live observation and video-recorded sessions, reviewing written reports from supervisees, doing oral and written evaluations, and helping residents prepare for their written and oral examinations as part of their becoming registered psychologists.
- From 2003 to 2010, I served as coordinator and lead facilitator for the Managing Depression Group program, a cognitive-behavioural group to help clients with depression.
- From 2003 until 2012, I wrote and presented the seminar Helping Clients with Depression and Anxiety for new counsellors as part of the agency's Integrated Theory Seminar series. The seminar consistently received excellent evaluations.
- Throughout my time at the Centre, I was a regular presenter on various topics to business and community groups. Topics included how depression affects relationships, how to prevent suicide and cutting behaviour in adolescents, and how to improve relationships at work.
- Throughout my time at the Centre, I was a regular interviewee on behalf of the agency for various media outlets including the Calgary Herald, Calgary Sun, CHQR Radio (interviews and call-in shows), Shine FM, Global TV, City TV (including appearances on Breakfast Television), CBC TV and Radio (interviews and call-in shows), CTV, Calgary Herald and Calgary Sun, Edmonton Journal and Edmonton Sun, and Winnipeg Sun, Glow and Flare magazines. On Shaw-TV I was interviewed many times, appeared from 2006 to 2009 on a monthly five-minute segment focusing on how psychology affects people's lives, and wrote, co-produced and interviewed athletes for The Psychology of Success program.
- I regularly wrote and distributed to agency staff detailed explanatory synopses of the key points made by guest presenters.
- I took a regular turn as the on-call supervisor for counsellors needing assistance.

2001 – 2003

**Counselling Resident and Registered Provisional Psychologist
Calgary Counselling Centre, Calgary, Alberta**

Notable tasks and achievements

- I worked with clients in individual, couple, family and group counselling at the Centre as I accumulated hours toward becoming a registered psychologist.
- I attended regular individual and group supervision sessions.
- I submitted regular case summaries to my supervisor.

- I worked with clients while being observed live and on video by my supervisor and members of my supervision team.
- I attended regular seminars on various counselling topics as part of the agency's Integrated Theory Seminar program.
- I prepared for the written and oral examinations as part of the College of Alberta Psychologists process for becoming a registered psychologist.

RESEARCH EXPERIENCE

- I have published articles in various professional journals including Journal of Personality and Social Psychology, Canadian Journal of Behavioural Science, Journal of Social and Personal Relationships and Journal of Adolescence.
- I completed a two-year postdoctoral research associate position at the University of Winnipeg working for Drs. Mark Baldwin and Beverley Fehr.

TEACHING EXPERIENCE

- From 2000 to 2010, I was an instructor for various courses in the Department of Psychology at Mount Royal University. I consistently received positive evaluations of my teaching during this period.
- I have also had research and teaching positions at Mount Allison University, Brandon University, the University of Winnipeg and the University of Toronto.

EDUCATION

University of Toronto, Toronto, Ontario

- Degrees earned: M.A. and Ph.D. in Psychology

University of Winnipeg, Winnipeg, Manitoba

- Degree Earned: Bachelor of Arts with Honours in Psychology
- Awards:
 1. Gold Medal for the highest standing in the Psychology department
 2. Silver Medal for the second highest standing in the Arts division
 3. Student of Highest Distinction
 4. Sir William Stephenson Scholarship, Joseph Wolinsky Scholarship, Dr. A.R. Cragg Scholarship and General Proficiency Scholarship

PROFESSIONAL AFFILIATIONS

- College of Alberta Psychologists (Registration #2788)
- Psychologists' Association of Alberta--Head of the public education section of the PAA Public Education and Wellness Committee between 2019 and 2021
- Academy of Cognitive and Behavioral Therapies – Certified Diplomate
- Canadian Association of Cognitive and Behavioural Therapies – Certified Therapist

SPECIAL SKILLS AND INTERESTS

- I am a certified Diplomate with the Academy of Cognitive and Behavioral Therapies.
- I am a certified therapist with the Canadian Association of Cognitive and Behavioural Therapies.
- I have been trained in couples counselling through the Gottman Institute—completed Level III.
- I have been trained in hypnosis through the Canadian Society of Clinical Hypnosis.
- I have been trained in Eye Movement Desensitization and Reprocessing (EMDR) through the EMDR Institute for work with clients suffering from traumatic events.
- I have been trained in Feedback-Informed-Therapy (FIT) by Dr. Scott Miller and use this approach in my work with clients.
- I have extensive experience doing media interviews and programs on various psychological topics.
- I am also experienced in teaching, giving presentations and educational seminars.
- I am experienced in and enjoy supervising and mentoring.
- I have helped athletes and other performers apply sport psychology interventions and have used these in my own athletic endeavours including marathon running, triathlons (Olympic, half-ironman and ironman distances), competitive swimming, karate and piano.

THEORETICAL ORIENTATION AND APPROACH TO THERAPY

- **Cognitive-Behavioural Therapy (CBT):** The primary theoretical orientation which I use to help clients is cognitive-behavioural therapy (CBT). I follow the approach used by Dr. Christine Padesky, one of the world's foremost CBT therapists. In this approach, I help clients to address aspects of their lives which affect them negatively through changes in their thinking and behavior. In this manner, I work with my clients to help them take steps to target current and past stressful events in their lives, do more activities which help them to cope with stress and improve their mood, take care of their physical well-being and learn to perceive events with a balanced perspective. This approach helps my clients to manage their moods so that they can lead emotionally fulfilling and enjoyable lives while coping effectively with negative events which they encounter. Among the specific CBT interventions I help clients to learn and apply are thought records, core belief records, action plans and behavioural experiments. I consult regularly with Dr. Padesky and have completed workshops conducted by her including CBT Boot Camp, Anxiety Traps, Depression and Suicide and Personality Disorders. I have completed workshops at the Beck Institute for Cognitive Behavior Therapy in Philadelphia including Cognitive Behavior Therapy for Working with Children and Adolescents (Levels 1 and 2), Cognitive Behavior

Therapy for Anxiety Disorders, Cognitive Behavior Therapy for Depression, Cognitive Behavior Therapy for Substance Use, and Cognitive Behavior Therapy for Post-Traumatic Stress Disorder. I have also completed the Certificate in CBT Fundamentals course at the University of Calgary taught by Dr. Deborah Dobson. In addition, I am a certified Diplomate with the Academy of Cognitive and Behavioral Therapies and am a certified therapist with the Canadian Association of Cognitive and Behavioural Therapies.