Practice in Clinical and Forensic Psychology (CPBC Reg. No. 2397)



Vancouver, B.C., Canada

Providing services in BC, Nova Scotia and New Brunswick.

SKILLS

Evidence-based psychotherapy

Diagnostic/Comprehensive psychological assessment

Forensic assessment (e.g., Psycho-legal, Violence Risk, Management Needs)

Ethical, strength-based, clientcentered, diversity-sensitive, and trauma-informed practice

Consultation & Supervision

Multidisciplinary and teamwork

Liaising - Networking

Adults, older adults, and youths

Medical and artistic background

Bilingual: English & French (Some German & Italian)

A healthy sense of humor

EDUCATION

DOCTOR OF PHILOSOPHY (Ph.D.) - Clinical Psychology (& Additional Ph.D. Forensic Specialization)

Simon Fraser University (SFU) Burnaby, B.C., Canada - 2016

MASTER OF ARTS (M.A.) -Clinical Psychology (& Additional M.A. Forensic Specialization)

SFU - Burnaby, B.C., Canada - 2010

BACHELOR OF ARTS -HONORS Degree (B.A., Hon.) - Psychology & Criminology

PROFESSIONAL PROFILE

I provide evidence-based psychotherapy and assessments for adults and youths from varied backgrounds and clinical settings (e.g., community, inpatient, forensic). I have experience with a wide range of clinical presentations (e.g., depression, anxiety, trauma, anger, substance use, behavioral health concerns, relationship difficulties, stage of life transitions, burnout, return-to work programs, psychosis, head injuries, developmental difficulties, suicidality, violence). My approach is collaborative, flexible, and tailored to the unique situation, goals, and clinical needs of my clients. Therapeutically, I integrate cognitive-behavioral therapy (CBT) and acceptance-commitment therapy (ACT) with elements of other treatment modalities in order to maximize intervention success for each given individual (e.g., motivational interviewing, mindfulness skills, communication and relational skills building, exposure therapy, attachment-and trauma-based interventions). I also pay close attention to the process of psychotherapy and the past and current dynamics of my clients' lives.

I provide consultations to colleagues, physicians, lawyers, the Courts, and supervise graduate students. I work well with others (e.g., multidisciplinary teams) and strive in collegial environments which support personal and professional growth. I have a strong research background, co-authored several publications, and received several research grants and awards.

CLINICAL EXPERIENCE

PSYCHOLOGIST

2017 - Present

Ministry of Children and Family Development (MCFD) & Youth Forensic Psychiatric Services (YFPS) – Langley & Burnaby Outpatient Clinics, Inpatient Assessment Unit, B.C.

Provision of individual treatment

- Integrative psychotherapy for clients on probation CBT, ACT, intervention for personality disorder traits, psychoeducation, mindfulness skills, motivational interviewing, anger management, substance use treatment, violence and relapse prevention, increasing relational and family functioning, crisis management, and gang membership prevention.
- Youths with complex presentations, social circumstances, and clinical needs.
- Participation in/organization of integrated case management meetings (e.g., with family, probation, school, social workers). Collaboration with psychiatry, nursing, and social work.

Comprehensive assessments and consultation

- Diagnostic clarification (e.g., mood, cognitive abilities, neurodevelopmental disorders, psychosis, personality), malingering, risk assessment (violence, intimate partner violence, stalking, sexual violence, suicide); Reports for court, community supervision, and for internal referrals (e.g., from psychiatry). Recommendations for interventions and treatment.
- Provision of consultation to multidisciplinary teams and psychologists (e.g., treatment, prognosis, management, and risk considerations).
- Presentations (e.g., case presentations, research updates, clinical and service considerations). Participation in rounds, seminars, workshops, and staff meetings.
- Supervision of psychology graduate students and medical or psychiatry students and fellows. (cont'→)

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AWARDS

President's Ph.D. Scholarship + Doctoral Fellowship (2 awards, \$9,500) Simon Fraser University (2014)

Social Sciences and Humanities Research Council of Canada (SSHRC) Doctorate Award (\$105,000) Joseph-Armand Bombardier Canada Graduate Scholarship (2011-2014)

Michael Smith Foundation for Health Research (MSFHR) Trainee Award (\$45,000) Junior Studentship (2009 – 2011)

Social Sciences and Humanities Research Council of Canada (SSHRC) Master's Award (\$17,500) Joseph-Armand Bombardier Canada Graduate Scholarship (2009)

Pacific Century Graduate Scholarship + Special Graduate Entrance Scholarship Package (\$19,000)

Simon Fraser University (2008)

Special Graduate Entrance Scholarship

+ Graduate Fellowship (2 awards, \$10,500)

Simon Fraser University (2008)

Open Undergraduate Scholarship

Simon Fraser University (2005-2007)

Dean's Honor's List

Capilano University (2003)

PSYCHOLOGIST

2024 - Present

CRUX Psychology, Halifax, Nova Scotia - https://cruxpsychology.ca/

Provision of individual treatment for young adults, adults and older adults of various backgrounds and clinical presentations. Virtual services in BC, Nova Scotia and New Brunswick.

PSYCHOLOGIST

2020 - Present

Changeways Clinic, Vancouver, BC – http://www.changeways.com/ourteam/dr-strub.html

Provision of individual treatment for young adults, adults and older adults of various backgrounds and clinical presentations. In-person and virtual services. Self-referred, physician-referred, insurance-referred, and referrals from the BC Teachers' Federation and return-to-work programs.

PSYCHOLOGIST (Supervised Practice)

2014 - 2017

BC Mental Health and Substance Use Services (BCMHSUS) - Surrey/Fraser Valley and Vancouver Clinics. Forensic Psychiatric Hospital (FPH), Coquitlam, B.C.

Provision of group and individual psychotherapy for adult clients

- Integrative psychotherapy Mood disorders, anxiety, psychosis, trauma, PTSD, personality disorders; CBT, mindfulness skills; behavioral modification; motivational interviewing; anger management; violence and relapse prevention; creative "handson" interventions for lower functioning individuals).
- Adult outpatients and inpatients (i.e., NCRMD) with complex presentations.

Comprehensive assessments and consultation for adult clients

- Diagnostic clarification, malingering and risk assessment (violence, intimate partner violence, stalking, sexual violence, suicide); Reports for court and from internal referrals (e.g., from psychiatry). Recommendations for sentencing, risk management, & interventions.
- Consultation for multidisciplinary teams, psychologists, and community agencies for treatment, prognosis, management, and risk considerations.
- Presentations, participation in rounds, seminars, workshops, and staff meetings.
- Supervision of graduate students.

PSYCHOLOGY STUDENT THERAPIST

2009 - 2014

Clinical Psychology Centre, Simon Fraser University, Burnaby, B.C.

Individual and couple psychotherapy; intakes; suicide and violence risk screens; psychodiagnostic assessments; treatment planning. Adult community clients.

PSYCHOLOGY PRACTICUM STUDENT

Summer 2011

Vancouver Coastal Health - Heart Centre, St-Paul's Hospital, Vancouver, B.C.

CBT groups for anxiety and depression for adult from diverse backgrounds suffering from severe heart conditions.

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PROFESSIONAL MEMBERSHIPS

Canadian Psychological Association (CPA)

British Columbia
Psychological Association
(BCPA)

International Association of Forensic Mental Health Services (IAFMHS)

PSYCHOLOGY STUDENT & PSYCHOMETRIST 2010 - 2011 Back in Motion, Rehab. Inc. – Several Offices in the Lower Mainland, B.C.

Individual and group psychotherapy for adult community clients who suffered a workplace injury. Interventions addressing cognitive and functional limitations, pain, headaches, mood, adjustment, personality changes, interpersonal difficulties, etc.; Neuropsychological and psycho-vocational testing. Cognitive rehabilitation. Consultation for psychiatrists, occupational therapists, physiotherapists). Worked with interpreters.

PSYCHOLOGY STUDENT & PSYCHOMETRIST Rainbow Neuropsychological Services, Surrey, B.C.

2010 - 2011

Clinical interviews; administration and interpretation of neuropsychological, mood, and personality testing. Worked with interpreters. Comprehensive neuropsychology reports under supervision.

- Made recommendations pertaining to cognitive, emotional, and interpersonal functioning; diagnostic clarification; malingering; permanent functional impairment; return-to-work issues; treatment and rehabilitation.
- Adult/older adult outpatients of diverse ethnic, social, economic, and cultural backgrounds; Varied presentations and comorbidity.

NEOROPSYCHOLOGY PRACTICUM STUDENT & PSCHOMETRIST 2010 Vancouver Coastal Health – Lions Gate Hospital, North Vancouver, BC.

Administration and interpretation of psychodiagnostic and neuropsychological tests; diagnostic clarification; neuropsychological report writing under supervision.

- Severe mood and psychotic disorders, Klinefelter syndrome, Wernicke-Korsakoff's syndrome, Lewy Body dementia, etc. Also assessed mood, personality, and interpersonal functioning, as well as risk management considerations.
- Adult and older adult outpatients and inpatients.

PSYCHOLOGY PRACTICUM STUDENT & PSYCHOMETRIST 2009 - 2014 Ministry of Children & Family development (MCFD) & Youth Forensic Psychiatric Services (YFPS) – Burnaby Outpatient Clinic, Inpatient Assessment Unit, Burnaby Youth Custody Centre.

- Integrative Psychotherapy with the aim of fostering insight, reducing psychiatric symptomatology, increasing interpersonal and overall functioning, and decreasing risk for suicide, victimization, or violence.
- Mental health screens/intakes; crisis management; mental health support.
- Consultation and liaison with a multidisciplinary team.
- Cognitive, personality, and psychodiagnostic assessments; Risk assessments; Management recommendations. Report writing. Court attendance.
- Diverse referral issues as well as backgrounds, including complex high-profile cases.

CLINICAL ASSESSMENT & CLINICAL RESEARCH TRAINEE 2006 - 2014 Dr. K. S. Douglas' Clinical Research Team - Simon Fraser University, Burnaby, B.C.

SCID interviews, (3+ hours) baseline and five follow-up semi-structured clinical interviews for five to twelve months. Various risk and personality assessments protocols (e.g., PCL-R, HCR-20, START). Collateral interviews. Self-report measures.

 Adult inpatients from two hospital psychiatric wards and individuals incarcerated or on probation from 8 provincial settings. Most suffered from mental illnesses and/or personality disturbances and presented with varying suicide and/or violence risk.

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LEADERSHIP AND SUPERVISION EXPERIENCE

ORGANIZATION OF PROFESSIONAL PRESENTATIONS (WITH INVITED SPEAKERS) & TEAM BUILDING Youth Forensic Psychiatric Services (YFPS)

2017 - Present

Invite speakers, provide clinical updates to the teams after attending conferences/professional development activities. Connected with an Indigenous artist to accomplish wall and glass art for the organization. Organized Indigenous drum making workshops for staff and youths to expand cultural awareness and connection. Organized specialized presentations about clinical interventions with gang members & organized crime.

SUPERVISION OF PSYCHOLOGY/MEDICAL/PSYCHIATRY STUDENTS & RESIDENTS/FELLOWS

2011 - Present

Youth Forensic Psychiatric Services (YFPS)

British Columbia Mental Health and Substance Use Services (BCMHSUS)

Rainbow Psychology Clinic

Supervision of cognitive, personality, psychodiagnostic and forensic assessment; Supervision of testing, interviewing, case formulation, mental status, risk assessments, case conferences; Liaison with other professionals or services.

REVIEWER (BY INVITATION)

2015 - 2016

International Journal of Forensic Mental Health (IJFMH)
International Association of Forensic Mental Health Services (IAFMHS)

PSYCHOMETRISTS' TEAM LEAD

2011 - 2014

Youth Forensic Psychiatric Services (YFPS)

Oversight and coordination of various duties; Team organization; Liaison between the psychometrists' team and the psychologists, regional manager, nursing team, and psychology teams in other regions.

SUPERVISION & TRAINING OF GRADUATE STUDENTS & RESEARCH ASSISTANTS

2007 - 2014

Dr. Kevin Douglas' Clinical Research Team, Simon Fraser University, Burnaby, BC - Forensic Psychiatric Hospital, Royal Columbian Hospital, Surrey and North Fraser Pretrial Centers, & community offices.

Supervision of students: recruitment of participants, informed consent procedures, clinical and diagnostic semi-structured interviews, SCID interviews, risk assessments.

CONTINUING PROFESSIONAL DEVELOPMENT (Highlights)

- o "Beyond the Code of Ethics: Navigating Real-World Dilemmas," featuring presenter Jaleh Shahin, M.Ed., PhD, ABPP.

 Vancouver November 15, 2023
- o The Personality Assessment inventory in Forensic Mental Health Assessments Dr. Jennifer Cox. University of New Mexico

August 15, 2023

o "A Roadmap for identifying autism spectrum disorder" - Dr. Kira Armstrong

May 31, 2023

o NICAB – Online course - Ways to Work with Clients Who Struggle With Deep Feelings of Shame 19 experts including Linehan, Levine, Porges, Johnson, etc.

May 1, 2023 April 13, 2023

7 (prii 10, 2020

o MASOC & MATSA joint conferenceo International Forensic Lecture Series

Weekly, 2020 - to present

o UBCPD - 3rd annual concurrent disorder conference - University of British Columbia

March 9, 2023

o Russ Harris – Two 6-week online courses - Advanced ACT for anxiety, depression, loss and grief

July – August , 2022

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0	Supporting Client with Chronic Illness - Dr. Dayna Lee-Baggley - SOS Workshops April 29, 2022
0	"The parent trap" online course – R. Dr. Paterson February 2022
0	Janina Fisher – 2 webinars: Healing the fragmented self + Stabilizing the unstable - February 4, 2022
	Academy of Therapy wisdom Heart-Mind Institute & wisdom for Life
0	Does everyone have ADHD? Assessing and treating ADHD in adults - Claire Sira January 31, 2022
0	Global Resilience Summit: The best year of your life – Heart Mind Institute January 14 – 31, 2022
0	Mindfulness-Integrated CBT for well-being and personal growth – B. Cayoun January-February 2022
0	Understanding Narcissism Conference 0 Harvard University December 9 and 10, 2021
0	DBT skills for adolescents (DBT-A) - M. Linehan, A. Miller, J. Rathus - Psychwire October 12 - December 17, 2021
0	Esther Perel – The Great Adaptation series November 6, 13 and 20, 2021
0	Working with chronic shame – Kathy Steele – SOS Workshops May 7, 2021
0	Dr. Marilyne Thorpe - Interventions with Indigenous populations - YFPS February 118, 2021
0	Transitioning to Telepsychology webinar - National Register of Health Services Psychologists March 23, 2021
0	"An Emotional Insight into the Hurdles That Transgender Youth Face" - Bryn Hanks April 8, 2021 First Responders: Moral Injury & Building Resilience - EHN Canada December 3, 2020
0	First Responders: Moral Injury & Building Resilience – EHN Canada December 3, 2020 12 weeks Addiction care & Treatment course – UBCPD – University of British Columbia October – December 2020
0	12 weeks Addiction care & Treatment course - OBCFD - Oniversity of British Columbia — October - December 2020 12 weeks University of Alberta online course with tests - "Indigenous Canada" — September 30, 2020
0	Webinar series: Solution-focused Tx with children & Families - Dr. Froerer & E. Connie September 30, 2020 September 16, 2020
0	Reconnecting and Disconnecting: Recognizing and Managing Cyber Addictions – Dr. Smita Naidoo September 16, 2020
0	"14th Psychopharmacology Conference" October 15, 2020
0	CADDRA - ADHD Treatment conference October 24-15, 2020
0	Webinar: Lawrence Murphy "Worldwide therapy online" May 15, 2020
0	College of Psychologists of BC - "Disaster Response" webinars – Part 1 & 2 May 21 & July 30 2020
0	Risk Management Considerations for Safely Reopening Neuropsychology Practice in the Era of COVID-19" May 29, 2020
0	2 webinars: "Meeting online and virtual engagement" June 3 & 10, 2020
0	Gender and sexual minorities in the criminal justice system – M. Jonnson, M.A., SFU/YFPS February 5, 2020
0	Gangs and Guns Symposium – Vancouver, BC. February 13 & 14, 2020
0	Immigration and Refugee mental Health (21 hours Online course) – CAMH 2019
0	UBC Forensic Psychiatry Days – Bias in Assessment & Cannabis and Violence June 14 & October 31, 2019
0	Assessing Risk for Cyber Violence (Webinar) – Dr. R. Kropp, Vancouver, BC April 17, 2019
0	BCPA – Being a Better Therapist (Workshop) – Dr. Meichenbaum November 30, 2018
0	2018 IAFMHS Conference – "Integrating science and treatment into outcome", Antwerp, Belgium
0	ATSA (i.e., Association for the Treatment of Sexual Abusers) Conference, Vancouver, BC October 17-19, 2018
0	Cognitive Processing Therapy for PTSD - online workshop (10h) - Medical University of South Carolina April 2015
0	8 th EATAP Conference (i.e., European Association of Threat Assessment Professionals) - Switzerland April 13 -17, 2015
0	Strength-Based CBT: Show me! - Dr. C. Padesky - Norman Rothstein Theater, Vancouver, BC October 7 & 8, 2014
0	Indigenous Cultural Safety and Competency – 10-weeks online workshop October 2014
0	Acceptance and Commitment Therapy (ACT) for Anxiety Disorders - Dr. M. Twohig, Vancouver May 10, 2014
0	Psychological Treatment of Addiction and Concurrent Disorders- Dr. H. Fulton – UBC, Vancouver May 9, 2014
0	Provincial Youth Concurrent Disorders Program Knowledge Exchange – Coquitlam May 8 & 9, 2013
0	9 th Annual Forensic Psychiatry Conference - Fairmont Hotel, Vancouver March 20 - 22, 2013
0	Multi-Level Guidelines (MLG) - Assessment and management of group-based violence - Dr. Cook March 13 - 15, 2013
0	ICBC, Psychology, and Private Practice - Dr. C. Jung and Associates, Vancouver, BC. November 3, 2012
0	Regional Workshop on Clinical Supervision - Dr. Elizabeth Church, R.Psych., Vancouver N November 2, 2012
0	2012 Annual CATAP (Canadian Association of Threat Assessment Professionals) Conference September 25 - 28, 2012
0	"Using Dialectical Behavior Therapy Strategies to Manage Difficult, Therapy-Interfering Behaviors" May 4, 2012 Dr. Wagner, Director of Vancouver DBT Centre, Vancouver, BC.
0	8 th Annual Forensic Psychiatry Conference – Vancouver BC March 28 - 30, 2012
0	Washington Association for the Treatment of Sexual Abusers (WATSA) 2012 conference – Blaine, USA. February 24 - 26, 2012
0	Connect: An attachment focused treatment group for parents and caregivers – Dr. Moretti, BC June 6 - 9, 2011

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PRESENTATIONS

- **2014 -present** Presentations for rounds or journal clubs from conferences or workshops attended, and own clinical updates e.g., new research and guidelines on special topics (e.g., violence), ethics and challenges in specialty treatment and assessments, self-care in clinical work, online challenges, research from organizational psychology on recruitment and retention of clinicians, etc.
- **Strub, D.S.,** (2016, May 12) New research about violent victimization, self-harm, suicide, and violence (and their cooccurrence) across genders and timeframes. Presentation for the psychologists (province-wide), Forensic Psychiatric Services Commission, British Columbia.
- **Strub, D. S.** (2015, April 23). Forensic assessment and management best practice: International updates and food for thoughts. Presentation for the psychologists (province-wide), Forensic Psychiatric Services Commission, British Columbia.
- **Strub, D. S.** (2015, March 26). *Risk assessment: From violence to multiple negative outcomes. Risk formulations and risk management considerations.* Psychology Journal Club presentation, Forensic Psychiatric Services Commission, British Columbia.
- Pritchard, A. A., Blanchard, A. J. E., **Strub, D. S.**, Douglas, K. S., & Nicholls, T. L. (2013, March 7 9). *Transactions of violence, victimization, suicide and self-harm behavior among civil psychiatric patients*. Poster presented at the 2013 American Psychology and Law Society Conference in Portland, Oregon. USA.
- **Strub, D. S.** & Douglas, K. S. (2011, June 30). *Does gender moderate the predictive validity of the HCR-20?* Paper presented at the 2011 Association of Forensic Mental Health Services conference ("Towards Integrated Prevention") in Barcelona, Spain.
- Reeves, K., **Strub, D. S.** & Douglas, K. S. (2010, May 25 27). The impact of institutional policies on adverse outcomes of stalking distress in teachers. Presentation at the 2010 International Association of Forensic Mental Health Services, Vancouver, BC.
- **Strub, D. S.** & Douglas, K. S. (2009, March 4 8). The new version of the HCR-20 Violence Risk Assessment Scheme: Evaluation of a draft of the revised Historical scale. Poster presented at the 2009 American Psychology and Law Society Conference in San Antonio, Texas, USA.
- **Strub, D. S.**, Kreis, M. K. F., & Hart, S. D. (2008, July 13 17). A new approach to the assessment of psychopathy: Discriminant and convergent validity of the CAPP across clusters of personality disorders. Poster presented at the International Association of Forensic Mental Health Services Conference ("The interface between forensic and general mental health services"), Vienna, Austria.
- **Strub, D.S.** & Douglas, K. S. (2007, April 7). *Evaluation of a Proposed Revision of the HCR-20 Violence Risk Assessment Scheme*. Presentation for the Psychology Department, Simon Fraser University, Burnaby, BC.

PUBLICATIONS

- **Strub, D. S.**, Douglas, K. S., & Nicholls, T. L. (2016). Violence risk assessment of civil psychiatric patients with the HCR-Does gender matter? International Journal of Forensic Mental Health, 15(1), 81–96.
- **Strub, D. S.**, Douglas, K. S., & Nicholls, T. L. (2014). The validity of Version 3 of the HCR-20 Violence Risk Assessm Scheme amongst offenders and civil psychiatric patients. *International Journal of Forensic Mental Health*, 13, 148-15

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Nikolova, N., Strub, D. S., & Douglas, K. S. (2009). Violence risk assessment. In C. Edwards (Ed.), *Encyclopedia of forensic sciences*. Hoboken, NJ: Wiley.

Strub, D. S., Slaney, K., & K. S. Douglas (manuscript in preparation). *Risk Assessment: Little and bigger thoughts beyond Meehl's "disturbing little book"*.

Gatner, D. T., Reeves, K., Douglas, K. S., Hendry, M., **Strub, D. S.**, Winter, E., & Wilson, C. (manuscript in preparation). *Psychopathy, suicide, and details of their context.*

Pritchard, A. A., **Strub, D. S.**, Douglas, K. S., & Nicholls, T. L. (manuscript in preparation). *The Transactional nature of violence, victimization, suicide, and self-harm.*

RESEARCH

DISSERTATION RESEARCH

2013-2016

"Evaluation of the performance of the HCR-20 Violence Risk Assessment Scheme Version 3 in a sample of offenders and civil psychiatric patients".

Reliability and validity of the new HCR-20 in a sample of adults from 8 provincial correctional institutions and the psychiatric wards of a general hospital in British Columbia. Considerations of gender differences, population differences, and predictive validity for suicide, self-harm, and violent victimization. Preliminary analyses completed and published in 2014. Defended in December 2016. Supervisors: Drs. K.S. Douglas, LL.B., Ph.D., T. L. Nicholls, Ph.D., and J. L. Viljoen, Ph.D.

FOLLOW-UP RESEARCH FROM MASTER'S THESIS

2013 - 2015

New data analyses. Under the supervision of Drs. K.S. Douglas LL.B., Ph.D., and T. L. Nicholls, Ph.D.

MASTER'S THESIS RESEARCH

2008 - 2010

"Evaluation of the performance of the HCR-20 across genders in a civil psychiatric sample".

Reliability and predictive validity of the HCR-20 for violent and other negative outcomes (e.g., suicide, self-harm, victimization) across genders. Differential nature, severity, context, and victims of men and women's violence. Defended and Approved (with no revisions) in December 2010. Supervisors: Drs. K.S. Douglas, LL.B., Ph.D., T. L. Nicholls, Ph.D., and J. L. Viljoen, Ph.D.

SPECIALTY RESEARCH PROJECT

2007-2014

"The CAPP: A lexical model of psychopathy". Examining the performance of the *Comprehensive Assessment of Psychopathic Personality* (CAPP) in an international sample.

Web survey design – research coordination - data collection – analyses and presentation of the results; Supervisor: Dr. S. Hart, Ph.D.

HONORS THESIS RESEARCH

2006 - 2007

"Evaluation of a Proposed Revision of the HCR-20 Violence Risk Assessment Scheme".

NCRMD sample from FPH. Data collection. Completion of various risk assessment protocols. Defended in April 2007. Supervisors: Drs. K. S. Douglas, LL.B., Ph.D. and T. Nicholls, Ph.D.