

JAN SLATTERY, M.A.

I am a Ph.D. student in the Clinical Psychology program at Dalhousie University. I have a diverse background of professional experiences that span eight years, including yoga instruction, architectural and engineering drafting, and aviation. These experiences have provided me with a unique perspective in academia and demonstrated my proven track record of academic and research success, earning me several achievements and awards of excellence. My growth in clinical practice builds on this foundation, allowing me to draw from a wide range of interpersonal and problem-solving skills as I develop into a mature, thoughtful, and effective clinician.

EDUCATION:

Dalhousie University
2022

Started Sept

Ph.D. Clinical Psychology Program: Currently enrolled in a program designed to produce clinical psychologists who are thoroughly grounded in the science of psychology, the methods of clinical practice, and the promotion of social justice in both domains. This program strongly adheres to the evidence-based practices, such as cognitive behavioural therapy.

- Recipient of the 2024 Nova Scotia Graduate Scholarship – Doctoral (NSGS-D)
- Recipient of the 2022 Dean of Science PhD Entrance Scholarship
- Recipient of the 2022 Nova Scotia Graduate Scholarship – Master's (NSGS-M)

McGill University
2022

Graduated Oct

M.A. Counselling Psychology – Project (Non-Thesis) Program: Completed a program designed to produce graduates prepared for doctoral level research and clinical training. My research project investigated the effects of providing feedback to survey study participants. My practicum training involved the treatment of two clients from the community using a hybrid method of remote and in-person cognitive behavioural therapy.

- Recipient of the Graduate Excellence Fellowship
- Recipient of the 2020 Donna Kuzmarov Prize
- Recipient of the 2021 Canada Graduate Scholarship-Master's (CGS M)
- Graduated summa cum laude with a 3.97 GPA

Dalhousie University
2020

Graduated May

Psychology Honours Program: Graduated from a four-year psychology honours program, first class. Completed an honours project and thesis investigating predictors of video-game loot box use. Also took part in the establishment of an ecologically valid methodology to study pathological video-game behaviours.

- Gained proficiency in IBM's SPSS, R, Survey Monkey, Noldus Observer XT Media Recorder 4, & Facereader, LabChart 8 Pro and Equivital monitoring systems.
- Graduated First Class with a 3.80 GPA.

Moncton Flight College
2011

Dec 2010 - Feb

ICPC Program: Logged 10+ hours towards a private pilot's license flying Diamond DA-20s. Education included basic flight maneuvers including take-off, landing and emergency procedures/maneuvers.

Nova Scotia Community College

Graduated May 2008

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Architectural Engineering (Technician level): Became proficient in preparing architectural and engineering design drawings, cost estimates, material specifications and technical reports. Acquired important computer-aided drafting (CAD) skills, word-processing and spreadsheets.

CLINICAL EXPERIENCE:

Dalhousie Student Health and Wellness Centre

Intervention Practicum

Jan 2026-August 2026

Counselling and Mental Health Services

The Student Health & Wellness Centre provides students with certified quality primary and mental health care services to promote and enhance your health and wellbeing. Under the supervision of Dr. Heather Patterson (R.Psych), I currently treat university aged students with anxiety and depressive symptoms centred around their social and academic functioning once a week. This placement has also offered the opportunity to extend my 3rd wave CBT knowledge base with Interpersonal Therapy (IPT). Starting in May I will be working twice a week to pursue opportunities in facilitating group therapy and same-day counselling intervention.

Nova Scotia Health Authority (NSHA)

Intervention Practicum

May 2025 – Dec 2025

Community Mental Health and Addictions (CMHA)

During this placement, I provided individualized Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) to members of the community within the Halifax Regional Municipality (HRM) under the supervision of Dr. Shannon Bedford (R.Psych). I had a diverse and challenging caseload, including clients with Obsessive-Compulsive Disorder (OCD), Borderline Personality Disorder (BPD), severe depression, Attention Deficit/Hyperactivity Disorder (ADHD), Social and General Anxiety Disorder (SAD; GAD), and issues related to body image. My time at CMHA has been the most challenging and rewarding to date. During my 66 intervention hours, I learned how to engage clients who were passive and avoidant of the therapeutic process by consulting with a multidisciplinary team. I gained confidence in adapting evidence-based interventions to meet clients where they are at, resulting in my growth toward being a more flexible, responsive, and effective clinician.

Intervention Practicum

Jan 2025-April 2025

Nova Scotia Collaborative IBD Program

In my first external placement as part of my clinical training at Dalhousie, I co-facilitated an intensive 12-session workshop on ACT tailored for people with Irritable Bowel Disease (IBD) at NSHA under the supervision of Dr. Tiffany Shepherd. This placement involved delivering didactic online group sessions to patients learning to manage the mental health symptoms commonly associated with IBD.

Dalhousie Centre for Psychological Health

Intervention Practicum

Jan 2024-April 2025

As part of practicum training in the Clinical Psychology program at Dalhousie, I was trained in CBT and ACT at the Dalhousie Centre for Psychological Health (CPH). Here, I primarily treated depressive symptoms, GAD and SAD. My experience at CPH also involved providing psychodiagnostic and psychoeducational assessments reports and regularly providing outpatient intervention to community clients using a hybrid method of virtual and in-person sessions. Together I accrued 68 intervention hours and 65 assessment hours.

McGill Psychoeducational and Counselling Clinic

Counselling Practicum

Sept 2021-April 2022

Providing therapy to two community clients using a hybrid method of remote and in-person CBT as part of practicum training in the Counselling Psychology program at McGill. During my

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time in practicum, I accrued 34 hours of direct intervention hours. Practicum training involved conceptualizing cases, and evaluating evidence-based intervention plans and case conceptualizations.

EMPLOYMENT EXPERIENCE:

Dalhousie University

Intake Interviewer

July 2025 – April 2026

Dalhousie Centre for Psychological Health (CPH)

Here I interview individuals (in-person or virtually) seeking psychological assessments and intervention that are referred by CPH's community partners. These interviews include calls to update pertinent information for clients on the waitlist for our services. This information is collated into intake and waitlist reports that I then review with faculty and staff to determine if referrals are suitable for the services provided by CPH during weekly meetings.

CUPE Teaching Assistant - PSYO 2000

Sept - Dec 2023, 24

May – June 2025

Responsibilities included delivering lectures (in-person and asynchronously online) on psychological research methods to up to 24 undergraduate students, marking assignments and reports, and providing guidance during weekly office hours for a second-year psychological research methods course.

Connectome Proofreader

May 2018 - August 2020

In collaboration with the Howard Hughes Medical Institute, Dalhousie hired me to stitch and verify connectomes for the Janelia FlyEM Connectome Project (*drosophila melanogaster*) with purpose-built software developed with Google (Neutu & Neu3).

DSU Yoga Instructor

Sept 2018 - Dec 2018

Taught yoga classes weekly. Classes focused on postural awareness, strength, balance, joint mobility and importantly developing a strong sense of community).

Goodlife Fitness

Group Fitness Instructor

Jan 2016-Sept-2017

Taught yoga classes twice a week. Classes focused on postural awareness, strength, balance, joint mobility and importantly developing a strong sense of community.

Stantec Consulting Ltd

Feb 2011-Aug

2016

EastPoint Engineering Ltd

June 2008-Dec

2010

Civil Designer & Drafter: Responsibilities included drawing creation and management in residential subdivision development and commercial site design including site grading, infrastructure and storm water management design. Also gained experience in collaborating with my peers and training them on new software and drafting techniques as they would transition from one engineering discipline to another.

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VOLUNTEERING

Canadian Psychological Association

Student Mentor

Sept – April 2024 & 2025

My role included sharing my experiences, addressing my mentee's questions and concerns at a standard that upheld the integrity of the CPA, and participated in ongoing evaluation which may be used for research and/or program evaluation purposes and in any relevant online training sessions/mixers.

Dalhousie University: Department of Psychology and Neuroscience

In-person Practica Committee

Sept 2024 – Aug 2025

My role was to support the in-course practica by ensuring that testing materials for the assessment classes are available in the suite of on-campus practica rooms in fall and winter terms respectively, and assisting with keeping the rooms, test materials, and the clinical test library organized and tidy.

Co-chair of the Departmental Wellness Committee

Sept 2023 – Aug 2024

My responsibilities include generating and providing information, planning, and implementing wellness events. I also create space for communication between all department members (faculty, students, and staff) with attention to equity, diversity, and inclusion. Finally, I oversee the annual survey of department members' wellness to monitor concerns and determine resources to increase wellbeing in the department.

Colloquium Coordinator

Sept 2022 – Aug 2023

Each year, the Department of Psychology and Neuroscience hosts a lecture series, traditionally named the Colloquium Series, whereby experts in the psychology and/or neuroscience field are welcome to inform inquisitive Dalhousie and broader community members about their research. My responsibilities included coordinating pre and post lecture receptions and hosting and accompanying the expert speakers.

Northwood

Mental Health Program Helper

Sept 2018 – Jan 2019

Providing aid in Seeds of Success Mental Health program in an assisted living facility. Experience centers around group art therapy and direct one-on-one assistance with participants in devising/developing an art piece.

Shanti

Volunteer Yoga Instructor

Jan 2018

Taught three all-level classes in a reduced heat setting, with the aim of making an accessible Vinyasa styled class.

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PUBLICATIONS:

Slattery, J., Mahu, I. T., & Yakovenko, I. (In progress). *How can we measure gameplay? A multi-modal research methodology for recording video-game behavior in the laboratory.* Department of Psychology and Neuroscience, Dalhousie University, Halifax, Canada

Slattery, J., Sumich, A., Heym, N., Medvedev, O. N., Langvin, R., & Körner, A., (In progress). *The effects of providing individualized assessment feedback on study participation, data quality and well-being.* Department of Educational and Counselling Psychology, McGill University, Montreal, Canada

Slattery, J., Romkey, I., & Yakovenko, I. (2023). Impulsivity and video game-related motives as predictors of video game loot box use. *Canadian Journal of Addiction*, 14(3), 43–51.
<https://doi.org/10.1097/CXA.0000000000000183>

Fraser, R., **Slattery, J., & Yakovenko, I. (2023).** Escaping through video games: Using your avatar to find meaning in life. *Computers in Human Behavior*, 144.
<https://doi.org/10.1016/j.chb.2023.107756>

Lang, J., **Slattery, J., Andersen, N., Benchimol-Elkaim, B., Frederickson, A., M. Lannes, E. E., & Korner, A. (2021, May).** Reconsidering predictors of religious belief: A cross-sectional study of theism and individual differences in the German cultural context. *CPA 2021 Virtual Event, Canada.* <https://convention.cpa.ca>

RESEARCH FUNDING:

2024 - 2026	Nova Scotia Graduate Scholarship – Doctoral (NSGS-D) Dalhousie University \$30,000
2022 - 2024	Nova Scotia Graduate Scholarship – Master's (NSGS-M) Dalhousie University \$10,000
2021 - 2022	Canada Graduate Scholarship-Master's (CGS-M) Social Sciences and Humanities Research Council of Canada competition \$17,500
2020 - 2021	Graduate Excellence Fellowship McGill University \$3,000

AWARDS:

2022	2022 Dean of Science PhD Entrance Scholarship Dalhousie University \$8,000
2020	2020-2021 Donna Kuzmarov Prize McGill University \$5,000
2019	Dalhousie In-Course Scholarship Dalhousie University \$500

RECOGNITIONS:

2018 - 2020	Dean's List (Faculty of Sciences) Dalhousie University
2018	Student Engagement Award Dr. Jennifer Stamp Dalhousie University
2016 - 2017	Dean's List (Faculty of Arts) Dalhousie University

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CERTIFICATES:

2017	<i>Trauma Informed Yoga Training 30hr Program</i> Sarah Schlote & Caroline Owen
2014 - 2015	<i>Yoga Teacher Training 200hr Program</i> Therapeutic Approach Yoga Studio