

Patricia Ackland, Ph.D., R.Psych

Phone (604) 819 2673

---

## Academic Credentials

**Doctor of Philosophy**, Department of Psychology

Simon Fraser University: March 2000.

Senior Supervisor: Dr. Janet Strayer.

Dissertation Title: Sense and socialization: The influence of temperament and parenting on toddler guilt and compliance.

**Master of Education**, Department of Counselling Psychology

Faculty of Education, Simon Fraser University: June 2003

Comprehensive Examinations

**Master of Arts**, Department of Psychology

Simon Fraser University: June 1994.

Senior Supervisor: Dr. Elinor Ames.

Thesis Title: The valences of infant temperamental characteristics and their relation to parenting stress.

**Bachelor of Arts (Honours)**, Department of Psychology

Simon Fraser University: June 1988.

Senior Supervisor: Dr. Elinor Ames.

Thesis Title: Later sleep, activity and night waking as correlates of early crying behaviour.

## Clinical Work Experience

2005 to present. *Early Childhood Psychologist*, Child and Youth Mental Health  
Chilliwack, MCFD

2003 to present. *Psychotherapist*, Private Practice, Maple Ridge & Chilliwack

2007 to 2008. *Post-Doctorate Psychology Intern*. Child and Youth Mental Health,  
Fraser East.

2003 to 2006. *Contract Counsellor*. Katzie First Nations Community Health.

2001 to 2002. *Child and Family Therapist*, The Ark Family Services Society (M.Ed.  
Practicum placement)

2001 to 2002. *School-based Counsellor*, Forest Grove Elementary School (M.Ed.  
Practicum Placement)

1998 to 2000. *Psychometrician*. University of Western Ontario and The University of  
British Columbia.

1995 to 1996. *Personnel Selection*. Bjorn Leiren & Associates.

1988 to 1993. *Residential Care Worker*. Simon Fraser Society for Community Living.

1988 to 1989. *Childcare Counsellor*. Delta Family Services

### **Teaching Experience**

University of the Fraser Valley. *Full-time Faculty*. (September 2000 to present).

Columbia College. *Sessional Instructor*. (January 2000 to June 2001).

Centre for Distance Education, SFU. *Course Supervisor*. (June 1995 to May 2000).

Basic Health Sciences, B.C.I.T. *Tutor and Supervisor*. (April to August 1996).

Psychology, SFU. *Teaching Assistant*. (September 1988 – May 2000).

### **Research Work Experience**

1996. *External Reviewer*. Society for Canadian Women in Science and Technology

1995. *Research Analyst*. BCIT/ Pacific Institute of Reflexology.

1995. *Data Analyst*. Faculty of Education, SFU.

1995. *Data Analyst*. Centre for Teaching Excellence, SFU.

1993 to 1995. *Attachment Coder and Statistical Resource Person*. Romanian Adoption Project (Simon Fraser University).

1993. *Archival Data Collection*. Attorney General of B.C. Corrections Branch

1991. *Research Associate*. Youth Court Services – ADHD Growth Project.

1990. *Database design*. Faculty of Nursing, University of Alberta.

1988 to 1990. *Project Coordinator*. Youth Court Services Inpatient Assessment Unit- ADHD Project.

### **Publications and Presentations**

Mankovits M. K., **Ackland**, P. (Accepted). Adult vs. child attachment in parent programs.  
Poster accepted for presentations at Connecting Minds, Kwantlen University,  
Richmond, British Columbia.

- Mankovits, M.K. & **Ackland**, P. (2012, March). Adult vs. child attachment in parent programs: A comparative study. Academic talk given at Student Microlecture Series, University of the Fraser Valley, Abbotsford, British Columbia.
- Mankovits, M.K. & **Ackland**, P. (2012, March). The effectiveness and attrition rate of parent- child interaction therapy in a community based setting. Paper presented at Student Microlecture Series, University of the Fraser Valley, Abbotsford, British Columbia.
- Mankovits M. K., **Ackland**, P. (2012, March). Addressing adult vs. child attachment issues in parent programs. Poster presented at Student Research Day, University of the Fraser Valley, Abbotsford, British Columbia.
- Hoepfner, M. L., & **Ackland**, P. (2009). Parenting program efficacy: Child-parent relationship training and collaborative problem solving with parents of preschool children. Poster presented at Connecting Minds National Undergraduate Research Conference, Richmond, BC
- Gaetz, M.B., & **Ackland**, P. (2001, March). Changes in event-related frequency following concussion in athletes. Paper presented at the Association for Applied Psychophysiology and Biofeedback, Raleigh-Durham, North Carolina.
- Ackland**, P. (1999, July). Fear proneness and toddler socialization. Poster presentation at the International Society for the Study of Individual Differences, Vancouver, B.C.
- Ackland**, T. (2000). Child psychology (2<sup>nd</sup> ed.). Burnaby: SFU, Centre for Distance Education.
- Ackland**, T. & Ames, E.W. (1995). The valences of infant temperamental characteristics and their relation to parenting stress. Canadian Psychology, 36, 183.
- Shirley, C., Young, M., **Ackland**, T., & Thompson, P.M. (1995, September). The effects of reflexology on neurophysiological functioning. Paper presented at the International Symposium of Reflexologists, Vancouver, BC.
- Murphy, E., & **Ackland**, T. (1991, October). Growth in adolescents with dual diagnoses of attention deficit disorder and conduct disorder. Poster presented at Advances and Understanding in Treating Attention Deficit-Hyperactivity Disorder in Children, Adolescents and Adults. Vancouver, B.C.
- Reznick, E.D., Murphy, E., & **Ackland**, T. (1991, October). A double-blind crossover study of attention, vigilance, and impulsivity in adolescents with dual diagnoses of attention deficit disorder with hyperactivity and conduct disorder. Paper presented at Advances and Understanding in Treating Attention Deficit-Hyperactivity Disorder in Children, Adolescents and Adults. Vancouver, B.C.
- Ackland**, T., & Ames, E.W. (1990). Infant crying and its relation to later activity. Canadian Psychology, 31, 376.

### **Invited Addresses: Community Talks**

- 2011. (April). Abbotsford. Through the Eyes of the Child Conference, FVCDC  
Title: "Our Changing and Challenging Times"
- 2011. (April). Chilliwack. Workshop designed for and presented to Chilliwack  
Community Services Early Years Program staff. University of the Fraser Valley.  
Title: "Parent and Infant Mental Health"
- 2010. (May). Chilliwack. Action Builds Community Conference, Chilliwack Teachers  
Association/Child and Youth Committee with Cristal Biela.  
Title: "Why so Reactive?"
- 2008. (March). Surrey. Presentation to Fraser East crisis response clinicians. With Dr.  
Dawn Knapton, Susan Hunt, Rachel Nobel and Carla Merkel.  
Title: Responding to Children presenting with acute mental health crises: Helping  
families – helping children.
- 2007. (May) Chilliwack. Parental Mental Illness Community Forum,  
Title: "A Brief on Child Development".
- 2000. (January) Kiwassa Neighbourhood House, Burnaby.  
Title: "Emotional development from birth to three years."
- 1995. (June) North Burnaby Secondary High School  
Title: "A developmental model of antisocial behaviour."
- 1994. (February) Langley Preschool Society  
Title: "Discipline and your toddler."
- 1991. (April) Dept. of Psychology, SFU: Developmental Research Seminar  
Title: "Measuring longitudinal changes in variability."

### **Workshop Participation and Professional Development**

- 2012. February. Vancouver. From Generation to Generation: The Interplay Between  
Genes and Family Process. Drs. Michael Meany & Daniel Papero. Living  
Systems.
- 2011. February. Langley. Trauma and Attachment. Bruce Perry, Langley Event  
Centre, (2 days)
- 2011. February-April. Introduction to the Neurosequential Model of Therapeutics  
(NMT), Dr. Bruce Perry. Online case-based training for clinical practice (10  
sessions).
- 2011. March. Richmond. Infant Mental Health, Levels 1, 2 and 3.  
Evelyn Wotherspoon, (3 days).

- 2011. June. Chilliwack. Integrative Sand Tray Therapy. Bart Begalka, Chilliwack.
- 2011. June. Vancouver. Creative Expressive Family Therapy Techniques. Liana Lowenstein, Play Therapy Association of BC.
- 2010. November. Langley. Outcome Informed Practice. Scott Miller, Langley Events Centre.
- 2010. March. Abbotsford. Sensory Integration, Mental Illness & Challenging Behaviour. Kim Bartel, OT, Fraser Valley Child Development Centre, (3 days)
- 2010. April. Vancouver. Hey! My Brain Doesn't Want to Work That Way! Marc Landry, Vancouver Coastal Health.
- 2010. June. New Westminister. Working with Traumatized Children. Dr. Bruce Perry, Justice Institute (2 days)
- 2010. June. Vancouver. Play Therapy with Traumatized and Emotional Dysregulated Children. Mary-Ann Carter & Audrey Ho, BC Play Therapy Association
- 2009. How to be an Ethical Psychologist. Online course with Canadian Psychology Association.
- 2008. August. CBT for Anxiety certification: 7 month online course [IC]
- 2008. May. Completion of 25 hour online course by Interdisciplinary Council on Developmental and Learning Disorders. Dr. Stanley Greenspan.
- 2008. April. Langley. Attachment-based intervention: Watch, Wait, & Wonder. Nancy J.Cohen, Hincks-Dellcrest Centre and U of Toronto.
- 2008. March. Vancouver. Dual diagnosis: mental health and developmental disabilities.[2 days]
- 2008. February. New Westminister. DSM IV TR; Using with children and youth, Justice Institute. [2 days]
- 2008. February. Early Childhood/Infant Mental health videoconferencing. BC Women's. [2 days]
- 2008. February, March. Eating disorders videoconferencing. St. Paul's. [2 days]
- 2008. February. Vancouver. Anxiety disorders in children and adolescents. CBT Connections/CYMH [2 days]
- 2008. January. Abbotsford. CYMH Regional forum: Family systems engagement and intervention
- 2007. December. Key Largo, FL. Advanced clinical preschool assessment of attachment. Family Relations Institute. Patricia Crittenden, PhD. [2 week course]

2007. November. CYMH Clinician's forum: Innovations in Practice.
2007. October. Abbotsford, BC Dialectical Behaviour Therapy. [5 days]
2007. September. Tsawwassen, BC. Aboriginal Cultural Sensitivity: The ways of our people. Developed for CYMH Clinicians. [5 days]
2007. August. Langley, BC. A course for clinical supervisors: Providing supervision in the emerging therapeutic culture". 30 hour course approved by the American Association for Marriage and Family Therapy. Vange Thiessen.
2006. March. Vancouver, BC Nature and Nurture: Exploring the interplay of temperament and family functioning. Jerome Kagan, PhD and Michael Kerr., M Living Systems
2006. May. Vancouver, BC. Changing Fathers, Evolving Practises. BC Council for the Family, Father Initiative Project
2006. February. Vancouver, BC. Early Years 2006: Child Development Practices: A Decade of change. Interprofessional Continuing Education: University of British Columbia
2004. May. Richmond, BC. Spirituality and Solution Focused Therapy. Bill O'Hanlon, MS. Jack Hirose & Associates
2004. March. Burnaby, BC. Anxiety Disorders in Children and Adolescents Stephen Fraser M.Ed. R.C.C. & Dr. Lynn Miller BC Council for Children with Behavioural Disorders
2002. May. Vancouver, BC Treating Post-Traumatic Stress Disorder, Vancouver, BC. Dr. Lorne Prupas Canadian Counselling Association
1996. February - March. Burnaby, B.C. Harassment Policy Advisor Workshop Simon Fraser University, Office of the President
1995. February. Seattle, Washington. 16PF Fifth Edition Workshop The Institute for Personality and Ability Testing, Inc.
1994. April. Burnaby, B.C. Preschool Attachment 10-day Workshop Dr. Patricia Crittenden
1991. October. Vancouver, B.C. Advances and Understanding in Treating Attention Deficit-Hyperactivity Excel to Excellence Inc.

### **Memberships**

College of Psychologists of British Columbia # 01977  
 BC Psychological Association  
 BC Play Therapy Association

## Reviewing Activities

1994. *Blind Reviewer*. Twelfth Institute of the Section on Women and Psychology. CPA, Charlottetown, PEI (1995, June).

## Volunteer Activities

2004 to 2006. *Board of Directors*. Lorne Andres' Creative Angels Society.

1996 – 1997. *Harassment Policy Advisor*. Office of the President, Simon Fraser University

## Committee Participation

2010 to present. *Chair*, Young Parent Services Task Group, Chilliwack  
2006 to present. *Member*, Chilliwack Early Years Committee  
2001-2007, 08-10, 12 *Member*, Standing Selection Advisory Committee, UFV  
2005 to present *Member*, Psychology Department Ethics Committee, UFV  
2001 to present *Member*, Department Head Selection Advisory Committee, UFV  
2004 to 2006. *Chair*, Internal Probationary Evaluation Committee, UFV  
2004. *Member*, Service Course Committee, UCC, UFV  
2003 to 2005. *Member*, Academic Standards Committee, UFV  
2001 to 2004. *Faculty Student Liaison*, UFV  
1990 to 2000. *Member*, Graduate Student Caucus, SFU  
1992-1996,98 *Coordinator*, Developmental Research Group, SFU  
1996. *Student Representative*, Graduate Studies Committee, SFU  
1986 to 1994. *Member*, *Board of Directors*, SFU Childcare Society