

Meghan McPhie

EDUCATION

Ph.D. – Clinical Developmental Psychology
Faculty of Graduate Studies, York University
Supervisor: Jennine Rawana, Ph.D. C.Psych.

2012 – Current
Toronto, ON

M.A. – Clinical Developmental Psychology
Faculty of Graduate Studies, York University
Supervisor: Jennine Rawana, Ph.D. C.Psych.

2010 – 2012
Toronto, ON

Health Psychology Diploma
Faculty of Graduate Studies, York University

In progress
Toronto, ON

B.A. Hons. – Psychology
Faculty of Arts and Science, Queens University
Graduated with distinction
Supervisor: Jill A. Jacobson, Ph.D.

2005 – 2009
Kingston, ON

WORK/ACADEMIC EXPERIENCE

Teaching Assistant
York University, Psychology Department

2013
Toronto, ON

- TA for the Development in Adolescence course (Psych3500)
 - Acted as the primary contact for students through office hours and e-mail correspondence
 - Assisted students in developing effective study and test-taking skills during office hours
 - Marked exams and essays according to a set rubric and invigilated exams
 - Responsible for managing course grades
 - Served as a guest lecturer- presented a clinical case
- Supervisor: Dr. Jennine Rawana, Ph.D. C.Psych.

Teaching Assistant
York University, Psychology Department

2012
Toronto, ON

- TA for the Health Psychology course (Psych3170)
 - Acted as the primary contact for students through office hours and e-mail correspondence
 - Assisted students in developing effective study and test-taking skills during office hours
 - Marked exams and essays according to a set rubric and invigilated exams
- Supervisor: Dr. Gerry Goldberg, Ph.D. C.Psych.

Honours Thesis Co-Supervisor
York University, Psychology Department

2011 – 2012
Toronto, ON

- Facilitating the development of research ideas, hypotheses, and study design
- Reviewing and providing feedback on thesis drafts
- Assisting with statistical analyses

- Overseeing the development of research posters and presentations
- Student received the Richard Goranson Memorial Thesis Award

Teaching Assistant

2011 – 2012

York University, Psychology Department

Toronto, ON

- TA for the Introductory Psychology course (Psych1010)
- Acted as the primary contact for students through office hours and e-mail correspondence
- Assisted students in developing effective study and test-taking skills during office hours
- Marked exams according to a set rubric and invigilated exams
- Moderated online discussions of course material

Supervisor: Dr. Jill Rich, Ph.D.

Teaching Assistant

2010 – 2012

York University, Psychology Department

Toronto, ON

- TA for the Introductory Psychology course (Psych1010)
- Acted as the primary contact for students through office hours and e-mail correspondence
- Assisted students in developing effective study and test-taking skills during office hours
- Marked assignments according to a set rubric and invigilated exams

Supervisor: Dr. Heather Jenkin, Ph.D.

MCYS Research Report

2010 – 2011

York University, Psychology Department.

Toronto, ON

- Worked in partnership with the Ministry of Children and Youth services of Ontario to prepare a report on emotion regulation during childhood, adolescence, and emerging adulthood
- Conducted a systematic review of the literature in order to identify key emotion regulation strategies used by children and youth and to identify gaps in the literature

Toronto Partnership for Autism Services (TPAS) Summer Student Assistant

2010

Surrey Place Centre

Toronto, ON

- Worked for the School Support Program at Surrey Place Centre, which is designed to enhance supports currently available to publically funded school boards and school authorities in the provision of educational services to students with Autism Spectrum Disorder (ASD) in Ontario
- Entered, coded and analyzed both quantitative and qualitative client data
- Prepared reports for the Toronto District School Board
- Created a functional filing system for therapist evaluations
- Conducted literature reviews for manuscript preparation
- Received certification in Intensive Behavioural Intervention (IBI)

Supervisor: Gerald Bernicky.

Research Assistant/Tester

2009 – 2010

McMaster University, Department of Pediatrics

Hamilton, ON

- Worked on the Maltreatment and Adolescent Pathways (MAP) longitudinal study
- Investigated teens who are involved in child protective services. Teens were tracked over a period of 3 years to evaluate their mental health, risky sexual practices, substance use, and teen dating violence.
- Responsible for recruiting youth, tracking youth, and setting up study appointments
- Administered a battery of questionnaires and neuropsychological tests
- Involved with data coding, data checking, data cleaning, and running statistical analyses
- Wrote articles for the MAP knowledge transfer website
- Involved in writing articles, government policy documents, and developing and presenting conference posters

Supervisor: Christine Wekerle, Ph.D.

Mental Health Worker

2008

Supported Training and Rehabilitation in Diverse Environments (S.T.R.I.D.E)

Oakville, ON

- Responsible for conducting intakes and assessments, psychosocial training, working with clients to implement their individual work programs
- Assisted clients in following through on their life skills training needs
- Administered surveys and performance assessment and feedback
- Responsible for aspects of supported employment including developing individual employment plans and goals, job development, and job coaching

VOLUNTEER EXPERIENCE

Intervention Practicum Student

2013 – 2014

The Hospital for Sick Children (SickKids)

Toronto, ON

- Part of the mental health team in the SickKids Team Obesity Management Program (STOMP). The STOMP program is available to patients aged 12-17 who present with complex obesity and health and/or psychosocial comorbidities
- Conducting individual- and family- centered therapy using a range of evidence based treatments, including CBT
- Co-facilitating teen and parent educational and support groups
- Conducting psychodiagnostic interviews to screen for mental health co-morbidities in new patients
- Attending STOMP rounds and consulting with interdisciplinary team members inside and outside of STOMP
- Working within a multidisciplinary team (physician, clinical nurse specialist, exercise therapist, dietitians) in order to provide coordinated care
- Engaging in intervention planning
- Writing treatment notes and psychodiagnostic assessment reports

Supervisors: Dr. Elizabeth Dettmer, Ph.D., C.Psych; Dr. Brooke Halpert, Ph.D., C.Psych; Dr. Anthony DeBono, Ph.D. C.Psych (Supervised Practice)

Group Facilitator

2013

Integra

Toronto, ON

- Children's mental health centre aimed at helping children and adolescents who experience social, emotional and behavioural problems related to their learning disabilities (LD)
- Co-facilitator of a social competence group designed to improve social functioning in children with a diagnosed LD
- Group planning and preparation: reviewing readings and resource materials, reviewing clinical files, planning group sessions and activities
- Assisting with group sessions: leading group activities, coaching and providing in the moment teaching related to social competence, attending to individual children in the group
- Documentation: writing up session notes

Supervisor: Marjory Phillips, Ph.D., C.Psych.

Assessment Practicum Student

2012 – 2013

Reach Out Centre for Kids (ROCK)

Milton, ON

- Conducting comprehensive psychological assessments with children and adolescents (e.g., present with social-emotional, developmental, or behavioural problems)
- Conducting intake interviews with parents

- Administration and scoring of standardized psychological tests
- Writing integrated psychological assessment reports
- Providing sensitive feedback to families on psychological assessment results
- Observing general consultations, service assessments, and walk-in therapy sessions
- Attending psychology team meetings

Supervisor: Michelle Dick, C.Psych. Associate

Psychometrist

2012

York University Psychology Clinic (YUPC)

Toronto, ON

- Conducting psychological assessments with children and adolescents
- Scoring test protocols
- Interpreting and synthesizing test results and case conceptualization
- Writing integrated psychological reports of assessment findings and generating meaningful recommendations
- Providing sensitive feedback to families

Intake Assistant

2011

York University Psychology Clinic (YUPC)

Toronto, ON

- Conducting intake assessments over the phone to address the clients' needs for either assessment and/or therapy
- Informing clients of clinic services and determining the clinic's ability to meet the specific needs of the client
- Received training in intake, confidentiality, sensitivity, and crisis management

Front Desk Attendant

2009 – 2010

Sheena's Place, Eating Disorder Support Center

Toronto, ON

- Responding to phone and in-person inquiries and providing information about available services, centre's vision and mission, and information on eating disorders
- Scheduling client appointments, providing tours, and registering new clients
- Responsible for various administrative duties

Research Assistant

2009

Queens University, Psychology Department

Kingston, ON

- Investigating the role of stress and early trauma in the etiology and ongoing pathology of major depression in adolescence and adulthood
- Blind rater for the Life Events and Difficulties Scale (LEDS)
- Recruited participants and conducted phone screening for a pilot study using a short version of the Structured Clinical Interview for DSM (SCID)

Supervisor: Kate Harkness, Ph.D. C.Psych.

Volunteer Trainer/Support

2008 – 2009

Revved Up, St. Mary's of the Lake Hospital

Kingston, ON

- Revved Up provides individuals with mobility impairments living in Kingston and surrounding communities with an accessible and safe center based exercise program that fosters successful and healthy aging through improved quality of life
- Supported clients with mobility impairments in performing a prescribed exercise program in order to enhance both physical and emotional well-being

Research Assistant

2007 – 2008

Queen's University, Psychology Department

Kingston, ON

- Investigating motivated social cognition, particularly the social consequences of depression

- Duties included running experiments, recruiting participants, entering data, and acting as a confederate

Supervisor: Jill A. Jacobson, Ph.D.

Research Assistant

Queen's University, Psychology Department

- Investigating the factors that influence the accuracy of eyewitness identification and reports as well as the belief of eyewitness testimony
- Duties included running experiments, creating experimental stimuli, conducting literature searches and mass mailings

Supervisor: Rod Lindsay, Ph.D.

2006 – 2007

Kingston, ON

AWARDS & HONOURS

Dean's Honour List with Distinction

*Queen's University**

2008 – 2009

Kingston, ON

Dean's Special Award

Queen's University

2008

Kingston, ON

Dean's Honour List with Distinction

*Queen's University**

2007 – 2008

Kingston, ON

Dean's Special Award

Queen's University

2007

Kingston, ON

Dean's Honour List with Distinction

*Queen's University**

2006 – 2007

Kingston, ON

Dean's Honour List

Queen's University

2005 – 2006

Kingston, ON

*Top 3% of program

FUNDING

SSHRC Doctoral Fellowship (48 months)	\$80,000	2012 – 2016
LaMarsh Student Travel Award	\$5,000	2013-2014
LaMarsh Student Research Award	\$2,600	2012 – 2013
CIHR Institute Community Support (ICS) Travel Award	\$1,000	2012
LaMarsh Student Research Award	\$3,000	2012
Ontario Graduate Scholarship	\$15,000 (declined)	2011 – 2012

SSHRC Masters Scholarship	\$17,500	2011 – 2012
York Entrance Scholarship	\$4,000	2010 – 2011

TEACHING

Invited Lecturer York University, Department of Psychology	October 2, 2013 Toronto, ON
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PUBLICATIONS

Posters (peer reviewed)

McPhie, M., & Rawana, J. S. (March, 2014). *Developmental pathways of depressive symptoms from adolescence through emerging adulthood: The key role of physical activity*. Poster presented at the 2014 Society for Research on Adolescence (SRA) Biennial Meeting, Austin, TX.

Rawana, J.S., Nguyen, H., Norwood, S.J., & **McPhie, M.** (2012, October). *A review of emotion regulation among adolescents and emerging adults: Informing a youth policy framework for healthy development*. Poster presented at the 2012 SRC D Themed Meeting: Transitions from Adolescence to Adulthood, Tampa, FL.

McPhie, M., Hassibi, B., & Rawana, J. (October, 2012). *Promoting Mental Health During the Transition into Adulthood: The Protective Role of Body Appreciation on Depressive Symptoms*. Poster presented at the 2012 SRC D Themed Meeting: Transitions from Adolescence to Adulthood, Tampa, FL.

McPhie, M., & Rawana, J. S. (2011, October). *Unraveling the relation between physical activity, perceived body image, and depressive symptoms among emerging adults: A mediation analysis*. Poster presented at the 5th Conference on Emerging Adulthood, Providence, RI.

McPhie, M., Wekerle, C., & Waechter, R. (2010, November). *The relationship between trauma symptoms, self-compassion, and mental health in maltreated youth*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Montreal, QB.

McPhie, M., Wekerle, C., & Waechter, R. (2010, June). *An examination of self-compassion, trauma symptoms, and mental health in maltreated youth*. Poster presented at the annual convention of the Canadian Psychological Association, Winnipeg, MB.

McPhie, M., & Jacobson, J.A. (2010, January). *An examination of the relationship between accuracy of mental state decoding and dysphoria in university students*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Presentations

Rawana, J., & **McPhie, M.** (December, 2013). *Depression symptom trajectories across adolescence and emerging adulthood: Associated risk and protective factors*. Sapienza – Universita Di Roma, Rome, Italy.

McPhie, M., & Rawana, J. (August, 2012). *Does self-esteem influence the relation between physical activity and depression? Developmental and gender differences*. Paper session presented at the 13th Biennial Conference of the European Association for Research on Adolescence, Island of Spetses, Greece.

Hassibi, B., **McPhie, M., & Rawana, J.** (2012, April). *Eating- and weight-related risk factors for depressive symptoms in emerging adulthood*. Paper presented at the 42nd Annual Ontario Psychology Undergraduate Thesis Conference, York University: Toronto, ON.

Rawana, J. S., Flett, G. L., Nguyen, H., Norwood, S. J., & **McPhie, M.** (2012, June). Developmental trends of emotion regulation among adolescents: A systematic review of the current literature. In Y. Bohr (Moderator & Discussant), *Interpersonal relationships and emotion regulation among adolescents with internalizing issues: Findings from the current literature and implications for clinical practice*. Paper symposium presented at the 73rd Annual Convention of the Canadian Psychological Association, Halifax, NS.

Rawana, J.S., Nguyen, H., Norwood, S.J., **McPhie, M.,** Sieukaran, D., Morgan, A.S., & Ames, M. (2011, March). *Research on Emerging Adults, Adolescents, and Children (REACH) Lab Projects Presentation*. LaMarsh Centre for Child and Youth Research, York University, Toronto, ON.

Articles (peer reviewed & professional)

McPhie, M. L., Weiss, J. A., & Wekerle, C. (submitted). Psychological distress as a mediator of the relationship between childhood maltreatment and sleep quality in adolescence: Results from the Maltreatment and Adolescent Pathways (MAP) Longitudinal Study. *Child Abuse & Neglect*.

McPhie, M. L., & Rawana, J. S. (submitted). The effect of physical activity on depression in adolescence and emerging adulthood: A growth-curve analysis. *Journal of Research on Adolescence*.

Rawana, J. S., **McPhie, M. L., & Hassibi, B.** (submitted). Eating- and Weight-Related Factors Associated with Depressive Symptoms in Emerging Adulthood. *Body Image*.

Rawana, J. S., Flett, G., **McPhie, M. L.,** Nguyen, H., & Norwood, S. J. (accepted). Developmental trends in emotion regulation: A systematic review with implications for community mental health. *Canadian Journal of Community Mental Health*.

McPhie, M. L., & Rawana, J. S. (2012). Unraveling the relation between physical activity, self-esteem and depressive symptoms among early and late adolescents: A mediation analysis. *Mental Health & Physical Activity*, 5, 43-49. doi:10.1016/j.bbr.2011.03.031

McPhie, M., Wekerle, C., Waechter, R., & Chen, M. (2010). Examining the role of self-compassion in the mental health of child protection services-involved youth. *Ontario Association of Children's Aid Societies Journal*, 55, 13-21.

Government Policy Reports

Rawana, J. S., Flett, G., Nguyen, H. Norwood, S. J., **McPhie, M.** (2011). *Developmental Trajectories of Emotion Regulation Among Children, Adolescents and Emerging Adults: Interim Report*. Ontario Ministry of Children and Youth Services: Toronto, ON, Canada

Voigt, J. & **McPhie, M.** (2010). *Evaluating the effectiveness of the consultation of teams for students with*

autism spectrum disorder 2009-2010. Summary report prepared by the School Support Program of Surrey Place Centre for the Toronto District School Board: Toronto, ON, Canada.

Wekerle, C., Waechter, R., & **McPhie, M.** (2010). *Screening for suicide attempts in Children's Aid Society (CAS) involved youth: A Maltreatment and Adolescent Pathways Study (MAPS) report*. Report prepared for the Ontario Ministry of Child and Youth Services: Toronto, ON, Canada.

Unpublished Manuscripts

McPhie, M. (2012). Perceived Weight and Physical Activity: Predictors of Depression Trajectories from Adolescence to Emerging Adulthood. Master's Thesis.

McPhie, M. (2009). An Examination of the Relationship Between Accuracy of Mental State Decoding and Dysphoria in University Students. Undergraduate Honours Thesis.

Other

Maltreatment and Adolescent Pathways (MAP) Knowledge Transfer website on www2.oacas.org
For access go to web address, type in your full email on username and mapguesttest as the password. Information on website is available to all CAS agencies in Ontario. Responsible for updating the blog with summaries of research that can help enhance practice.

McPhie, M. (2010). *Assessing excellence in education*. <http://www2.oacas.org/modules/article/view.article.php?101>

McPhie, M. (2010). *Resilience: A key for promoting better outcomes for children in care*. <http://www2.oacas.org/modules/article/view.article.php?c8/95/p0>

McPhie, M. (2010). *Impact of foster parent tutoring on foster children's academic achievements in reading and math*. <http://www2.oacas.org/modules/article/view.article.php?c8/95/p0>

McPhie, M. (2010). *Long-term welling-being of crown wards*. <http://www2.oacas.org/modules/article/view.article.php?c8/95/p0>

McPhie, M. (2010). *A look at Kinship Services in Ontario Child Welfare*. <http://www2.oacas.org/modules/article/view.article.php?c8/95/p0>

PROFESSIONAL SERVICES

Reviewer

Co-reviewer for Journal of Research on Adolescence, Spring 2011.

Peer reviewer for the Society for Personality and Social Psychology (SPSP), Student Poster Award, Winter 2010.

Other

Volunteer at the York Clinical-Developmental Open House (2012, February)

Psyliology Planning Committee (2011, September)

Volunteer at the York Clinical-Developmental Open House (2011, February)

Volunteer at the York Faculty of Health Research Day (2010, November).

PROFESSIONAL DEVELOPMENT & CONTINUING EDUCATION

“Stretching Minds: Enhancing Children’s Psychological Well-being Through Physical Activity” <i>SickKids Psychology Education Day</i>	2014 <i>Toronto, ON</i>
“Single Session Therapy & Beyond” <i>Brief Therapy Training Centre-International- Jim Duvall</i>	2013 <i>Milton, ON</i>
“Developmental Assets” <i>Search Institute training</i>	2013 <i>Milton, ON</i>
“Psychopharmacology Workshop” <i>Daylong workshop taught by Dr. Stephen List</i>	2012 <i>Toronto, ON</i>
“Trauma Focused Cognitive Behavioural Therapy for Children & Adolescents” <i>Two-day workshop taught by Dr. Erna Olfason</i>	2012 <i>Toronto, ON</i>
“Active Listening Towards Empathy” <i>Therapeutic Microskills Workshop II</i>	2012 <i>Toronto, ON</i>
“Listening and Attending Behaviour” <i>Therapeutic Microskills Workshop I</i>	2012 <i>Toronto, ON</i>
“Structural Equation Modeling (SEM)” <i>Summer Program in Data Analysis (SPIDA)</i>	2011 <i>Toronto, ON</i>
“Canadian Summit on Weight Bias”	2011 <i>Toronto, ON</i>
“Decolonizing Our Minds” <i>Reclaiming Toronto</i>	2010 <i>Toronto, ON</i>
“Forum on the Online Sexual Exploitation of Youth”	2010 <i>Toronto, ON</i>
“Outcomes for Children in Care” <i>Practice And Research Together (PART) learning event</i>	2009 <i>Guelph, ON</i>
“New Directions in Assessment and Study of Child and Adolescent Psychopathology” <i>Dr. Thomas Achenbach</i>	2009 <i>Hamilton, ON</i>

PROFESSIONAL MEMBERSHIPS

LaMarsh Centre for Child and Youth Research (2010 – present)
Society for the Study of Emerging Adulthood (2011 – 2012)
Society for Personality and Social Psychology (2009 – 2010)
Affiliate of the American Psychological Association (2009 – 2010)

CLINICAL TRAINING

- Wechsler Intelligence Scale for Children- Fourth Edition (WISC-IV)
- Wechsler Individual Achievement Test- Third Edition (WIAT-III)
- Comprehensive Test of Phonological Processing (CTOPP)
- Wide Range Assessment of Memory and Learning (WRAML-II)
- The Beery-Buktenica Developmental Test of Visual-Motor Integration, Sixth Edition (VMI)
- Peabody Picture Vocabulary Test – Fourth Edition (PPVT-4)
- Expressive Vocabulary Test- Second Edition (EVT-2)
- Questionnaires (e.g., CDI, RCMAS, CBCL, BRIEF, GADs, SRS, etc.)
- Projective measures (e.g., sentence completion, RAT, etc.)
- Intensive Behavioural Intervention (IBI)
- Semi-structured diagnostic interviewing
- Short version of the Structured Clinical Interview for DSM (SCID)
- Diagnostic Interview Schedule for Children (DISC)
- Life Events and Difficulties Schedule- rater (LEDS)

RELEVANT COURSE WORK

Undergraduate Courses:

Principles of Psychology	Psychology of Human Influence
Statistics in Psychology	Advanced Experimental Psychology
Study of Personality	Health Psychology
Cognitive Psychology	Psychology of Crime
Abnormal Psychology	Social & Emotional Development
Introduction to the Study of Alcohol and Drug Problems	Organizational Behaviour
Research Methods in Psychology	Organizational Analysis
Social Psychology	Child & Adolescent Psychopathology
Experimental Psychology: Perception	Mood & Anxiety Disorders
Developmental Psychology	Honours Thesis
Human Sexuality	

Graduate Courses:

Univariate Statistics
Historical & Theoretical Foundations of Contemporary Psychology
Social & Emotional Bases of Development
Biological & Cognitive Bases of Development
Research Practicum I
Psychoeducational Assessment of Children and Adolescents
Clinical and Diagnostic Assessment of Children and Adolescents
Children and Trauma
Ethical Issues in Professional Practice
Intervention Strategies for Children

Developmental Psychopathology of Children and Adolescence