

---

# DR. JOANNA BOLSTER

---

830, 4445 Calgary Trail NW, Edmonton, AB • 1-780-903-2881 • [drjoannabolster1@gmail.com](mailto:drjoannabolster1@gmail.com)

[www.drjoannabolster.com](http://www.drjoannabolster.com)

## Registered Psychologist

---

### Psychological Skills Summary

---

Skilled in the design, implementation and evaluation of psychological interventions for the following diagnoses, medical presentations and issues:

- Depression, Anxiety, Post-traumatic stress, Suicidal ideation and gestures, Trauma, Addictions, Self-harm behaviours, Emotion dysregulation, Health related medical diagnoses and issues (chronic health conditions, neurological diagnoses, psychosomatic clinical presentations, adjustment issues secondary to health diagnoses, chronic pain, grief and loss secondary to health / medical issues), Eating disorders, Relationship and interpersonal difficulties, Sexuality and gender dysphoria, Parenting issues, Child and Adolescent behavioural problems and the Psychological needs of health care workers

Extensive Education, Training and Service Delivery within psychotherapy modalities including Cognitive Behavioural therapy (CBT), Dialectical Behavioural Therapy (DBT), Mindfulness and Stress Reduction (MBSR), Crisis Interventions, Psychodynamic Therapy, Group Therapy, Eye Movement Desensitization Reprocessing (EMDR) and Trauma Specific Interventions and treatment protocols

Long Time Service Provider with First Nations and Inuit Health for the Federal Government including work with Indigenous peoples on and off reservation, and with residential school survivors

Experienced Consultation Skills with multi-disciplinary team members including range of Medicine specialties, Nursing, Allied health, Dieticians, Community based providers, Cultural and Spiritual liaisons, and Education

Strong Clinical Supervision capacities with two teaching awards, and roles of Psychotherapy Program Co-ordinator within both Psychiatry and Psychology residency programs

Well developed teaching and training skills including provision of Psychiatry Grand Rounds, Psychology Rounds, and Psychiatry Resident Training Seminars

---

### Education

---

1996 - 2003

PHD in Counselling Psychology

*University of Alberta*

- Concentration in theories of psychotherapy, psychological assessment (psychoeducational and personality), professional practices, learning and cognition, research methods with practicums in spectrum of psychotherapy modalities and populations
- Completed Doctoral Residency at University of Alberta Hospital with rotations in Pediatrics, Adult Psychiatry and Infectious Disease
- Doctoral Dissertation: Early Childhood Risk Factors that relate to Placement Breakdown for Children in Adoptive and Foster Placements

-

Post-Doctoral Residency

*University of Alberta (University of Alberta Hospital)*

Completed specializations in Consultation & Liaison psychology for inpatient medical units and Health Psychology within Infectious Disease

- 1994 - 1997  
 Master of Education, Counselling Psychology  
*University of Manitoba*  
 Concentration in theories and practice of psychotherapy, research design, adult and child psychopathology  
 Master's Thesis: A Journey from Survival to Survivor: A Descriptive Account of Women's Experiences of Coping with Abuse
- 1992 - 1994  
 Special Student in Psychology  
*The University of Western Ontario*  
 Concentration in clinical, adult and child psychopathology, developmental and behavioural psychology, statistics and research design  
 Honour's Thesis: Gender Differences and Expectancy Effects in Pain Perception
- 1989 - 1992  
 Bachelor of Science (Chemistry)  
*The University of Western Ontario*

---

## Work experience

---

- 2014 - 2024  
 Assistant Clinical Professor, Department of Psychiatry  
*University of Alberta, Faculty of Medicine and Dentistry*
- Supervise Psychiatry Residents (PGY2 through PGY6) in the provision of cognitive behavioural and psychodynamic therapy
  - Provide both didactic teaching to residents, and clinical supervision for ongoing psychotherapy patients
  - Consult and liaise with team including psychiatrists, psychologists and specialty medicine
  - Develop and implement evaluations to ensure CanMED and learning goals being met
- 2004 - present  
 Registered Psychologist and Clinic Owner  
*Dr. Joanna Bolster Psychological Services*
- Operate a private practice with practice specialization in psychotherapy
  - Provide child, adolescent and adult individual, couples and family psychotherapy and group psychotherapy to clients
  - Develop, assess and monitor individualized treatment programs with respective clients
  - Consult and liaise with other community agencies and resources and hospital based health care professionals as required
  - Provide consultation services to other colleagues for issues related to clinical practice
  - Provide treatment reports to other healthcare professionals summarizing clinical treatment plans and progress, identification of ongoing needs including medication consultation or treatment collaboration with additional healthcare /community based supports and resources, and offer clinical recommendations related to generalizing gains made through psychotherapy within the home and community environment
- 2000 - 2008  
 Team Psychologist  
*University of Alberta Hospital, Eating Disorders Program*
- Provided individual, couple and family psychotherapy to inpatient and outpatients with a primary diagnosis of Anorexia or Bulimia Nervosa, or Eating Disorder Not Otherwise Specified receiving care through a hospital based program
  - Designed, implemented and evaluated individualized therapeutic treatment plans for clients
  - Provided consultation services within multi-disciplinary team of health care professionals, including instructional guidance as to the implementation of psychological interventions within a group milieu
  - Therapeutic specialties included working with issues related to depression, anxiety, self-harm, impulse control, emotion regulation, suicidal ideation, self and body image, distress tolerance, family remediation and interpersonal skill development
  - Co-ordinated doctoral psychology resident training program including review, interview and selection of yearly residents, ongoing resident evaluation and resident training.
  - Maintained standards of practice within residency program to ensure that accreditation requirements were met Provided clinical supervision to psychology residents, staff psychologists and non-psychologists
  - Provided consultation and training services to professionals working with eating disorders within Alberta, British Columbia, North West Territories and Saskatchewan

2000 - 2001

### Chartered Psychologist

*Bosco Homes, Psychological Assessment Services*

- Provided clinical psychology services to adolescents receiving agency care
- Devised, monitored and evaluated appropriate treatment programs for identified youth within group home settings
- Provided clinical consultation services to multi-disciplinary team of professionals
- Developed discharge planning care including collaboration with multi-agency and community based supports
- Involvement in monthly team treatment plan reviews and evaluation

1999 - 2000

### Post Doctoral Resident

*University of Alberta Hospital, Division of Clinical Psychology*

- Completed a Post Doctoral Residency with supervised specializations in consultation and liaison psychology practice within inpatient settings and health psychology within medical disorders and diagnoses
- Provided individual, family and couples psychotherapy to both in-patients and out-patients for a range of comorbid psychological, psychiatric and medical issues
- Consulted and liaised with community resources and culturally appropriate services as needed

1999 - 2001

### Chartered Psychologist

*Lousage Institute*

- Provided child, adolescent, adult individual and family psychotherapy for a range of psychological and psychiatric issues
- Participated in a family therapy training and supervision group (AAMFT)
- Consulted and liaised with community based professionals

1998 - 1999

### Clinical Psychology Resident

*University of Alberta Hospital*

- Specialized rotations in Health Psychology with Pediatric and Adult populations
- Provided assessment and treatment interventions to children, adolescents, families and couples with complex medical and psychological needs
- Completed inpatient consultations for psychological services from physicians and made assessment and recommendations for patient treatment and intervention
- Facilitated treatment within inpatient units; including crisis and risk assessment and management, inpatient medical unit needs, implementation and adaptations of psychological interventions for specific inpatient medical unit needs, providing clinical consultation and instructional advice to non-psychologists, and engaging and liaising with community based resources for discharge planning
- Completed assessment and treatment reports to support patient care co-ordination within team of involved health professionals in community.

---

## Further Clinical Experience

1994 - 1999

Range of Clinical Rotations and Clinical Positions with further details available upon request

*Maskwacis Community, Grace General Hospital, Winnipeg, MB, Yellowhead Youth Centre Secure and Open Treatment Programs, Family Centre, Child and Family Services, and Child Residential Treatment Centres*

---

## Research Experience

- Doctoral Dissertation: Early Childhood Risk Factors that relate to Placement Breakdown for Children in Adoptive and Foster Placements
- Master's Thesis: A Journey from Survival to Survivor: A Descriptive Account of Women's Experiences of Coping with Abuse
- Honour's Thesis: Gender Differences and Expectancy Effects in Pain Perception
- Sexual Assault Centre of Edmonton: Survivor's of Sexual Violence Experience within the Justice System
- University of Alberta Hospital: Effect of Type 1 Diabetes on Psychosocial Maturation in Young Adults

---

## Teaching Experience and Awards

---

- Assistant Clinical Professor, University of Alberta
  - Dialectical Behaviour Therapy for Child and Adolescent Psychiatrists (2023)
  - Validation and the Role of Self as Therapist. Presented at Capital City Child and Adolescent Psychiatry Annual Meeting (2023)
  - Emotion Dysregulation. Presented at Psychiatry Grand Rounds (2020)
  - Teaching the Relaxation Response to Patients and Use of Apps (2016 - 2020)
  - Fundamental Therapy Skills (2019)
  - How to the make the most of Psychotherapy Supervision (2019)
  - Orientation to Psychotherapy (2014 - 2024)
  - Orientation to Child and Adolescent Psychotherapy (2017 -2020)
- Teaching Awards
  - Dr. Sol Levin Psychodynamic Therapy Teaching Award (2020)
  - Psychotherapy Supervisor Teaching Award (2017)

---

## Professional Workshops Provided

---

A range of topics and to varying populations (both clinical and lay person). Topics include: Working with Self-Harm in Medical Populations, Treatment of Eating Disorders, Health Care Provider Self-Care, and Motivational Interviewing. Further details can be provided upon request.

---

## Professional Development

---

- Becoming an Ethical Psychologist (2023 – 2024)
- DBT- Eating Disorder Certification for Adults and Adolescents (2023)
- DBT – Prolonged Exposure for Trauma (2023)
- Psychwire DBT Intensive Plus Certification (2021- 2022)
- DBT Consultation Team (2021 – present)
- DBT Family Skills Training (2023)
  
- McLean Hospital BPD Patient and Family Education Webinars
- ■ Action Trauma: Virtual Trauma Summit 2020
- ■ MBSR Certification Training
- ■ Clinical Implications of Internal Family Systems Theory
- ■ Reconnecting the SELF: Reprocessing Early Trauma and Neglect in Implicit Memory with
- EMDR DBT Skills Training for Children and Adolescents: Rescuing the Dysregulated Child
- ■ Trauma Mini-Series
- ■ The Alberta DBT and CBT Clinical Skills
- Conference
- Level 1 EMDR
- ■ Certified Clinical Trauma Professional
- Training Grief Therapy
- ■ Clinical Hypnosis Level 1 Training
- ■ Peter Levine Mini Series on Somatic Experiencing
- Therapy
- CBT for Insomnia Intensive
- ■ Binge Eating Disorder: Clinical Interventions to treat underlying trauma, body shame, and the diet/ binge cycle
- 
- In the Realm of Hungry Ghosts: A Biopsychosocial Perspective on Addiction. Dr. Gabor Mate
- ■ When the Body says No: Mind/ Body Unity and the Stress-Disease Connection. Dr. Gabor Mate
- Psychiatry Grand Rounds at McLean Hospital, University of Alberta Hospital, University of Calgary
- Further development and trainings details can be provided upon request

---

## Professional Affiliations

---

- Full Member of the College of Alberta Psychologists (1998 - present)
- Full Member of the Psychology Association of Alberta (1998 - present)
- Full Member of the Canadian Psychological Association (1997 - present)
- Full Member of the American Psychological Association (2000 - present)
- Physician and Family Support Program Provider
- First Nations and Inuit Health Program Provider
- Alberta School Employee Benefit Program and Various Insurance Providers

---

## References

---

References available upon request