
JOHN ROY COOK, PH.D., REGISTERED PSYCHOLOGIST

CURRICULUM VITAE

REGISTRATION

College of Psychologists of British Columbia (#1025)
Canadian Register of Health Service Providers in Psychology (#4705)

EDUCATION

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|-----------|--|
| 2016 | ACT and Mindfulness for Trauma
Dr. Russ Harris
Online from Australia |
| 2016 | EMDR Ego State Therapy
Dr. Sandra Paulsen
Victoria, B.C. |
| 2012 | Master Class in Ericksonian Therapy
Dr. Jeffrey Zeig
Victoria, B.C. |
| 2012 | Neurotherapy: Clinical Q and Braindriving
Dr. Paul Swingle
Vancouver, B.C. |
| 2008 | One Eye Integration (OEI) Instructor Training
Dr. Rick Bradshaw and Audrey Cook
Abbotsford, B.C. |
| 2004 | One Eye Integration (OEI) Levels I and II
Dr. Rick Bradshaw and Audrey Cook
Abbotsford, B.C. |
| 2003 - 04 | Energy Diagnostic and Treatment Methods (EdxTM)
Levels I, II, III and IV, Dr. Fred Gallo
Vancouver, B.C. |

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- 1996 - 97 Eye Movement Desensitization Retraining (EMDR)
Levels I and II, EMDR Institute, Inc.
Vancouver, B.C.
- 1992 - 93 Adult Survivors of Childhood Sexual Abuse
Levels I and II, Justice Institute
Vancouver, B.C.
- 1989 Ph.D., Clinical Psychology (APA Accredited)
University of North Dakota, Grand Forks, ND
- 1988 - 89 Clinical Psychology Intern (2500 hours)
APA Accredited Pre-doctoral Internship
Erie County Medical Center, Buffalo, NY
- 1987 - 88 Clinical Psychology Extern (1000 hours)
Mental Health Division, Northwest Medical Center
Thief River Falls, Minnesota
- 1986 - 88 Student Therapist (400 hours)
Psychological Services Center
University of North Dakota
Grand Forks, North Dakota
- 1980 M.A., Applied Psychology (School Consultant)
Ontario Institute for Studies in Education
University of Toronto, Toronto, Ontario
- 1976 B.Ed., Elementary Education
University of Western Ontario, London, Ontario
- 1975 B.Sc., Honours Psychology and Physiology
University of Western Ontario, London, Ontario

EMPLOYMENT

- Since 1995 President and CEO
Aegis Psychological Services Inc.
Victoria, B.C.

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1999 - 2000	Capital Health Region Urgent Short Term Ambulatory Team Victoria, B.C.
1995 - 1996	Sessional Instructor Psychology Department, University of Victoria Victoria, B.C.
Since 1992	Psychologist in private practice Victoria, B.C. Individual, relationship and group psychotherapy
1995	Clinical Director Victoria Child Sexual Abuse Society Victoria, B.C. (a) clinical supervision (b) program planning and evaluation (c) inter-agency liaison
1991 - 95	Psychologist Royal Jubilee Hospital Victoria, B.C. (a) inpatient psychiatry (b) outpatient services (c) graduate student practicum (d) consultation to general medicine
1990 - 91	Coordinator of Research and Student Placement Youth Services Program, Royal University Hospital Saskatoon, Saskatchewan (a) inpatient psychiatry (b) psychiatric day treatment (c) group home (d) outpatient psychiatry
1989 - 90	Assistant Professor One-year term appointment Psychology Department University of Saskatchewan Saskatoon, Saskatchewan

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- 1988 Instructor
Human Services Program, Northland College
Thief River Falls, Minnesota
- 1986 - 90 Instructor, Extension Department
University of North Dakota
Grand Forks, North Dakota
- 1981 - 85 School Psychologist, South East Region
Child Care and Development Branch
Manitoba Education, Winnipeg, Manitoba
- 1980 - 81 Teacher of English as a Second Language
York Region Separate School Board
Richmond Hill, Ontario
- 1979 - 81 Psychometrist
York Region Separate School Board
Richmond Hill, Ontario
- 1976 - 79 Elementary School Teacher (grades K to 8)
Dufferin-Peel Separate School Board
Mississauga, Ontario

DISSERTATIONS

- Cook, J. (1980). The effect of infant and parent sex, parent sex-role, and the passage of time on infant movement and behaviour. Unpublished master's thesis, University of Toronto, Toronto.
- Cook, J. (1989). The effects of methylphenidate on resource allocation in the mental processing of ADD children. Unpublished doctoral dissertation, University of North Dakota, Grand Forks.

PUBLICATIONS

- Burd, L., Cook, J., & Randall, T. (1990). The Hand Apraxia Scale. Perceptual and Motor Skills, 70, 219-224.

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Bird, L., Kerbeshian, J., Cook, J., Bornhoeft, D. M., & Fisher, W. (1988). Tourette Disorder in North Dakota. Neuroscience and Biobehavioral Reviews, 12, 223-228.

Cook, J., & Burd, L. (1990). A preliminary report on the construction and validation of a pediatric sleep disturbance questionnaire. Perceptual and Motor Skills, 70, 259-267.

Cook, J., Mausbach, T., Burd, L., Gascon, G. G., Slotnik, H. B., Paterson, B., Johnson, R. D., Hankey, B., & Reynolds, B. W. (1993). A preliminary study of the relationship between Central Auditory Processing Disorder and Attention Deficit Disorder, Journal of Psychiatry and Neuroscience, 18(3), 130-137.

Cook, J., & Tyler, J. (1989). Help-seeking attitudes of North Dakota farm couples. Journal of Rural Community Psychology, 10(1), 17-28.

Cook, J., & Wiesendanger, M. (1976). Input from Trigeminal cutaneous afferents to neurones of the Inferior Olive in rats. Experimental Brain Research, 26, 193-202.

Dodd, J., Burd, L., & Cook, J. (1990). The Functional Time Estimation Questionnaire. Novato, CA: Academic Therapy.

PROFESSIONAL ORGANIZATIONS

Association for Contextual Behavioral Science
American Psychological Association
British Columbia Psychological Association
Canadian Psychological Association
EMDR Canada

PRACTICE FOCUS

The focus of Dr. Cook's practice is on the treatment of anxiety and stress-related conditions, including adjustment reactions, Acute Stress, and Posttraumatic Stress Disorder. Preferred treatment approaches are individual and group Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and trauma desensitization treatments such as prolonged exposure, EMDR and OEI, incorporating neurotherapy techniques and spirituality.