

**Marsh-Knickle & Associates**  
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# Kevin Rice, M. A. Registered Psychologist

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**Context** A seasoned clinician who specializes in providing assessment and psychotherapy services to assist adults with coping and adjustment after difficult life experiences such as physical injury / pain, trauma exposure, & death / loss. Fifteen years experience.

**Registration** Nova Scotia Board of Examiners in Psychology (NSBEP): **#R0480**  
Canadian Register of Health Services Psychologists (CRHSP): **# 06325**  
(*Voluntary Credential*)

**Approved Service Provider for:** Medavie Blue Cross (#10394A); NS Criminal Injuries Counselling Program; NS Government EAP; Royal Canadian Mounted Police (RCMP); Veteran's Affairs Canada (VAC); Workers' Compensation Boards (most provinces)

**Clinical Specialties** **Chronic Pain** with particular expertise in **motor vehicle accidents** (including associated difficulties such as driving / passenger anxiety). Pain / stress management; active coping / awareness skills  
*Assessment*  
*Treatment*  
*Consultation*

❖ **"Personalized Pain Self-Management Program"** (5 to 10 individual sessions or group / workshop format): Developed through my work with hundreds of individuals living & grappling with persisting pain... and also drawing from the most current empirical research findings (e.g., CBT- & Mindfulness / Acceptance-based approaches)

**Trauma and Loss** including traumatic loss, Posttraumatic Stress Disorder (PTSD), adult survivors of child abuse/neglect, grief/mourning, meaning (re)construction

**Other clinical issues addressed:** General adult mental health, behavioural health, coping with disability and chronic/life-threatening illness, life transitions, stress management, depression, anxiety, self-esteem, relationship and family of origin issues

*Primary therapeutic approach is constructivist / cognitive-behavioural. Mindfulness-oriented components may be incorporated as determined by an individual's concerns or interests.*

## Clinical Experience

Assessment  
Treatment  
Consultation

Private Practice (March 2007 – present), **Marsh-Knickle & Associates, Inc.**, Bedford, NS

Consulting Psychologist (April 2007 – present), **The Physioclinic / Atlantic Canada Rehabilitation Centre (ACRC)** (various locations throughout HRM)

Consulting Psychologist (Jan 2010 – present), **Bedford-Sackville Physiotherapy**

Consulting Psychologist (Sept 2007 - 2012), **The Classic Therapy Group**

Consulting Psychologist (May 2007 – Apr 2008), **Spryfield Physiotherapy**

Clinical (Health) Psychologist (Dec. 2005 – May 2007), **Columbia Health Centre (LifeMark Health)**, Dartmouth, NS

- *CARF accredited, interdisciplinary rehabilitation program for individuals dealing with persistent pain and pain-related issues*

Full-time Private Practice (July 2002 – Nov. 2005); Part-time Private Practice (Dec 2005 – Mar 2007), **Genest Psychological Services, Inc.**, Halifax, NS

Clinical (Health) Psychologist (Jan. 2000 – June 2002), F.I.T. for Active Living Program, **Saskatoon City Hospital**, Saskatoon, SK.

- *CARF accredited, tertiary-level, interdisciplinary rehabilitation program for survivors of serious motor vehicle accidents dealing with persistent pain and trauma issues.*

Psychological Technician, (May 1999 – Nov.1999), Correctional Service of Canada, **Regional Psychiatric Centre** (maximum security facility), Saskatoon, SK

Adult Psychotherapy Practicum (1997-98), **Student Counselling Services**, University of Saskatchewan, Saskatoon, SK

Summer Clerkship (1997), Department of Health Psychology, **Royal University Hospital**, Saskatoon, SK

## Education and Training

2000-2004

### Post-degree Board-supervised professional experience

Including completion of:

- Examination for Professional Practice in Psychology (EPPP; 18.04.2001)
- NSBEP Oral Examination (March 2004)

1996-1999 University of Saskatchewan Saskatoon, SK  
**Master of Arts (Clinical Psychology)**

- Graduate program accredited by the Canadian Psychological Association (CPA) and the American Psychological Association (APA)
- Thesis: *Change in perceptions of relationships with abusive and neglectful others following adult therapy for child abuse issues*

1991-1996 Acadia University Wolfville, NS  
**Bachelor of Science (double major Biology / Psychology)**  
**Honours Conversion Certificate (Psychology)**

- Thesis: *Disclosing upsetting personal experiences: Exploring the role of confidants' feedback*

**Continuing  
Education &  
Professional  
Development**

02 & 03 November 2013 **Acceptance and Commitment Therapy.**  
Two-day training workshop with Dr. John Forsyth (Halifax, NS)

03 and 04.07.2012 **The Pain Paradox: Mindfulness, Compassion, and Resilience in Trauma Therapy.** Two-day training workshop presented by Dr. John Brière (Charlottetown, PEI)

March 2012 **Cognitive Therapy for Chronic Pain** (Dr. Beverly Thorn).  
CRHSPP Continuing Education module. [http://www.e-psychologist.org/index.iml?mdl=exam/show\\_article.mdl&Material\\_ID=56](http://www.e-psychologist.org/index.iml?mdl=exam/show_article.mdl&Material_ID=56)

March 2012 **The Neurophysiology of Pain: Where Brain and Mind Meet** (Dr. Kathleen Brown). CRHSPP Continuing Education module.  
[http://www.e-psychologist.org/index.iml?mdl=exam/show\\_article.mdl&Material\\_ID=57](http://www.e-psychologist.org/index.iml?mdl=exam/show_article.mdl&Material_ID=57)

02.03.2012 **Ethical Decision-Making for Psychologists.** One-day training workshop; Dr. Patrick O'Neill (Dalhousie University; Halifax, NS)

02.06.2011 **Mindful Therapy: The Art of True Presence and Deep Listening.** One-day training workshop; Dr. Thomas Bien (Dalhousie University; Halifax, NS)

28.03.2011 **Brain Injury Family Intervention (BIFI): An Evidence-Based Approach.** One-day training workshop; IWK Health Centre Professional Lecture Series (Halifax, NS)

29.10.2010 **Being a Brainwise Therapist: The Neurobiology of Attachment.** One-day training workshop; Dr. Bonnie Bedenoch (Dalhousie University; Halifax, NS)

08 to 12.06.2009 **Being in the Moment: 5 Day Mindfulness for Clinicians Training Program.** Presented by Michael Stone, MA (Dalhousie University; Halifax NS)

03 & 04.10.2008 **Atlantic Provinces Inter-Provincial Pain Conference.** Two days of panel discussions and training sessions presented by national pain experts. Hosted by Dalhousie University and the QEII Health Sciences Centre's Pain Management Unit (Halifax, NS)

06.09.2008 **Transformation of Core Emotional Schemas.** Coherence Therapy Online Training (Course 700)  
[http://www.dobt.com/course700/introduction700\\_QT.htm](http://www.dobt.com/course700/introduction700_QT.htm) (copyright laws apply)

30.08.2008 **Discovering and Verbalizing Unconscious Emotional Truth.** Coherence Therapy Online Training (Course 100)  
[http://www.dobt.com/course100/synopsis100\\_QT.htm](http://www.dobt.com/course100/synopsis100_QT.htm) (copyright laws apply)

26 & 27.06.2008 **Reconsidering Trauma: Treatment Advances, Relational Issues, and Mindfulness in Integrated Trauma Therapy.** Two-day training workshop presented by Dr. John Brière (Charlottetown, PEI)

23.05.2008 **Positive Psychology.** One-day workshop presented by Drs. Christopher Peterson and Nansook Park (Halifax, NS)

18 & 19.01.2008 **The Art of Being Human (Level 1 Shambhala Training).** Two-day secular meditation training. Directed by Ms. Margaret Callahan. Halifax Shambhala Centre

07.12.2007 **Advances in the Management of Chronic Illness.** Half-day symposium hosted by the NS Environmental Health Centre and Dalhousie University Faculty of Medicine (Halifax, NS)

06.06.2007 **Pain Management and the Older Person.** Half-day forum presented by Dr. Peter MacDougall and Ms. Veronica Hutchings of the QEII Pain Management Unit (Dalhousie University; Halifax, NS)

27.04.2007 **Depression in Later Life.** One-day training workshop presented by Dr. Philippe Cappeliez (Halifax, NS)

16.02.2007 **Accounting and Taxation for Psychologists.** Half-day workshop presented by Ms. Lori Carruthers, CA and Mr. Greg Leslie, CA of Grant Thornton (Halifax, NS)

January 2007 **Working with Emotions from a Buddhist Perspective.** Series of four evening sessions presented by the Halifax Shambhala Centre and facilitated by Ms. Jacque Bell (Halifax, NS).

27.09.2006 **Accelerating Chronic Disease Management in Nova Scotia.** One-day Forum of plenary and panel sessions sponsored by the NS Dept. of Health – Primary Health Care (Halifax, NS)

16.09.2006 **Turning the Mind into an Ally.** Half-day meditation workshop presented by the Halifax Shambhala Centre and facilitated by Dr. Amos Perez. (November 2006 - Four evening follow-up sessions facilitated by Ms. Natalie Dawson)

04 & 05.05.2006 **Mindfulness-Based Cognitive Therapy for Depression.** Two-day training workshop presented by Dr. Zindel Segal (Halifax, NS)

22 & 23.09.2005 **Emotion-focused Therapy of Depression.** Two-day training workshop presented by Dr. Leslie Greenberg (Summerside PEI)

18 & 19.04.2005 **Advanced Narrative Practice.** Two-day training workshop presented by Michael White (Truro, NS)

04.02.2005 **Working with Clients Who Have Sexual Difficulties.** Half-day training workshop presented by Dr. Sandra Byers (Wolfville, NS)

20 & 21.01.2005 **Strengthening Leadership in Canadian Psychological Associations.** Two-day national advocacy forum hosted by the Council of Provincial Associations in Psychology (CPAP) (Ottawa, ON)

29.10.2004 **PIPEDA Privacy Workshop.** Half-day workshop presented by lawyer Jennifer Gray (Halifax, NS)

25.06.2004 **Practical Strategies for Assessing and Treating Anxiety Disorders.** One-day training workshop presented by Dr. Martin Antony (Halifax, NS)

01 & 02.04.2004 **Interpersonal Reconstructive Therapy (IRT): Promoting Change in Non-Responders.** Two-day training workshop presented by Dr. Lorna Smith Benjamin (Halifax, NS)

08 & 09.03.2004 **Narrative Therapy: New Modalities of Practice.** Two-day training workshop presented by Michael White (Truro, NS)

06.02.2004 **Cognitive-Behavioural Treatment of Obsessive Compulsive Disorder.** Half-day training workshop presented by Dr. Christine Purdon (Wolfville, NS)

16.09.2003 **Living with Chronic Pain – Body, Mind & Spirit.** One-day series of talks by experts in various areas of pain management hosted by the North American Chronic Pain Association of Canada (Halifax, NS)

02.05.2003 **Developing an Evidence-Based Psychological Practice.** One-day workshop presented by Dr. John Hunsley (Halifax, NS)

02.08.2002 **Pain-Disability Prevention Program (PDP)** One-day training session. Workshop provided by Dr. Michael Sullivan for the WCBNS (Halifax, NS)

16.04.2002 **Ethics and Pain Management.** One-day series of seminars hosted by the Saskatoon District Health Ethics Committee. Facilitated by ethicist Dr. Abbyann Lynch (Saskatoon, SK)

03 & 04.02.2002 **The Art of Death and Loss.** Two-day series of presentations by an international panel on the role of the creative arts in exploring grief and bereavement. Hosted by the Saskatoon Association for Loss and Grief Education and Support (SALGES) (Saskatoon, SK)

04.01.2002 **Management and Treatment of Trauma and Posttraumatic Stress Disorder.** One-day training workshop hosted by Saskatoon Suicide and Trauma Intervention. Facilitator: Trauma specialist Jeanette Ambrose (Saskatoon, SK)

20.12.2001 **Understanding and Assessing Posttraumatic Stress Disorder.** One-day training workshop hosted by Saskatoon Suicide and Trauma Intervention. Facilitator: Trauma specialist Jeanette Ambrose (Saskatoon, SK)

26.01.2001 **PART (Professional Assault Response Training).** One-day training workshop facilitated by the Saskatchewan Association of Health Organizations (SAHO) (Saskatoon, SK)

**Professional Library.** Ever-expanding personal collection of ~ 1000 psychology-related books / texts / journals covering an extensive variety of approaches to understanding and assisting human development, growth and change.

**Selected  
Publications,  
Presentations,  
Media**

**“Working Well with our Chronic Pain Patients: Making the Critical Shift to Applying a Biopsychosocial (CBT) Framework within Interdisciplinary Physical Rehabilitation”** (02.11.2012; 19.06.2010 and 09.05.2009). Training Workshops for Physical Therapists (Halifax, NS)... and VAC Case Managers (13.12.12)

Rice, K. M. (in process). “Developing a Pain Self-Management Program”. Workshop presentation provided in various community and professional settings. A Coping Skills Manual to accompany the program is in development.

**“The Role of the Psychologist in Helping Clients With Physical Injuries: Bringing the Biopsychosocial Framework to Interdisciplinary Rehabilitation Settings”** *The NS Psychologist*, 22(2), 13-19 (April 2010). (<http://www.apns.ca/documents/NSPnewsletterApril2010.pdf>)

**“Coping with Work Stress”** – Invited article for the *Halifax Chronicle Herald* newspaper (21.02.10)

Koshi, E., Rice, K., Sutton, M., Stanley, D., Bixby, K., & MacLeod, S. (Oct. 4, 2008). Vocational Rehabilitation in the Management of Chronic Pain. Panel Discussion at the Atlantic Provinces Inter-Provincial Pain Conference (Halifax, NS)

**“Living Well with Chronic Pain and Illness”** (26.09.2007). Public session given as part of the Great Harbour Spirituality, Healing and Growth series.

Rice, K.M. (2005-06). President's Columns in *The Nova Scotia Psychologist*, Vol(s) 17(2),(3);18(1)

Genest, M., Carruthers, K., Fox, B., & Rice, K. (2005, November). Managing mental health disability: Best practices in the workplace. Half-day workshop presented at the Infonex Conference: Meeting Your Duty to Accommodate, Halifax, NS

**“Deciding to See a Psychologist: How to Choose One and What to Expect”** – APNS Newspaper column for the first annual Psychology Month; Halifax Chronicle Herald (13.02.2005)

Rice, K. M. (2004). Early interventions after trauma: A review of some recent developments in the psychological debriefing controversy. Post-Trauma Services Committee (Association of Psychologists of Nova Scotia) – Internal Document. Presented at the APNS Annual General Meeting (07.05.2004).

Global Noon television program; invited interview guest -- **Driving Anxiety** (06.04.2004); **Chronic Pain** (02.12.2003)

Rice, K. M. (2004). **Book Review – After the crash: Psychological assessment and treatment of survivors of motor vehicle accidents (second edition).** *The Nova Scotia Psychologist*, 16(2), 17-20. (<http://www.apns.ca/documents/Summer2004.pdf>)

Rice, K. M. (2004). Post-Trauma Services Committee Annual Report, *The Nova Scotia Psychologist*, Vol 16(1)

**“Lessons From Loss: How Telling Our Personal Stories Can Help Us Live With Pain”** (26,05.2003). Invited talk to the Halifax chapter of the North American Chronic Pain Association of Canada (NACPAC)

Rice, K. M. (2003, February). **Facing Depression in University.** *The Watch* (Issue 6, Volume XIV), University of King's College student newspaper.

Rice, K. M., Burt, G., Mason, R., Mason, S., Wong, S., & Templeman, R. (2000, July). An empirical examination of the history of violent behaviour in an offender sample diagnosed with Paranoid Schizophrenia. Presented at the Annual Convention of the Canadian Psychological Association, Ottawa, ON.

Rice, K. M. (1999). Change in perceptions of relationships with abusive and neglectful others following adult therapy for child abuse issues. Unpublished Masters Thesis, University of Saskatchewan, Saskatoon, SK. Presented at the Annual Convention of the Canadian Psychological Association, June 1998, Edmonton AB.

Paivio, S., & Rice, K. M. (1998, June). Stability of retrospective reports of child abuse and neglect in a group of adult survivors following therapy for child abuse issues. Presented at the Annual Meeting of the Society for Psychotherapy Research, Snow Bird, UT.



Rice, K. M. (1996). Disclosing upsetting personal experiences: Exploring the role of confidants' feedback. Unpublished Honours Thesis, Acadia University, Wolfville, NS. Presented at the Honours Thesis Conference, March 1996, Wolfville, NS.

**Legal / Court**

Qualified as an expert witness in the psychological assessment and treatment of chronic pain / health conditions (Supreme Court of Nova Scotia)

Served as a Patient Advocate in numerous Medical Panel / Tribunal / Disability Review Board hearings

**Teaching Experience**

*Columbia Health Centre (2005–07), Saskatoon City Hospital (2000–02), & Royal University Hospital (1997):*

- Outpatient psycho-education groups for clients experiencing chronic pain (e.g., Coping with Pain; Stress Management; Living with Loss and Change; Sleeping with Pain); Relaxation & Mindfulness Training Series

*University of Saskatchewan (1996-1998) – Clinical and Counselling Psychology (PSY 257.3); Dyadic Communication: Interviewing and the Helping Relationship (PSY 359.6)*

**Committee Involvement**

***Association of Psychologists of Nova Scotia (APNS)*** -- Executive Committee (President: Elect, 2004-05; President, 2005-06; Past, 2006-07); Elections Committee (*ex officio*, 2006-07); Psychology Month Coordinating Committee (Chair, 2004-05); Health Professions Regulation Task Group (2004-05); Private Practice Directory Committee (2011 & 2003-04); Post-Trauma Services Committee (Chair, 2002-04); Member (2002-present)

*F.I.T. program, Saskatoon City Hospital* -- Committee Restructuring Steering Committee (2001-02); Recruitment, Retention, and Professional Development (Chair, 2001-02); CARF Review Committee (2000-02);

***Canadian Pain Society*** – Member (2005-2007)

**Selected Awards**

Graduate Teaching Fellowship, University of Saskatchewan (1996-98)

Sobeys Foods University Scholarship (1995-96)

**References**

Available upon request

## Kevin Rice, M.A., Registered Psychologist



### Primary Areas of Practice:

- Chronic Pain / Illness / Disability
- Trauma / Loss / Grief / Life Transitions
- Anxiety, Depression; Adult Mental Health
- Stress Management / Behavioural Health
  - Relaxation / Mindfulness Training
  - Active Coping Skills

Mr. Rice holds a Masters degree in Clinical Psychology from the University of Saskatchewan (1999) and an Honours Science degree in Biology and Psychology from Acadia University (1996). He has provided psychological assessment, therapy, and consultation services in numerous clinical settings over the past 15 years.

Mr. Rice specializes in psychotherapy to assist adults with **copng and adjustment following many types of loss and life transitions such as trauma, death, physical injury, and chronic illness**. He addresses a wide range of general mental health issues in his practice including depression / grief, anxiety / PTSD, and stress-related concerns.

With over a decade of providing services to members of the RCMP and military veterans, Mr. Rice has considerable experience adapting empirically-derived PTSD treatments to the 'real world' needs and concerns of front-line personnel and first responders. From his extensive clinical background in interdisciplinary physical rehabilitation, he also has expertise in helping individuals in the aftermath of serious injuries (particularly car accidents) learn to self-manage chronic, painful conditions and regain an improved quality of life. From his research background with adult survivors of childhood abuse, Mr. Rice has a longstanding special interest in helping people who grew up in difficult family environments.

In a collaborative fashion, Mr. Rice works with people to create an individualized treatment plan with an emphasis on developing healthy coping and awareness skills. Particular attention is devoted to building on existing strengths and personal resources and incorporating specific goals for change.

Currently, Mr. Rice divides his time between his practice with Marsh-Knickle & Associates and his role as a consulting Psychologist with several multidisciplinary physical rehabilitation teams, where he works with individuals experiencing complex and persisting pain issues. In addition to his clinical work, he is a Past President of the Association of Psychologists of Nova Scotia (APNS) and former Chair of the Association's Post-Trauma Services Committee.