

Christopher D. Conley M.S.W., RSW

PRIMARY EMPLOYMENT: Hamilton Health Sciences at West Lincoln Hospital
West Niagara Mental Health Team
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REGISTRATION/CERTIFICATIONS/ASSOCIATIONS:

Ontario College of Social Workers & Social Service Workers (OCSWSSW) #801500 (2002)

DBT Linehan Board of Certification, Certified Clinician #568 [www.dbt-lbc.org] (November 2016)

Certified Prolonged Exposure (PE) for PTSD Therapist, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania.

Certified Prolonged Exposure (PE) for PTSD Supervisor/Consultant, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania.

Ontario Association of Social Workers (OASW). Member 2000 – Present
Association of Behavioral and Cognitive Therapists (ABCT). Full Member #11454
Association for Contextual Behavioral Science (ACBS)

ACADEMIC APPOINTMENTS:

Assistant Clinical Professor (Part-Time) Department of Psychiatry and Behavioral Neurosciences, McMaster University, Hamilton, Ontario.

Social Work Field Placement Instructor, School of Social Work, University of Windsor, Dalhousie University, McMaster University. Supervision of MSW students on Social Work Placement.

EDUCATION:

In process: (DSW) Doctor of Social Work, University of Alabama School of Social Work, Tuscaloosa, Alabama. Primary Foci: Advanced Clinical Practice. Secondary: Leadership and Administration. **Anticipated completion: 2022.**

Graduate Diploma in Clinical Behavioural Sciences (CBS), McMaster University, Hamilton, Ontario, 2018. Faculty of Health Sciences, Department of Psychiatry and Behavioural Neurosciences. Cognitive Behavior Therapy focus. Faculty Supervisor in CBT ERP: Dr. Karen Rowa C.Psych

M.S.W. Masters of Social Work, York University. Toronto, Ontario. 2003

Field Placement: McMaster Children's Hospital. 2002-2003 Child Adolescent and Assessment Program (CAAP). 450 hours

Research MRP: The development of an instrument to assess the content of parenting capacity assessment reports: An empirical review of parenting capacity assessments.
Faculty Supervisor: Dr. Carl James

B.S.W. Bachelor of Social Work, McMaster University. Hamilton, Ontario. 2001

B.A. Bachelor of Arts Sociology, McMaster University. Hamilton, Ontario. 2001

EMPLOYMENT HISTORY:**Senior Clinical Specialist/Supervisor 2008 - Present and Social Worker 2004 - 2008***Hamilton Health Sciences, West Niagara Mental Health Team, Grimsby, Ontario.*

- Assessment and treatment of mental health concerns
- Early psychosis assessment and treatment (individual and family education)
- Provision of psychotherapy and counselling services to individuals, families, groups Behavioral/Cognitive-Behavioral therapies – Prolonged-Exposure for PTSD, Exposure-Based Therapies, Behavioral Activation, Exposure and Response Prevention (ERP) Cognitive-Behavioral Treatment
- Team Leader for Dialectical Behavioral Therapy (DBT) Consultation Team providing individual DBT Psychotherapy, DBT Skills Training, DBT Supervision
- Development, implementation, and evaluation of program services and policies
- Staff training and development. Management of annual budget
- Community and public presentations on mental health problems and treatment

Assistant Clinical Professor (Part-Time) 2015 - Present*Department of Psychiatry and Behavioral Neurosciences, McMaster University, Hamilton, Ontario*

- Tutorial group leader (longitudinal facilitator) Medical School Course Professional Competencies [communication, ethics, medical decision making, social justice/anti-oppressive practices]. 2015 – 2019. DeGroote School of Medicine
- Facilitate tutorial group and evaluate medical students on examinations and assignments
- Supervise Psychiatry Residents in DBT and Prolonged Exposure (PE) Psychotherapy
- Module co-coordination Dialectical Behavioral Therapy (DBT) Psychiatry Residents in the Department of Psychiatry and Behavioral Neurosciences

Private Consulting and Training 2014 - Present

- Consulting to organizations on practice and policy development
- Consulting to organizations and individuals on evidence-based practices Cognitive Behavior Therapy [CBT], Dialectical Behavior Therapy [DBT], and suicide/self-harm assessment and treatment
- Training, seminars, and instruction in CBT and DBT treatment

Portland DBT Institute – Training Team [Dr. Linda Dimeff - Director], Oregon 2019 - Present

- Dialectical Behavior Therapy (DBT) Consultant and Trainer
- Consultant in juvenile justice services Department of Children and Families Services (DCFS) – New York State.

Social Worker (Fulltime and Part-time) 2003 - 2008*Emergency Psychiatry Team (EPT), St. Joseph's Healthcare, Hamilton, Ontario*

- Assessment of psychiatric disorders and risk of suicide, self-harm, and homicide
- Preparation of psychiatric assessment reports in consultation with attending psychiatrists
- Provided brief intervention services

Mental Health Counsellor (Part-time) 2006 - 2009*Hamilton Family Health Team (FHT). Hamilton Ontario*

- Worked in conjunction with a family physician completing mental health assessments and treatments in primary care
- Provided treatment of psychosocial problems to individuals, couples, adolescents, children
- Provided consultation services to other practitioners

Lecturer/Teaching Assistant [McMaster University School of Social Work] 2005 - 2008

- Provided lectures and evaluated students for SW 4G03 and SW 4Y03 course titled, "Mental Health, Addictions, and Social Work." Lectures on assessment, social work in mental health services, and psychopharmacology

Family Service Worker 2000 – 2004

Catholic Children's Aid Society of Hamilton (CCAS), Hamilton, Ontario.

- Investigated, assessed, and provided referrals and direct services to address child protection and parenting difficulties
- Prepared risk assessments, social histories, reports, and court documentation
- Evaluated the impact of intervention services on children, parents, and parent-child relationships
- Provided testimony in Family and Criminal Court.

RESEARCH AND GRANTS:

November 2018 - Ongoing. Grimsby Benevolent Fund (GBF) Adolescent Cognitive Behavioral Therapy Implementation (aka Treatment without walls or barriers). Principal Investigator (PI). Authored successful proposal between West Lincoln Memorial Hospital (Hamilton Health Sciences) for a community wide implementation study (Hamilton Integrated Research Ethics Board Approval #5214) of CBT implementation for adolescents with depression and anxiety disorders. Value: \$100,000.

January 2018. Core Skills for Cognitive Behavior Therapy for Substance Abuse Disorder. Authored successful proposal West Lincoln Memorial Hospital (Hamilton Health Sciences). Training and program implementation of DBT/CBT for Substance Use Disorders through the Evidence-Based Research Institute [Seattle Washington]. Funded by the HNHB Local Health Integration Network. Value: \$48,000.

April 2016 - Ongoing: Clinical Health Professional Investigator (HPI). Development and Evaluation of Internet Based Video Instruction of Teaching Dialectical Behavioral Skills for Emotionally Dysregulated Patients Waiting Comprehensive Dialectical Behavioral Treatment (DBT). Funded by Hamilton Health Sciences Research. Value: \$15,000.

April 2015 - Administered through St. Joseph's Healthcare Hamilton, Ontario (co-authored proposal) and West Lincoln Hospital (Hamilton Health Sciences). Training and program implementation of Dialectical Behavior Therapy (DBT) HNHB LHIN. Funded by the HNHB Local Health Integration Network. Value: \$279,000.

April 2013 - Administered through West Lincoln Memorial Hospital Grimsby Ontario. Training and program implementation of comprehensive Dialectical Behavior Therapy (DBT) across 10 Community Mental Health Providers in Hamilton, Niagara, Haldimand, Brant, and Burlington. Funded by the HNHB Local Health Integration Network. Value: \$212,000.

ADDITIONAL TRAINING:

Dialectical Behavior Therapy Adherence Coding Scale (DBT ACS™). Certified Reliable and Calibrated Adherence Coder Computed Global Scale with Dr. Korslund. Behavior Therapy and Research Clinics (BRTC) University of Washington in Seattle.

Adult Attachment Interview (AAI) Scoring and Classification Reliability Certification (U/DsEF) Certified Reliable AAI coder across all 4-way Classification System with Drs. Main and Hesse. University of California at Berkeley.

REVIEWED/SUPERVISED PRACTICE:

Exposure and Response Prevention (ExRP for OCD) supervised sessions reviewed by Dr. Karen Rowa Ph.D, St. Joseph's Healthcare Hamilton, Ontario.

Prolonged Exposure (PE) for PTSD Supervised Consultation for PE Certification. Two (2) full PE treatment patients serial sessions reviewed by Annie McCall M.A. (Certified PE Supervisor with Dr. Edna Foa). Seattle, Washington.

Supervision and Consultation (weekly – 12 months) Dialectical Behavior Therapy (DBT). Dr. Katherine Anne Comtois Ph.D. Seattle, Washington.

AWARDS/ACADEMIC AND COMMUNITY INVOLVEMENTS:

- Hamilton Health Sciences/West Lincoln Memorial Hospital. Excellence/Best Practice in Quality and Patient Safety' Quality Award for 2018. November 2, 2018.
- Volunteer committee member (Communications and Legislative Committee) DBT Linehan Board of Certification (DBT-LBC) 2016 – June 2018.
- Volunteer Adherence Coder for Video Session Review DBT Linehan Board of Certification (DBT-LBC) 2018 – Present
- Founding member of the HNHB DBT Service Providers 2013 - Present
- Member of Niagara Mental Health Directors and Managers 2011 – Present
- Ontario Association of Social Workers Hamilton Branch Executive Committee Member, Vice President. Planned association events for area Social Workers 2002 – 2006
- York University – Graduate Programme in Social Work, Toronto, Ontario. Graduate Studies Executive committee member. 2001 – 2002
- McMaster University – School of Social Work, Hamilton, Ontario. Invited guest/alumni for accreditation of the School of Social Work. Reviewed undergraduate social work (BSW) applications in conjunction with various faculty members to assist in determining admission eligibility 2001.
- McMaster University – School of Social Work, Hamilton, Ontario. Professional Advisory committee member, Social Work Undergraduate Council committee member, and Social Work Student Association executive committee member 1999-2001.

OTHER PUBLICATIONS:

Conley, C. (2005). Evidence Based Social Work Practice. The Local Link Ontario Association of Social Workers Hamilton District Branch Newsletter February 2005.

Conley, C. (2004). A Review of Parenting Capacity Assessment Reports. Ontario Association of Children's Aid Societies Journal, 47(3), 16-23.

Conley, C (2003). A case study in child welfare practice. Course text publication for Undergraduate Social Work course - Critical Foundations of Social Work. York University, Atkinson College of Liberal and Professional Studies. Toronto, Ontario. September 2003 SWK 1010.6 Course Pak 2003.

UNPUBLISHED MANUSCRIPTS:

C. Conley (2015). Behavioral Primer: Behavioral Science for the Helping Professions.

Conley, C. (2015). Understanding and Managing Mental Health Problems and Behaviors in the Secondary School Context. Unpublished Manuscript. West Niagara Mental Health/Hamilton Health Sciences. Grimsby, Ontario.

Conley, C. (2003). Scales for the Assessment of Parenting Capacity Assessment Reports Unpublished Manuscript. York University Graduate Program in Social Work. Toronto, Ontario.

SELECT INTENSIVE/SPECIALIZED TRAINING:

Prolonged Exposure for PTSD Supervision/Consultation Certification. Center for the Treatment and Study of Anxiety, University of Pennsylvania. Philadelphia, Pennsylvania. Drs. Edna Foa, Sandi Capaldi, Elizabeth Turk-Karan, and Jeremy Tyler. October 22 – 26, 2018 (33 hours).

Dialectical Behavior Therapy Adherence Coding. Co-coding with Dr. Kathryn Korslund Ph.D. June 3rd, 2018 DBT-Linehan Board of Certification, Seattle, Washington. 4 hours.

Dialectical Behavior Therapy Adherence Coding Scale (DBT ACS)TM Training (Drs. Marsha M. Linehan & Kathryn E. Korslund University of Washington) The University of Washington April 2017. Certified reliable and calibrated adherence coder DBT Computed Global Scale with Dr. Kathryn Korslund. Calibration reconfirmation April 2018.

Exposure and Response Prevention for OCD. Dr. Edna Foa and faculty. University of Pennsylvania Center for the Treatment and Study of Anxiety. July 17th – 20th, 2017. Philadelphia, Pennsylvania. (26 hours).

Prolonged Exposure Therapy (PE). Dr. Edna Foa and faculty. University of Pennsylvania Center for the Treatment and Study of Anxiety. May 2nd – 5th, 2016. Philadelphia, Pennsylvania. (26 hours).

Prolonged Exposure Therapy (PE) Adolescent Therapy. Dr. Edna Foa. University of Pennsylvania Center for the Treatment and Study of Anxiety. May 6th, 2016. Philadelphia, Pennsylvania. (6.5 hours).

Core Clinical Training in DBT® (Intensive) Dr. Shari Manning & Annie McCall M.A., LMHC. 2015 (63.5 hours)

Increasing Capabilities: Skills Training in Dialectical Behavior Therapy©. Treatment Implementation Collaborative Seattle, Washington. Dr. Shari Manning & Annie McCall M.A., LMHC. 2015 (35 hours).

Core Clinical Training in DBT® (Intensive) Dr. Shari Manning & Annie McCall M.A., LMHC. 2014 (63.5 hours)

Extended Mindfulness Instruction and Practice for graduate psychology students and healthcare practitioners. Dr. Marsha Linehan Ph.D Roshi. Behavioral Research and Therapy Clinic (BRTC). University of Washington, Seattle. August 12, 2015 – August 16, 2015 (52.5 program hours).

Changing Client Behavior in Dialectical Behavior Therapy: Skills Training and Coaching New Behavior. Treatment Implementation Collaborative Seattle, Washington. Dr. Shari Manning. 2013 (18.5 hours).

Working Model of the Child Interview (WMCI – Zeanah, Benoit, & Barton, 1986/1993/1995) – Scoring and Classification System of the Working Model of the Child Interview. Dr. Diane Benoit M.D., FRCP(C). The Hospital for Sick Children - Infant Mental Health Promotion Workshop. March 25th, April 1st, September 19th, September 26th, October 10th, 2003, and October 31st, 2003.

Foundational Training in Individual and Group Dialectical Behavior Therapy (DBT). Dr. Charles Swenson and Dr. Adam Payne. Portland, Maine. 2005 (28 hours).

Ainsworth Infant Strange Situation (ABC classifications) – Scoring and classification system of parent-infant attachment. Dr. Alan Sroufe Ph.D and Dr. Elizabeth Carlson L.P. University of Minnesota - Institute of Child Development. June 24th to June 28th, 2002 (37.5 hours).

Main and Soloman Classification and Analysis of Disorganized (D classification) parent-infant attachment in the Ainsworth Strange Situation. Dr. Alan Sroufe Ph.D and Dr. Elizabeth Carlson L.P. University of Minnesota - Institute of Child Development. July 1st to July 5th, 2002 (37.5 hours).

Adult Attachment Training Institute – Scoring and Classification System of the Adult Attachment Interview (AAI - Main and Goldwyn). Dr. Deborah Jacobvitz. University of Texas at Austin. January 3rd to 16th, 2002 (70 hours).

INVITED TRAINING / CLINICAL PRESENTATIONS:

Conley, C (2019). DBT by the book 4 day immersive for community treatment providers. February 4th – February 7th, 2019. Grimsby Ontario.

Conley, C and Homan, J (2019). DBT Skills and Coaching on the fly (Portland DBT Institute). Rochester, NY. January 23 & 24, 2019.

Conley, C (2018). [Seminar] 3-Day “DBT by the Book” Training for HHSC Psychology Residents, Psychiatry Residents, and Health Professionals. Hamilton Health Sciences, Child & Youth Mental Health Services. (21 hours). September 28th, October 5th, November 2nd, 2018.

- Conley, C (2018). Dialectical Behavior Therapy by the Book. McMaster School of Social Work 3E03 Individual Practice Theory Across the Lifespan. (3 hours). March 6, 2018.
- Conley, C (2018). Cognitive Behavior Therapy Case Management for the Multi-problem Health Patient. HNHB LHIN Case Management Team. (2 hours). February 16, 2018.
- Conley, C (2018). Clinical measures in DBT and Understanding Behavioral Chain analysis. Niagara Region Public Health Mental Health Team. (2 hours). January 12, 2018.
- Conley, C (2017). [Seminar] 2-Day "DBT by the Book" Training for HHSC Psychology Residents, Psychiatry Residents, and Health Professionals. Hamilton Health Sciences, Child & Youth Mental Health Services. (14 hours). September 28, 2017 and October 6, 2017.
- Conley, C & Webb, S (2017). Review of Borderline Personality and Dialectical Behavior Therapy (DBT). McMaster University Department of Psychiatry and Neurobehavioral Sciences. Psychiatry Residents Academic Day. (4 hours). April 12 & April 18, 2017.
- Conley, C. (2017). Evidence-Based Review of Suicide: Suicide Risk Assessment and Management Protocols. Hamilton Mental Health Outreach, Hamilton, Ontario. (3 hours). January 17, 2017.
- Conley, C. (2016). Dialectical Behavior Therapy (DBT) Suicide Risk and Management Protocols – University of Washington/LRAMP Risk Assessment and Management Protocol. Niagara DBT Service Providers. November 25, 2016.
- Conley, C. (2016). Early Mental Health Intervention in Niagara - Towards Effectiveness. Region of Niagara Primary Care Engagement. Keynote speaker. September 29, 2016.
- Conley, C. (2016). Adolescence and Problem-Solving: The Challenges of Emotions and Avoidance. Thorold Secondary School, Thorold, Ontario. April 21st, 2016.
- Conley, C. (2016). Learning Effective Skills for Managing Intense Emotions with the People You Love. Blessed Trinity Highschool Grimsby, Ontario. February 29th, March 2nd, March 7th, and March 9th.
- Conley, C. (2015). Behavioral Primer I (Behavioral Basics and Respondent Behavior) & Behavioral Primer II (Operant Conditioning). Ontario Telemedicine Network – HNHB LHIN DBT Providers. June 17th and 18th, 2015.
- Conley, C. (2015). Towards a Transdiagnostic understanding of mood and anxiety disorders: One tree – different branches? Hamilton Health Sciences West Niagara Mental Health Educational Round. June 1st, 3rd, 2015.
- Conley, C. (2015). Managing Mental Health Problems in the Classroom. District School Board of Niagara – Grimsby Secondary School – Presentation to Teaching Staff. May 15, 2015.
- Conley, C. (2015). Mental Health 101: An overview of mental health for community members. St. Joseph's Roman Catholic Church – the woman's league of the order of St. Joseph's Grimsby, Ontario. April 22, 2015.
- Conley, C. & Dr. Rachel Erstling. (2014). An overview of self-harm and practical interventions. Region of Niagara Public Health Mental Health Team. Half-day training. December 5th, 2014.
- Conley, C. (2014). Dialectical Parenting Workshop: Using Validation and Behavioral Interventions. Niagara Health Services (NHS). November 26th & December 3rd, 2014.
- Conley, C. (2014). Identifying and Changing Treatment Interfering Behaviours in Social Work Practices. Hamilton Health Sciences Social Work Round Educational Round. November 25, 2014.

- Conley, C. (2014). Dialectical Behavior Therapy (DBT) A review of treatment of therapy interfering behavior. Niagara DBT Providers Collaborative. Half-day. November 24, 2014.
- Conley, C. (2014). A primer on serious mental illness and emotion regulation for adoptive parents. Family and Child services (FACS) Niagara. November 24, 2014.
- Conley, C. (2014). Psychosis 101: A Review of Psychosis. Niagara District School Board Social Work Services. Half-day training. April 11, 2014.
- Conley, C. & Dr. S. Webb (2014). Etiology & Behaviors Associated with Borderline Personality Disorder: A Review of Symptoms, Presentation, Diagnostic Criteria, & Assessment Tools. HNHB LHIN DBT Service Providers Ontario Telemedicine Network (OTN) presentation. January 15, 2014.
- Conley, C. (2013). Managing Difficult Moments with Clients. Quest Community Health Centre (CHC). Half-day training. St. Catharines, Ontario. November 22, 2013.
- Conley, C. & Dr. S. Webb (2013). Borderline Personality Disorder – The Good News. Ontario Association of Social Workers Niagara Branch. Annual General Meeting. November 21, 2013.
- Conley, C. (2013). A Primer in Serious Mental Illness: Implications for Adoption. Hamilton, Halton, Niagara, Haldimand Interagency CAS Training on Adoption. September 25, 2013
- Conley, C. (2012). A Primer in Serious Mental Illness: Implications for Adoption. Children's Aid Society of Hamilton Adoption information session. October 27, 2012.
- Conley, C. & Dr. P. Rutherford (2012). Mental Health: An introduction. Community expert information night for parents and students. Grimsby Secondary School. Grimsby, Ontario. May 29, 2012.
- Conley, C. (2012). Understanding mental health prevalence and symptoms. Rotary Club of Lincoln 7090. May 15, 2012.
- Conley, C. (2008). Mental Health: Depression, Anxiety, and Psychosis. Grimsby Secondary School. February 28, 2008.
- Conley, C. (2008). Psychiatry, Social Work, and Psychopharmacology. McMaster University, School of Social Work. Guest Lecture for the course "Social Work: Mental Health and Addiction."
- Conley, C. (2008). Social Work, Legislation, and Mental Health Practice. McMaster University, School of Social Work. Guest Lecture for the course "Social Work: Mental Health and Addiction."
- Conley, C. & Dr. S. Webb (2007). Unipolar, Bipolar and Multipolar (Borderline Personality) Disorders: A Brief Review. Training half-day Catholic Children's Aid Society of Hamilton. January 19, 2007.
- Conley, C. (2007). Mental Health Assessment and Social Work Practice. McMaster University, School of Social Work. Guest Lecture for the course "Social Work: Mental Health and Addiction." Hamilton, Ontario. March 27, 2007.
- Conley, C. (2006). Psychiatric Assessment, Psychopharmacology, and Social Work Practice. McMaster University, School of Social Work. Guest Lecture for the course "Social Work: Mental Health and Addiction." Hamilton, Ontario.
- Conley, C. (2005). Psychopharmacology and Social Work Practice. McMaster University, School of Social Work. Guest Lecture for the course "Social Work: Mental Health and Addiction." Hamilton, Ontario.

Conley, C. (2003). Child Welfare Social Work Practice. York University, Atkinson College, School of Social Work - Guest Lecture for Critical Foundations of Social Work Undergraduate Class. North York/Toronto, Ontario. January 13, 2003.

Conley, C. (2002). Working Models of Attachment and the Adult Attachment Interview: Insight from Research for Practice. McMaster Children's Hospital CAAP Educational Round. Hamilton, Ontario. November 8, 2002.

Conley, C., & Conley, C.J. (2001). Keeping children safe: Reporting and responding to child abuse and neglect. RIOT Youth Ministries, Hamilton, Ontario. May 1, 2001.

Conley, C., & Conley, C.J. (2001). Keeping children safe: Reporting and responding to child abuse and neglect. Youth Connect Ministries, Hamilton, Ontario. September 11, 2001.

Highlights of Continuing Education:

- Unified Protocol for Emotional Disorders
- Insomnia CBT-I Strategies Colleen Ehrnstrom Ph.D & Alisha Brosse Ph.D.
- Collaborative Assessment and Management of Suicide (CAMS) Dr. David Jobes. 2017
- Acceptance and Commitment Therapy (ACT) Introduction and Intensive Skills Building.
- International Society for the Improvement and Teaching of Dialectical Behavior Therapy
- PracticeGround Learning Community. Online Evidence-Based practice Learning Community. 12 Months. Evidence-Based Practice Institute – Kelly Koerner Ph.D & Linda Dimeff Ph.D

Complete List of Education Activities Available Upon Request