

*Michal Regev, Ph.D. ,R.Psych.(license # 1599), R.M.F.T.*

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## **Resume'**

### **Education**

Ph.D., Counselling Psychology,  
U.B.C., June 2001

M.A., Counselling Psychology,  
U.B.C., November 1995

B.A. (Honours), Educational Counselling and English Literature (Double Major)  
Tel-Aviv University, Tel-Aviv, Israel, June 1990

Teaching Certificate: English as a Second Language,  
Tel-Aviv University, Tel-Aviv, Israel, June 1991

### **Additional Courses and Workshops (a partial list):**

The Evolution of Psychotherapy, Milton Erickson Foundation, 2013.

Brain Science Conference, NICABM, February 2012.

The 4<sup>th</sup> World Congress on Women's Mental Health, Madrid, Spain, March 2011.

Healing and treating trauma, Vancouver, B.C. Vancouver, B.C., November 2010.

Explorations into the ethical lives of psychologists  
Vancouver, B.C. January 2009.

In house CBT supervision by Christine Padesky. Women's Hospital, Vancouver, B.C. 2007-  
2009 (bi-monthly webinars)

Maternal depression and infant-mother dyadic functioning  
Vancouver, B.C. November 2008.

Release of records: Legal issues for psychologists  
Vancouver, B.C. May 2008.

Ethical decision making in everyday practice  
Vancouver, B.C. March 2008.

Cognitive-Behavioral Therapy for depression  
Vancouver, B.C. January 2008.

Developing competence in ethical practice in a diverse world  
Vancouver, B.C. May 2007.

Emotion-focused therapy: Working with individuals & couples  
Vancouver, B.C. May 2007.

Ethics Roundtable  
Vancouver, B.C. November 2006.

Mental health and the movies  
Vancouver, B.C. June 2006.

Testifying in court: The expert, expert witness  
Vancouver, B.C. June 2006.

Building bridges to sexual desire  
Vancouver, B.C. October 2005.

The value of positive emotions  
Vancouver, B.C. June 2005.

Survival tips for the ethical psychologist working with children and youth  
Vancouver, May 2005.

Maternal and child health conference: Exploring the links  
Vancouver, B.C. November 2003.

CBT in-depth workshop with Dr. David Burns,  
Richmond, BC, 2-day workshop, 2002.

Emotionally-Focused Couple Therapy,  
University of Ottawa, 5-day externship, 2000.

Emotionally-Focused Therapy for Couples,  
Simon Fraser University, Vancouver,  
1 day workshop, 2000.

Transforming Personality: In-Depth Training in Cognitive  
Therapy of Personality Disorders, Cognitive Workshops,  
Vancouver, 1 day workshop, 2000.

Cognitive-Behavioral Therapy for Anxiety Disorders  
Professional Development Group, Vancouver,  
3 day workshop, 1999.

Interpersonal Psychotherapy for Major Depression,  
UBC Hospital, Vancouver,  
1 day workshop, 1999.

## **Professional Experience**

### **1995-Current**

Private practice. Provides psychological assessment, diagnosis and interventions to individuals, couples and families in a private clinic setting. Specializing in Women's Mental Health and couples and family therapy.

### **2000-2010**

The Reproductive Mental Health Program, BC Women's and St. Paul's Hospitals, Vancouver, Program Psychologist and Marital Therapist and program educator. Providing psychological assessment, diagnosis and interventions to patients of the RMH program, as well as group and individual therapy, Cognitive-Behavioral Therapy and Marital Therapy. Providing grief and supportive counselling to women who experience pregnancy loss, infertility, grief following stillbirth or child loss and perinatal depression complicated by grief. As well, conducting research and giving workshops and presentations to professionals and the general public on issues related to reproductive mental health. Workshops have been given locally, nationally and internationally.

Examples of Duties and Responsibilities:

- Participates in assessment and referral procedures to assure appropriate care suitable to patients' needs.
- Works jointly with other professionals on the team in developing clinical diagnosis and treatment plan for each woman and/or her family.
- Designs and implements professional development activities for other counsellors in the program.
- Supervises psychology students and other counsellors in the program.
- Designs and implements psychological assessment and treatment interventions while collaborating with others on the team as well as with the patients.
- Participates in the development, implementation and evaluation of goals and objectives for the Reproductive Mental Health Program.
- Participates in program planning and evaluation processes.

- Acts as a resource and support to other health care providers through phone consults, in-service meetings, reports etc.
- Maintains patient records in accordance with BCWH Health Records Policies and Procedures.

### **1998-2000**

1998-2000 The Reproductive Mental Health Program, C&W Health Centre of BC. Psychology Intern. Providing psychological assessment, diagnosis and interventions to individuals, couples and families who are dealing with mental health issues during pregnancy, postpartum and following pregnancy loss. This work was done under the supervision of two of the psychiatrists in the program (Drs. Misri and Ryan) and two registered psychologists (Drs. Ternes and Harder).

### **1994-1995**

1994-1995 Delta Mental Health, South Team. Child and Youth Program. Program counsellor. Counselling children, youth and their families.

### **1990-1993**

1990-1993 School Counsellor. A.D. Gordon Elementary School, Givataim, Israel. Counselling students and their families, Conducting learning disability assessments, providing vocational counselling, counselling teachers with regards to matters pertaining to individuals in the classroom as well as social difficulties in the classroom, implementing school programs such as "Perach" (flower), a reading pal program and "Tolerance in the Playground".

## **Teaching Experience**

2005-current

University of British Columbia. Adjunct Professor. Various academic courses and clinical supervision, M.A. and Ph.D. programs in Counselling Psychology.

### **1999-2000**

Adler School of Professional Psychology, Vancouver, BC. Social Psychology - a graduate course.

### **1994-2001**

University of British Columbia, Vancouver, BC, Department of Counselling Psychology.

Teaching assistant. Designing and teaching courses like Interpersonal Communication and Basic Counselling Skills.

### **Professional Talks Presentations\***

**Pacific Postpartum Support Society. The interplay between postpartum depression and couples relationship: A workshop for couples. Richmond, BC, April 2014.**

**Pacific Postpartum Support Society. The interplay between postpartum depression and couples relationship: A workshop for couples. Richmond, BC, January 2013.**

**Postpartum Support International Annual Conference, Seattle Washington. Unhappily Pregnant: Mood disorder in pregnancy, assessment, diagnosis and treatment options. September 2011.**

**BC Association of Midwives. Women's Hospital, Vancouver, B.C. Mood disorders in pregnancy and postpartum: assessment, diagnosis and treatment. May 2011.**

**BC Doula Association, New Westminster, BC. Perinatal loss and grief. April 2011.**

**4<sup>th</sup> World Congress on Women's Mental Health, Madrid, Spain: Is medication the best answer? Advocating for choice for women experiencing depression and anxiety during pregnancy and postpartum. March 2011**

**Canadian Psychological Association Annual Convention. Montreal. Mood disorders in pregnancy and postpartum: Recent advances in assessment, diagnosis and treatment. June 2009**

**UBC Robson Square Campus. Vancouver, BC, Psychosocial treatments for women experiencing mood disorders in pregnancy and postpartum. Workshop for health care professionals. October 2004.**

**Mood and brain function in Menopause and beyond. Hadassah Witzo. Vancouver, BC, October 2004.**

**Psychosocial treatments for women with mood disorders in the perinatal period. 2nd World Congress on Women's Mental Health. Washington: DC, March 2004.**

**The interplay between marital process and depression: a workshop for mental health professionals. Jewish Family Services Agency, Vancouver, BC, January 2004.**

**Mood disorders in pregnancy and postpartum: Assessment, diagnosis and treatment options. Maternal and Child/Youth Health Conference, Vancouver, BC, November 2003.**

**The role of Marriage and Family Therapists in treating Postpartum Depression. AAMFT annual conference, Long Beach, CA, October 2003.**

The interplay between postpartum depression and couple relationships. A public forum. Vancouver, BC, February 2003.

Marital therapy and CBT in the treatment of depressed and anxious Pregnant and postpartum women. Northern BC regional Conference on Maternity Care, Prince George, BC, November 2002.

Non-Pharmacological treatment of depressed and anxious pregnant and postpartum women. The Okanagan Regional Perinatal Conference, Kelowna, BC, October 2002.

Relationships, sex and intimacy. Public Forum: The Okanagan Regional Perinatal Conference. Public Forum. Kelowna, BC, October 2002.

Relationships, Sex and Intimacy. Public Forum. Vancouver, April 2002.

Cognitive-Behavioral Therapy with depressed and anxious pregnant and postpartum women. World Assembly of Mental Health, Vancouver, Canada, May 2001

Cognitive-Behavioral Therapy and Marital Therapy with Depressed and Anxious Pregnant and Postpartum Women. 1st World Congress on Women's Mental Health, Berlin, Germany, March 2001.

Basics of Cognitive-Behavioral Therapy for depression. A workshop for health care professionals. Abbotsford, BC, January 2001.

Sex, Intimacy and Postpartum Depression. Public forum, Surry, BC, March 2000.

Toward an interdisciplinary approach for the prevention and treatment of postpartum depression. Perinatal Care Seminar. Rabin Hospital, Israel, January 2000.

**\*Please note:** The above is a partial list. I have given numerous additional workshops all over BC as a part of the outreach program of The Reproductive Mental Health Program at BC Women's hospital, Vancouver, BC. As well, I have been a regular speaker at workshops for couples through the Pacific Postpartum Support Society.

## **Awards**

Awarded an international Women's Leadership Award (P.E.O) 1996 & 1997. The award is given to women originally from countries other than the U.S. or Canada, who pursue graduate studies in North America and who “demonstrate outstanding academic excellence and leadership. “

## **Publications**

Regev, M. (In progress). The interplay between marital process and postpartum depression.

Regev, M., Borgen, W. A., & Grams, G. (In progress). The experience of postpartum depression: A grounded theory study.

Regev, M. (2003). Why am I not happy: Emotional difficulties during pregnancy and postpartum. BC Parent News Magazine, January 2003.

Why some women won't: Sexual difficulties in parenting couples. BC Parent News Magazine, May 2002.

Regev, M. (1998). Suddenly Parents: Becoming a New Parent Without Losing Your Self. Tel-Aviv: Zmora-Bitan (Hebrew).

## **Professional Affiliations and Service**

College of Psychologists of British Columbia, fully registered. License #01599. Member of the Quality Assurance Committee 2009-2013.

American Psychological Association.

American Association of Marriage and Family Therapy, clinical member.

BC Association of Marriage and Family Therapy, clinical member.

Postpartum Support International, member.

Pacific Postpartum Support Society, member.

The Marce Society for the Advancement of Women's Mental Health.