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Saint Paul University
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EDUCATION

Postdoctoral Fellowship, The Ottawa Hospital, University of Ottawa, 2010-2017
Ph.D., Clinical Psychology, University of Ottawa, Ottawa, Ontario, 2008-2015
B.A., Psychology, Brock University, St. Catharines, Ontario, 2003-2007

PROFESSIONAL EXPERIENCES

2018- present Assistant Professor, Human Sciences, Saint Paul University
2018-2018 Part-time Professor, School of Psychology, University of Ottawa
2016-2018 Clinical Professor, School of Psychology, University of Ottawa
2016-2018 Research Associate, ICEEFT, Ottawa, Canada
2016-2017 Psychologist, The Ottawa Hospital

SCHOLARLY AND PROFESSIONAL ACTIVITIES

Editorial positions:

2017-present Editorial Board Member, Journal of Marital and Family Therapy, AAMFT

GRADUATE STUDENT SUPERVISIONS

Completed: 1 Ph.D., Counselling and Spirituality (co-supervisor)
In progress: 5 M.A., Counselling, Psychotherapy and Spirituality

AWARDS AND FUNDING

<u>Year</u>	<u>Source</u>	<u>Amount per year</u>	<u>Use of funds</u>
2018	Saint Paul University, Internal Research Grant	\$3471	Research funding
2016	Society for Psychotherapy Research, North American Chapter, Postdoctoral Fellow Travel Award	\$1000	travel
2014	Society for Psychotherapy Research, North American Chapter, Laura Rice Memorial Student Travel Award	\$1000	travel
2010-2012	Social Sciences and Humanities Research Committee Canada (SSHRC), CGS Doctoral Scholarship	\$35 000	Graduate scholarship
2010	Ontario Graduate Scholarship (OGS), Doctoral Scholarship	\$15 000	Declined in favor of SSHRC
2008	Social Sciences and Humanities Research Committee Canada (SSHRC), Master's Scholarship	\$17 000	Graduate scholarship
2008	Ontario Graduate Scholarship (OGS), Masters Scholarship	\$15 000	Declined in favor of SSHRC

PUBLICATIONS (PAST 7 YEARS)

Papers in refereed journals

1. Hewitt, P. L., Qiu, T., Flynn, C. A., Flett, G. L., **Wiebe, S. A.**, Tasca, G. A., & Mikail, S. F. (in press). Dynamic-Relational Group Treatment for Perfectionism: Informant Ratings of Patient Change. *Psychotherapy*.
2. **Wiebe, S. A.**, Elliott, C., Johnson, S. M., Burgess Moser, M., Dalglish, T. L., Lafontaine, M., & Tasca, G. A. (2019). Attachment change in emotionally focused couple therapy and sexual satisfaction outcomes in a two-year follow-up study. *Journal of Couple & Relationship Therapy, 18*(1), 1-21. doi:10.1080/15332691.2018.1481799
3. Kennedy, N., Johnson, S., **Wiebe, S.**, Willett, J., & Tasca, G. (2018).

- Conversations for Connection: An Outcome Assessment of the Hold-Me-Tight Relationship-Education Program, and Recommendations for Improving Future Research Methodology in Relationship Education. *Journal of Marital and Family Therapy*, doi: 10.1111/jmft.12356
4. Burgess Moser, M., Dalglish, T. L., Johnson, S. M., **Wiebe, S. A.**, & Tasca, G. (2017). The impact of blamer-softening on romantic attachment in Emotionally Focused Couples Therapy. *Journal of Marital and Family Therapy*.
 5. Weissman, N., Batten, S. V, Rheem, K. D., **Wiebe, S. A.**, Pasillas, R. M., Potts, W., ... Dixon, L. B. (2017). The Effectiveness of Emotionally Focused Couples Therapy With Veterans With PTSD: A Pilot Study. *Journal of Couple & Relationship Therapy*, 1–17. <http://doi.org/10.1080/15332691.2017.1285261>
 6. **Wiebe, S. A.**, Johnson, S. M., Burgess Moser, M., Dalglish, T. L. Lafontaine, M. & Tasca, G. (2017a). Two-year follow-up outcomes in Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, 43(2), 227-244.
 7. **Wiebe, S. A.**, Johnson, S. M., Burgess Moser, M., Dalglish, T. L. & Tasca, G. (2017b). Predictors of follow-up outcomes in Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, 43(2), 213-226.
 8. **Wiebe, S. A.** & Johnson, S. M. (2017). Creating Relationships that Foster Resilience in Emotionally Focused Therapy. *Current Opinion in Psychology*, 13, 65-69.
 9. Balfour, L., **Wiebe, S. A.**, Cameron, D. W., Sandre, D., Pipe., A., Cooper, C., Angel, J., Garber., G., Holly, C., Dalglish, T., Tasca, G. A., & MacPherson, P., (2017). An HIV tailored quit-smoking counselling intervention targeting depressive symptoms plus Nicotine Replacement Therapy (NRT). *AIDS Care*, 29(1), 24-31.
 10. **Wiebe, S. A.** & Johnson, S. M. (2016). A Review of the Research in Emotionally Focused Therapy for Couples (EFT). *Family Process*, 55(3), 390-407.
 11. Burgess Moser, M., Dalglish, T. L., Johnson, S. M., Lafontaine, M., Wiebe, S. A., Tasca, G. (2016). Changes in relationship-specific romantic attachment in Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, 42(2), 231–245.
 12. Dalglish, T. L., Johnson, S. M., Burgess Moser, M., **Wiebe, S. A.**, & Tasca, G. A. (2015). Predicting key change events in emotionally focused couple therapy. *Journal of Marital and Family Therapy*, 41(3), 260-275.
 13. Dalglish, T. L., Johnson, S. M., Burgess Moser, M., Lafontaine, M. F., **Wiebe, S. A.**, & Tasca, G. A. (2015). Predicting change in marital satisfaction throughout Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, 41(3), 276-291.

Chapters in books

1. **Wiebe, S. A.** & Johnson, S. M. (in press). Emotion in couple and family therapy.

- In J. Lebow, A. Chambers & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*.
2. **Wiebe, S. A.** & Johnson, S. M. (in press). Emotionally Focused Couple Therapy. In J. Lebow, A. Chambers & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*.
 3. **Wiebe, S. A.**, Johnson, S. M. & Kennedy, N. (in press). Hold Me Tight enrichment program. In J. Lebow, A. Chambers & D. C. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*.
 4. **Wiebe, S. A.**, Balfour, L. & MacPherson, P. (2018). Prevention of cardiovascular disease among people living with HIV: A tailored smoking cessation program treating depression. In R. Ross Watson & S. Zibadi (Eds.), *Lifestyle in heart health and disease*: Academic Press.
 5. Greenman, P., Johnson, S. M. & **Wiebe, S. A.** (2017). Emotionally Focused Therapy (EFT) for Couples: At the Heart of Science and Practice. In *APA handbook of contemporary family psychology*. Washington, DC: American Psychological Association.
 6. Greenman, P., **Wiebe, S. A.**, & Johnson, S. M. (2017). Neuropsychological processes in couple therapy. In J. Fitzgerald (Ed.), *Foundations for couples therapy: Research for the real world*. New York, NY: Routledge.

Papers in refereed conference proceedings

1. **Wiebe, S. A.**, Johnson, S. M., Burgess Moser, M., Dalgleish, T. L. & Tasca, G. (2019, July). An exploratory study into the nature of pursuers and withdrawers: Mapping the attachment and emotional landscape. Poster presented at the Annual Society for Psychotherapy Research International Meeting, Buenos Aires, Argentina.
2. Chyurlia, L., Presniak, M., Mcquaid, N., Hill, R., Carlucci, S., Ivanova, I., Grenon, R., **Wiebe, S.**, Balfour, L., Tasca, G. A. (2017). Rating Defense Mechanisms from Adult Attachment Interviews in a Randomized Control Trial of Group Psychotherapy for Binge-Eating Disorder. Panel presentation at the Society for Psychotherapy Research 48th International Annual Meeting. Toronto, ON.
3. Maras, D., Balfour, L., Kowal, J., **Wiebe, S.**, Farinon, L., Tasca, G.A. (2016). Group-based psychotherapies at a rehabilitation centre: Preliminary examination of patient characteristics and treatment uptake. Poster presented at the North American Chapter Meeting of the Society for Psychotherapy Research. Berkeley, California.
4. **Wiebe, S.**, Balfour, L., Kowal, J., Henderson, P., Tasca, G. (2016). Interpersonal Process Group Psychotherapy for depression in a rehabilitation psychology context: Examination of the rate of change and predictors of change. Poster presented at the North American Chapter Meeting of the Society for Psychotherapy Research. Berkeley, California.

5. **Wiebe, S.**, Balfour, L., MacPherson, P., Holly, C., Sandre, D., Tasca, G., Cameron, B. (2015). Psychological changes in successful completers of an HIV tailored quit smoking program: Mood, attachment and self-efficacy. Poster presented at the Canadian Psychological Association Annual Convention. Ottawa, Ontario.
6. **Wiebe, S.**, Balfour, L., Holly, C., Tasca, G., Giguere, P., Cameron, W., Sandre, D., Pipe, A., Reid, R., Aitken, D. & MacPherson, P. (2015). A tailored HIV smoking cessation program pilot project: Psychological change in successful completers. Poster presented at the Ottawa Model Smoking Cessation Conference. Ottawa, Ontario.
7. **Wiebe, S. A.** & Johnson, S. M. (2014). A two-year longitudinal study of Emotionally Focused Therapy for Couples: Maintenance and predictors of relationship change. Poster presented at the Annual Society for Psychotherapy Research International Meeting. Copenhagen, Denmark.
8. **Wiebe, S. A.**, & Johnson, S. M. (2014). Trajectory of relationship satisfaction, attachment, sexual satisfaction and care giving across two years couple therapies follow-up. Paper presented at the Annual Society for Psychotherapy Research International Meeting. Copenhagen, Denmark.
9. **Wiebe, S. A.**, Volk, J. & Aubry, T. (2014). An outcome assessment of a modified Dialectical Behaviour Therapy group for individuals with severe mental illness with borderline traits. Poster presented at the Canadian Psychological Association's 75th Annual Convention. Toronto, Ontario.

Technical Reports

1. **Wiebe, S.**, Gosselin, D., Volk J., & Aubry, T. (2014). A Needs Assessment Plan for Mental Health Care of Government Assisted Refugees (GARS) at the Ottawa Newcomer Clinic: University of Ottawa, Centre for Research on Educational and Community Services.
2. **Wiebe, S.**, Volk J., & Aubry, T. (2014). An Outcome Assessment of the Modified Dialectical Behaviour Therapy Group at the Canadian Mental Health Association, Ottawa: University of Ottawa, Centre for Research on Educational and Community Services.
3. LePage, C., **Wiebe, S.**, Volk J., & Aubry, T. (2014). Outcome Monitoring at the Centre for Psychological Services and Research: Client Outcomes Using the Outcome Questionnaire and Next Steps in Outcome Monitoring: University of Ottawa, Centre for Research on Educational and Community Services.

Published abstracts

1. **Wiebe, S. A.**, Volk, J. & Aubry, T. (2014). An outcome assessment of a modified Dialectical Behaviour Therapy group for individuals with severe mental illness with borderline traits. *Canadian Psychology*, 55, 2a.