

DR. KATE PARTRIDGE

UNIVERSITY EDUCATION

Ph.D. (Clinical Psychology), Simon Fraser University, Burnaby, B.C., Canada
M.A. (Applied/Clinical Psychology), Concordia University, Montreal, Canada
B.A. University of Toronto, Toronto, Ontario, Canada

CURRENT PROFESSIONAL ASSOCIATIONS

Ontario Board of Examiners in Psychology, Registered Psychologist
Canadian Register of Health Service Providers in Psychology, listed
Ontario Psychological Association, Member
Canadian Psychological Association, Member

PRESENT POSITIONS

Private Practice 1996 to present

- Mindfulness Coaching and Mindfulness-Based Treatment for Stress, Anxiety and Panic
- Develop and deliver courses, seminars and workshops (Stress, Mindfulness, Resilience, Train the Trainer)

PREVIOUS POSITIONS SINCE 2000

Adjunct Professor, Western University Department of Psychiatry 2012- 2016
Adjunct Professor, University of Western Ontario, Department of Psychology 1993 -2010
Psychological and vocational assessments, Ontario March of Dimes 2003 -2005
Psychological and rehabilitation assessments, Independent Claims Evaluators, London, Ontario 1999 -2004
Psychological, vocational and rehabilitation assessments, Southwestern Rehabilitation Assessments, London, Ontario 1996 - 2000

TRAINING AND EXPERIENCE IN MINDFULNESS MEDITATION

Personal Meditation Practice

- Personal daily practice in meditation since 1991
- Attendance at twenty-six 7-day silent meditation retreats since 1997 with teachers including: Tara Brach, Joseph Goldstein, , Dr. Jon Kabat Zinn, Dr. Jack Kornfield, Phillip Moffit, Winnie Nazarko, Myoshin Kelley, Michelle MacDonald, Sharon Salzberg, Dr. Zindel Segal, , Dr. John Teasdale, Dr. Mark Williams Susan Wood

Teacher Training in Mindfulness-Based Cognitive Therapy (MBCT) & Mindfulness-Based Psychotherapy

- *Inquiry Essentials*, 2-day workshop with Dr. Pat Rockman Centre for Mindfulness Studies, Toronto, Ontario. June 26 – 28, 2017
- *Refining Inquiry: The Heart of MBCT*. 2-day workshop with Dr. Pat Rockman and Susan Woods, MA, Centre for Mindfulness Studies, Toronto, Ontario. May 29-30, 2014
- *Advanced Topics in Mindfulness & Psychotherapy: Deepening the Conversation*. 2-day workshop with Dr. Paul Fulton, Ann Arbor Center for Mindfulness. March 22-23, 2014

- *Mindfulness-Integrated Cognitive Behavior Therapy*, 2-day workshop with Dr. Bruno Cayoun, Leading Edge Seminars, Toronto. June 6-7, 2013
- *Mindfulness, Psychotherapy & Overcoming Suffering*, 1-day workshop with Dr. Paul Fulton, Ann Arbor Center for Mindfulness. January 30, 2013
- *Mindfulness-Based Cognitive Therapy Training*, Assistant Teacher for Dr. Zindel Segal, Omega Center, Rhinebeck, NY. July 30 – August 4, 2006
- *6-day training program in MBCT* with Dr. Zindel Segal, Centre for Addiction and Mental Health. 2005
- *MBCT: A 7-Day Workshop/Retreat*, Dr. Zindel Segal, Dr. Jon Kabat-Zinn, Dr. John Teasdale & Dr. Mark Williams, Ecology Retreat Centre, Orangeville, ON. August 25 – September 1, 2002

Teacher Training in Mindfulness-Based Stress Reduction (MBSR)

- *Sky Meadow Teachers' Retreat* for MBSR and MBCT teachers. October 7-9, 2005
- *Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society: 3rd Annual Conference for Clinicians, Researchers, and Educators*. Worcester, MA. April 1-4, 2005
- *MBSR Teacher Development Intensive Training Program*, University of Massachusetts Medical School, Worcester, MA. April 8 – 16, 2003
- *MBSR Professional Training Program*, Dr. Jon Kabat-Zinn, Omega Centre, Rhinebeck, NY. June 2-9, 2000

Teaching Experience in MBSR and MBCT

- **Mindfulness Meditation for Stress Reduction:** 8-week evening courses, 2/year since 2003
- **Mindfulness Meditation for Beginners:** 1-day workshop for general public 2/year since 2010
- **Mindfulness & Breathing for Panic & Anxiety:** 3-hour workshop for general public, 2/year since 2013
- **Mindfulness Meditation for Women Living with Cancer:** 8-week course 2017
- **Cultivating Mindfulness for Leaders:** 6-week course at London Health Sciences Centre 2016, 2017
- **The Power of Relaxation:** 3-hour workshop presented for the general public three times a years, and also for a number of associations and corporations.
- **Introduction to Mindfulness Meditation for Health & Helping Professionals:** 1-day workshop
- **Introduction to Mindfulness & Mindfulness Meditation:** 7-hour training, Research Psychologists Press, London August 2014
- **Mindfulness & Resilience: Train the Trainer 1-day workshop,** for Fanshawe College Counselling & Accessibility Services May 2014
- **The Power of Relaxation & Mindfulness:** two 3-hour workshops for physicians from London Health Sciences Centre Department of Pediatrics December 2012
- **Mind/Body Medicine and Mindfulness Meditation:** Annual 1-hour lecture for Complementary Medicine Course, Schulich School of Medicine & Dentistry, Western University Since 2010
- **Mindfulness Meditation Refresher Class:** 1-hour workshop presented to the UWO School of Social Work, Field Education. Kings College, London, Ontario December 16, 2011
- **Mindfulness Meditation for Stress & Chronic Pain Management for Health & Mental Health Professionals:** 3-hour workshop held in North Bay, Ontario, October 18, 2011
- **Mindfulness Meditation for Stress Reduction:** 2-hour workshop for Thames Valley District School Board, School Counselling & Social Work Services March 7, 2011
- **Mindfulness Meditation for Stress Reduction:** 2-hour workshop, London Police Victim Services Unit June 18, 2010
- **Mindfulness Meditation for Social Workers:** 2-hour workshop for the Association of Social Work Field Practice Educators, London, May 14, 2010
- **Introduction to Mindfulness Meditation for Health Professionals:** 6 hour workshop in London February 27, 2010
- **Mindfulness Meditation for Stress Reduction:** 5-hour workshop for the City of Hamilton, October 9, 2009
- **Mindfulness Meditation for Crisis Line Workers:** 1.5 hour workshop for Survivor Support Line, September 26, 2009

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| Mindfulness Meditation for Stress Reduction , 6-hour workshop for the Ontario Association of Counsellors, Consultants, Psychometrists and Psychotherapists | October 24, 2008 |
| Mindfulness and Breathing: Skills for Counsellors , 3-hour workshop for counsellors, University of Western Ontario, Student Development Centre | December 12, 2007 |
| Stress Management and Relaxation through Mindfulness Meditation : 6-hour workshop presented for the Ontario Association of College Counsellors Annual Meeting, London | May 15, 2007 |
| Mindfulness-Based Cognitive Therapy Training : Assistant teacher for 5-day course led by Dr. Zindel Segal at Omega Center, Rhinebeck, NY | July 30 – August 4, 2006 |
| Mindfulness Meditation and Health : Workshop presented at CME Workshop, Schulich School of Medicine & Dentistry, University of Western Ontario, London | November 30, 2005 |

Workshop & Seminar Clients

- Association of Social Work Field Practice Educators
- Bell Canada
- Breathe, The Lung Association
- Canada Customs & Revenue Agency
- Canadian Mental Health Association
- Canadian Society of Medical Evaluators
- City of Hamilton
- Employee Wellness Solutions Network
- Epilepsy Support Centre/Epilepsy Information Day
- Fanshawe College Counselling & Accessibility Services
- Halton Multicultural Council
- London Health Sciences Centre
- London Health Sciences Centre, Department of Pediatrics
- London Life
- London Palliative Care Association
- London Police Victim Services Unit
- London Women's Community House
- McKay Cocker Construction
- Ontario Association of College Counsellors
- Ontario Association of Counsellors, Consultants, Psychometrists and Psychotherapists
- Ontario Conference for Separated & Divorced Catholics
- Palliative Care Nursing Association
- Pfizer Canada
- Schulich School of Medicine & Dentistry, University of Western Ontario
- Sigma Assessment Systems
- Stratford General Hospital
- Survivor Support Line
- Thames Valley District School Board, School Counselling & Social Work Services
- University of Western Ontario, Student Development Centre
- Upper Grand River Board of Education
- University of Western Ontario: School of Social Work, Field Education; Schulich School of Medicine & Dentistry; Staff & Leaders' Conference
- Z Group Property Development
- Zeifmans Accounting