

CURRICULUM VITAE

BROOKE N. SEAL, Ph.D.

Office: DBT Centre of Vancouver
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EDUCATION

Postdoctoral Fellowship
Sept 2009 to Sept 2011

Dialectical Behaviour Therapy Centre of Vancouver
Vancouver, B.C.

Postdoctoral Fellowship
Sept 2009 to present

Vancouver General Hospital and BC Centre for Sexual Medicine
Multidisciplinary Vulvodynia Program
Vancouver, B.C.

Ph.D. Clinical Psychology
May 2005 to August 2009

University of Texas at Austin

M.A. Clinical Psychology
September 2003 to May 2005

University of Texas at Austin

B.A. Psychology
September 1998 to May 2002

University of British Columbia

CLINICAL EXPERIENCE

**Pre-Doctoral Psychology Intern
Adult Mental Health Track**
September 2008 to August 2009

Vancouver Coastal Health Psychology Internship Program
Vancouver, B.C.

Anxiety Disorders Unit

Department of Psychiatry, UBC Hospital
12-month rotation (1 day/week) in an outpatient clinic:

- Individual CBT
- Group CBT
- Assessment; report writing; treatment recommendations

BC Centre for Sexual Medicine

Department of Psychiatry, Vancouver General Hospital
6-month rotation (1-2 days/week) on an outpatient psychiatric unit:

- Assessment with individuals and couples; report writing; treatment and discharge recommendations
- Individual, Couples, and Group therapy, includes CBT, DBT skills, psychoeducation
- Research project: The effects of CBT versus Mindfulness for women experiencing anxiety and distress during sexual activity

Eating Disorders Unit

St. Paul's Hospital

12-month rotation (1 day/week) on an outpatient day program:

- Group therapy including cognitive therapy, assertiveness training, relationship dynamics, process/open talk group, body image concerns, sexual health, meal support, DBT skills training; treatment follow-up group
- Assessment; report writing; treatment recommendations; collaboration with treatment team; patient rounds

Psychiatric Assessment Unit

Emergency Department, Vancouver General Hospital

6-month rotation (1 day/week) on an inpatient crisis and emergency services psychiatric unit:

- Assessment; report writing; discharge planning and recommendations; ward rounds; collaboration with treatment team

Concurrent Disorders Intervention Unit

Department of Psychiatry, UBC Hospital

6-month rotation (2 days/week) on an inpatient dual diagnosis psychiatric unit:

- DBT skills training mood management group
- MI group therapy for addictions
- Goals group
- Individual therapy using MI and CBT for a range of disorders
- Assessment (personality, cognitive); report writing; treatment and discharge recommendations
- Patient rounds; collaboration with treatment team
- Provide in-services for medical residents, nurses, and psychiatrists

Practicum Student

May 2007 to April 2008

Seton Medical Center (Teaching hospital; Outpatient family practice clinic) Austin, Texas

- Individual therapy; treatment issues included mood and anxiety disorders, grief and loss, drug and alcohol abuse, homelessness, relationship difficulties

Practicum Student

April, 2007 to April, 2008

Austin Behavioural Clinic (Private practice outpatient assessment clinic) Austin, Texas

- Assessment (intellectual, behavioural, emotional) with children, adolescents, and adults in private practice setting and juvenile detention centers; report writing; treatment and discharge recommendations

Practicum Student
September 2004 to December 2007

Department of Psychology Training Clinic

University of Texas at Austin

- CBT for a range of anxiety and mood disorders
- Assessments (clinical, intellectual); report writing; treatment recommendations

Practicum Student
August 2006 to May 2007

Texas State Counseling Center

Texas State University, San Marcos, Texas

- Individual therapy using CBT, IPT, and process-oriented approaches
- Process-oriented group therapy for female survivors of sexual abuse

Practicum Student
September 2005 to May 2006

Sleep Disorders Center of Central Texas (Private practice multidisciplinary private practice outpatient clinic) Austin, Texas

- Assessment and management of sleep disorders in adult outpatient population

Behavioural Therapist
April 2000 to September 2001

Families for Early Autism

Surrey, B.C.

- In-home behavioural intervention with autistic child

RESEARCH EXPERIENCE

Pre-Doctoral Intern
September 2008 to present

BC Centre for Sexual Medicine

Department of Psychiatry, Vancouver Coastal Health

Graduate Student and Research Assistant
August 2003 to August 2009

Female Sexual Psychophysiological Laboratory

Department of Psychology, University of Texas at Austin

Research Assistant
September 2002 to August 2003

Cognitive Neuroscience Laboratory

Department of Psychology, Simon Fraser University, Burnaby, B.C.

Research Assistant
October 2001 to June 2003

Perfectionism and Psychopathology Laboratory

Department of Psychology, UBC, Vancouver, B.C.

Research Assistant
May 2000 to August 2003

Female Sexual Psychophysiology Laboratory

Department of Psychology, UBC, Vancouver, B.C.

PUBLICATIONS

Seal, B. N., Bradford, A., & Meston, C. M. (in press). *The association between body esteem and sexual desire among college women.* Archives of Sexual Behavior.

Seal, B. N., Hamilton, L. D., & Meston, C. M. (in press). Sexual arousal. In T. Cooke (Ed.), *Encyclopedia of Sex and Society, Volume I.* London: Brown Reference Group.

Meston, C. M., **Seal, B. N.**, & Hamilton, L. D. (in press). Problems with arousal and orgasm in women: epidemiology and risk factors. In D. L. Rowland & L. Incrocci (Eds.), *Handbook of Sexual and Gender Identity Disorders*. New Jersey: John Wiley & Sons.

Seal, B. N., & Meston, C. M. (2007). The impact of body awareness on sexual arousal in women with sexual dysfunction. *Journal of Sexual Medicine*, 4, 990-1000.

McCall, K. M., Rellini, A., **Seal, B. N.**, & Meston, C. M. (2007). Sex differences in memory for sexually-relevant information. *Archives of Sexual Behavior*, 36, 508-517.

Brotto, L. A., Chik, H. M., Ryder, A. G., Gorzalka, B. B., & **Seal, B. N.** (2005). Acculturation and sexual function in Asian women. *Archives of Sexual Behavior*, 34, 613-626.

Seal, B. N., Brotto, L. A., & Gorzalka, B. B. (2005). Oral contraceptive use and female genital arousal: Methodological considerations. *Journal of Sex Research*, 42, 249-258.

Kimura, D. & **Seal, B. N.** (2003). Sex differences in recall of real or nonsense words. *Psychological Reports*, 93, 263-264.

Cockell, S. J., Hewitt, P. L., **Seal, B. N.**, Sherry, S. B., Goldner, E. M., Flett, G. L., & Renick, R. A. (2002). Trait and self-presentational dimensions of perfectionism among women with anorexia nervosa. *Cognitive Therapy and Research*, 26, 745-758.

MANUSCRIPTS IN PREPARATION OR UNDER REVIEW

Pujols, Y., **Seal, B. N.**, & Meston, C. M. (revise and resubmit). Body image and sexual satisfaction among a community sample of women. *Journal of Sexual Medicine*.

Seal, B. N. & Meston, C. M. (in preparation). *Positive and negative self-awareness enhance sexual arousal among women with sexual dysfunction*.

Seal, B. N., Pujols, Y., & Meston, C. M. (in preparation). *The relationships between self and partner's perceptions of body image and female sexual functioning*.

Seal, B. N., Pujols, Y., & Meston, C. M. (in preparation). *Body image and sexuality among women with female sexual arousal disorder*.

Hewitt, P. L., **Seal, B. N.**, Sherry, S. B., Fehr, B., & Flett, G. L. (in preparation). *Perfectionistic self-presentation: interpersonal and dyadic maladjustment*.

PAPER PRESENTATIONS

Seal, B. N., & Meston, C. M. (2007, February). *The impact of body awareness on sexual arousal in sexually dysfunctional women*. Paper presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Orlando, Florida.

Seal, B. N., McCall, K. M., Rellini, A., Ing, D., & Meston, C. M. (2005, October). *Words in free recall predict sexual satisfaction and sexual desire*. Paper presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Las Vegas, Nevada.

Seal, B. N., Brotto, L. A., & Gorzalka, B. B. (2001, October). *Genital and subjective sexual arousal following oral contraceptive use*. Paper presented at the annual Female Sexual Function Forum (FSFF), Boston, Massachusetts.

REFEREED POSTER PRESENTATIONS

Pujols, Y., **Seal, B. N.,** & Meston, C. M. (2009, February). *Body image and sexual functioning predict sexual satisfaction among women in a relationship*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Florence, Italy.

Seal, B. N., & Meston, C. M. (2007, August). *Body awareness and sexual arousal in women with sexual dysfunction*. Poster presented at the International Academy of Sex Research (IASR), Vancouver, British Columbia.

Seal, B. N., Bradford, A., & Meston, C. M. (2007, February). *Body image and sexual arousal in women*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Orlando, Florida.

Pujols, Y, Hamilton, L. D., **Seal, B. N.,** & Meston, C. M. (2007, February). *Monogamy and sexuality in U.S. women: A pilot study*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Orlando, Florida.

Seal, B. N., & Meston, C. M. (2006, March). *Self-focus and sexual arousal in sexually dysfunctional women*. Poster presented at the annual meeting of the Society for Sex Therapy and Research (SSTAR), Philadelphia, Pennsylvania.

Pujols, Y., David, L., **Seal, B. N.,** & Meston, C. M. (2006, March). *Body image self-consciousness and sexual response among undergraduate women*. Poster presented at the annual meeting of the Society for Sex Therapy and Research (SSTAR), Philadelphia, Pennsylvania.

McCall, K. M., Rellini, A., **Seal, B. N.,** & Meston, C. M. (2005, October). *Gender differences in memory of sexually-relevant information*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Las Vegas, Nevada.

Seal, B. N., Rellini, A., Farmer, M., McCall, K. M., & Meston, C. M. (2004, October). *Effects of personality and religiosity on sexual satisfaction among oral contraceptive users*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Atlanta, Georgia.

Seal, B. N. & Meston, C. M. (2004, October). *Perfectionism and emerging patterns of sexuality*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Atlanta, Georgia.

Seal, B. N., Rellini, A., Farmer, M., McCall, K. M., & Meston, C. M. (2004, June). *Sexual satisfaction among oral contraceptive users versus non-users*. Poster presented at the annual meeting of the International Academy of Sex Research (IASR), Helsinki, Finland.

- Rellini, A., Meston, C. M., & Seal, B. N. (2004, June). *Content analysis of sexual fantasies and other essays written by women with a history of childhood sexual abuse*. Poster presented at the annual meeting of the International Academy of Sex Research (IASR), Helsinki, Finland.
- McCall, K. M., Rellini, A., Farmer, M., Seal, B. N., & Meston, C. M. (2004, June). *Predictors of desire for sexual activity in women*. Poster presented at the annual meeting of the International Academy of Sex Research (IASR), Helsinki, Finland.
- Brotto, L. A., Seal, B. N., Chik., H. M., & Ryder, A. G. (2004, October). *Acculturation and sexual arousal in East Asian women*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Amsterdam, Netherlands.
- Seal, B. N., Brotto, L. A., & Gorzalka, B. B. (2002, October). *Sexual attitudes, satisfaction, arousal and difficulties in a sample of East Asian university students: Effects of acculturation*. Poster presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Vancouver, British Columbia.
- Gorzalka, B. B., Seal, B. N., & Brotto, L. A. (2002, June). *Oral contraceptive androgenicity mediates effects on physiological and subjective sexual arousal*. Poster presented at the annual meeting of the International Academy of Sex Research (IASR), Hamburg, Germany.
- Seal, B. N., Brotto, L. A., & Gorzalka, B. B. (2002, June). *Effects of oral contraceptives on subjective and genital sexual arousal*. Poster presented at the annual meeting of the Canadian Psychological Association (CPA), Vancouver, British Columbia.
- Sherry, S. B., Hewitt P. L., Flett, G. L., Klein, C., Lanting, S., Seal, B. N., & Greenall, J. (2002, June). *Perfectionism, acceptance of the past, and the need to evaluate*. Poster presented at the annual meeting of the Canadian Psychology Association (CPA), Vancouver, British Columbia.
- Sherry, S. B., Hewitt, P. L., Flett, G. L., Lanting, S., Klein, C., Seal, B. N., & Wardrop, A. (2002, June). *Perfectionism and symptoms of body dysmorphic disorder*. Poster presented at the Annual Meeting of the Canadian Psychology Association (CPA), Vancouver, British Columbia.
- Lanting, S., Sherry, S. B., Caelian, C., Seal, B. N., Hewitt, P. L., & Flett, G. L. (2002, June). *A longitudinal study of perfectionism and suicide behaviours*. Poster presented at the annual meeting of the Canadian Psychology Association (CPA), Vancouver, British Columbia.
- Seal, B. N., Brotto, L. A., & Gorzalka, B. B. (2001, August). *Effects of oral contraceptives on subjective and genital sexual arousal*. Poster presented at the annual meeting of the American Psychological Association (APA), San Francisco, California.
- Seal, B. N., Sherry, S. B., Hewitt, P. L., Wardrop, A. A., Flett, G. L., Hui, I., McKenney, K., & Mui, S. (2001, March). *Perfectionistic tendencies and happiness in community gym members*. Poster presented at the annual Health Sciences Student Research Forum, University of British Columbia, Vancouver, British Columbia.

TEACHING AND SUPERVISORY EXPERIENCE

Sessional Instructor

September 2009 to present

Simon Fraser University, Department of Psychology

Psych 371 - Intervention: Process and Outcome

- Teaching 3-hour lecture on empirically supported treatments for clinical psychology; 150 students

Teaching Assistant and Practicum Supervisor

January 2005 to May 2008

Clinical Psychology Graduate-level IQ Assessment Course

Department of Psychology, University of Texas at Austin
Austin, Texas

- Taught 3-hour IQ assessment practicum to first year clinical psychology graduate students; supervised students in learning and administering the WAIS-III, WISC-IV, WRAT-III, and the WJ-III-A; supervised students in scoring, interpretation, and report writing; taught APA ethical principles and guidelines for psychologists

Research Supervisor

September 2003 to May 2008

Psychology Undergraduate Honors Thesis Course

Department of Psychology, University of Texas at Austin

- Supervisor for 6 undergraduate students

Teaching Assistant

September 2007 to December 2007

Human Sexuality Undergraduate Course

Department of Psychology, University of Texas at Austin

Teaching Assistant

September 2005 to December 2005

Psychology Graduate Statistics Courses

Department of Psychology, University of Texas at Austin

- Attended and held office hours for two graduate-level statistics courses

Teaching Assistant

January 2004 to May 2005

Psychology Undergraduate Statistics and Research Design

Department of Psychology, University of Texas at Austin

- Head laboratory instructor and lecturer for upper-level undergraduate statistics and research design laboratories

Teaching Assistant

September 2003 to December 2003

Introduction to Psychology Undergraduate Course

Department of Psychology, University of Texas at Austin

SCHOLARSHIPS, AWARDS, AND HONOURS

2005 to 2008

National Sciences and Engineering Research Council of Canada Doctoral Award, PGS-D (Canadian Federal scholarship)

2007

International Society for the Study of Women's Sexual Health Annual Meeting Prize Essay Award Recipient

2004 to 2005

National Sciences and Engineering Research Council of Canada Master's Award, PGS-M

2003 to 2005	National Sciences and Engineering Research Council of Canada Doctoral Award, PGS-A (<i>declined due to a change in location of graduate studies</i>)
2003	Michael Smith Research Foundation Research Trainee Award (<i>declined due to a change in location of graduate studies</i>)
2002	National Sciences and Engineering Research Council of Canada Undergraduate Research Award
2001	Undergraduate scholar program scholarship (University of British Columbia)
1999-present	Member of the Golden Key Honor Society at the University of British Columbia

SELECTED PROFESSIONAL PRESENTATIONS AND WORKSHOPS ATTENDED

Lloyd Craig, CEO Coast Capital Savings (February, 2009). The Changing Agenda: Mental Health in the Workplace, 2 hours, Simon Fraser University, Burnaby, B.C.

Randy Paterson, Ph.D. (February, 2009). The Changeways Core Program, 14 hours, Changeways Clinic, Vancouver, B.C.

Stephen Behnke, J.D., Ph.D. (January, 2009). Further Exploration into the Ethical Lives of Psychologists, 7 hours, British Columbia Psychological Association (BCPA), Vancouver, B.C.

Steven Taylor, Ph.D. (November, 2008). Update on the Treatment of Posttraumatic Stress Disorder, 4 hours, British Columbia Psychological Association (BCPA), Vancouver, B.C.

Marie-Josée Gendron, Ph.D. & Tara-Jean Wanc (September, 2008). WAIS-IV Workshop, 5 hours, British Columbia Psychological Association (BCPA), Vancouver, B.C.

Texas Association Against Sexual Assault (TAASA) Annual Conference (March, 2007). Diversity Seminar, 6 hours, Austin, Texas.

Diversity Workshop (November, 2006). Race, Ethnicity, and Place Conference, Texas State University, 1 hour, San Marcos, Texas.

Delia Esparza Ph.D. (October, 2006). From Soldier to Student: Helping Combat Veteran Students Return to Campus, Texas State University, 2 hours, San Marcos, Texas.

Vagdevi Meunier, Ph.D. (October, 2006). Gottman Therapy for Couples. Texas State University, 4 hours, San Marcos, Texas.

Michael Wilkerson (October, 2006). Multicultural Student Affairs Allies Training, 4 hours, San Marcos, Texas.

Alissa Sherry, Ph.D. (April, 2006). Supervision and Consultation in Psychology. University of Texas at Austin, 3 hours, Austin, Texas.

Aaron Rochlen, Ph.D. (January, 2006). Cognitive Experiential Dream Interpretation Training. University of Texas at Austin, 10 hours, Austin, Texas.

Texas Marital and Family Therapy (TAMFT) (May, 2005). Sexual Attraction in Psychotherapy, 3 hours, Austin, Texas.

Stephen Finn, (May, 2005). Therapeutic Assessment: Using Psychological Testing as Brief Therapy, 7 hours, The Center for Therapeutic Assessment, Austin, Texas.

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

Canadian Psychological Association (application pending)

British Columbia Psychological Association

Mood Disorders Association of British Columbia

British Columbia Schizophrenia Society

National Alliance for Mental Illness

International Society for the Study of Women's Sexual Health

International Academy of Sexual Research

PROFESSIONAL AND COMMUNITY SERVICE

September 2008 to present

Students for Mental Wellness

Club Member, Simon Fraser University

September 2005 to May 2008

University of Texas at Austin

Ad Hoc Reviewer, *Behaviour Research and Therapy, Archives of Sexual Behavior*

May 2000 to May 2003

Lower Mainland Grief Recovery Society

Vancouver, British Columbia

Experience: Secretary on the Board of Directors