

Jason Peter Ediger, Ph.D., C. Psych.
Clinical Psychologist: Manitoba Reg. # 348
Curriculum Vitae

November, 2023

EMPLOYMENT

Private Practice Psychologist, 2008- Present

Clinic Director, 2016-2022

Self-employed: Cognitive Behaviour Therapy Institute of Manitoba

Duties: specializing in pain, depression, and anxiety, long term disability and return to work issues.

Adjunct Professor, 2017- Present

The Canadian Mennonite University, Winnipeg, MB

Department of Psychology

Teach 3rd year classes in Abnormal Psychology and Theories in Personality.

Assistant Professor, 2007- 2017; 2017-present (null appointment)

The University of Manitoba, Winnipeg, MB

Department of Clinical Health Psychology, School of Medicine

Duties include: mentor and supervise primary care residents and clinical psychology residents. Teach classes to medical students in topics such as treatment adherence and the importance of social support and solution focused therapy.

Clinical Psychologist, 2007- 2017

Seven Oaks General Hospital

Winnipeg Regional Health Authority

Department of Clinical Health Psychology

Duties include: consultation services to the hospital as needed, behavioural health consultation services in a primary care teaching clinic, inpatient psychological assessment to a 20 bed psychiatric unit, inpatient consultation to medical units, outpatient group therapy for depression, outpatient individual therapy.

Post-Doctoral Research Fellow, January 2006-October 2007

The University of Manitoba, Winnipeg, MB,

Department of Internal Medicine

Advisors: Dr. John Walker and Dr. Charles Bernstein

Duties included: working with a multidisciplinary team of researchers and focusing on adherence to medication treatment in Inflammatory Bowel Disease, comorbid mental disorders in IBD, and psychological factors in coping with a chronic illness.

UNIVERSITY EDUCATION

Doctorate in Clinical Psychology. 2006, (CPA & APA accredited)

The University of Manitoba, Winnipeg, MB, 1999-2006

Advisor: Dr. Ed Johnson; GPA: 4.10/4.5

Dissertation: *Meta-perceptive Accuracy in Social Anxiety*

Clinical Psychology Internship, 2004-2005, (APA accredited)

The Norfolk Regional Center, Norfolk, NE

Director of Clinical Training: Dr. Jean Laing

Masters in Clinical Psychology, 1999, (APA accredited)

The University of North Dakota, Grand Forks, ND, 1997-1999

Advisor: Dr. Nancy Vogeltanz; GPA: 3.93/4.00

Thesis: *The Effect of Socially Relevant and Physiological Threat Stimuli on Psycho-physiological Responses in Anxiety Sensitive Women and Men*

Bachelor of Arts (Hons.) in Psychology, 1996
The University of Winnipeg, Winnipeg, MB, 1991-1996
Advisor: Dr. Gary Rockman; GPA: 3.93/4.00
Thesis: *Early Predictors of Treatment Retention in a Substance Abuse Population*

Bachelor of Christian Studies, 1996
Concord College, Winnipeg, MB, 1991-1996
Advisor: Dr. Ian Ritchie; GPA: 3.93/4.00
Thesis: *Perspectives on the Self: An Integrative Examination of Christian and Psychological Views of Human Identity*

SCHOLARSHIPS AND AWARDS

National Awards

2006: Canadian Psychological Association, Certificate of Academic Excellence for Dissertation Research
2001-2003: Social Sciences and Humanities Research Council of Canada: Doctoral Fellowship

Regional Awards

2012 Nominee for Teaching Excellence, University of Manitoba Medical School
2011 Nominee for Teaching Excellence, University of Manitoba Medical School
2000: Elmer Ediger Memorial Fellowship
1999-2001: The University of Manitoba Graduate Fellowship
1999: University of Manitoba Students Union Scholarship
1997-1999: Graduate Tuition Waiver (University of North Dakota)
1996: The Faculty Prize for Excellence in Christian Studies (Concord College)
1993-1996: Academic Proficiency Scholarship (University of Winnipeg)
Student of Highest Distinction (University of Winnipeg)
1992: Special Entrance Scholarship (University of Winnipeg)
Student of Highest Distinction (University of Winnipeg)
1991: Scholarship for humanitarian contributions (River East High School)

PROFESSIONAL EXPERIENCE

Clinical Experience

2007-present Private Practice Psychologist: Cognitive Behaviour Therapy Institute of Manitoba
Responsibilities: Conduct diagnostic assessments, treatment planning, consultation, and therapy.

2017-present Consulting Psychologist: Heritage Life Personal Care Home – Special Care Environment
Responsibilities: Consult and provide clinical support for staff and residents with severe

dementia in a specialized care environment.

- 2007-2018 Registered Psychologist: Winnipeg Regional Health Authority, Department of Clinical Health Psychology
Responsibilities: Conduct diagnostic assessments, treatment planning, consultation, and therapy for individuals in Seven Oaks General Hospital. Specific duties include inpatient diagnostic assessment for acute mental illness, outpatient psychotherapy, consultation and treatment clinics for the cardiac rehabilitation unit and family medicine training clinic, and general consultation services for the hospital as a whole.
- 2006-2007 Psychological Associate: Associated Rehabilitation Consultants of Canada (ARCC), Winnipeg, Manitoba. (Supervisor, Dr. J. Walker)
Responsibilities: Conduct diagnostic assessments, treatment planning, consultation, and therapy for individuals with physical disability and chronic pain. Worked in conjunction with onsite psychiatrist, chiropractor, physiotherapists and athletic therapy providers.
- 2005-2007 Psychological Associate: Cognitive Behavior Institute of Manitoba, Winnipeg, Manitoba. (Supervisor, Dr. J. Walker)
Responsibilities: Under the supervision of a registered psychologist, conduct diagnostic assessment and provide individual therapy for clients seeking treatment for stress related to the workplace, health problems, interpersonal conflict, and anxiety. Assisting in return to work programs developed in cooperation with third party payers.
- 2004-2005 Clinical internship at the Norfolk Regional Center, Norfolk, Nebraska. (Director of training, Dr. J. Laing)
Responsibilities: worked in the job title of associate psychologist conducting psychological evaluations, providing therapy and consulting on several multi-disciplinary treatment teams. Completed intensive rotations in assessment, outpatient mental health, severe psychopathology (inpatient), addictions and psychogeriatrics.
- 1997-2004: Assorted supervised practica at both the University of North Dakota and the University of Manitoba
Areas of practice included group and individual therapy, indigenous psychology, anxiety disorders, couples work, corrections, psychodiagnostic assessment, irritable bowel syndrome, and clinical supervision.
- 1997: Psychiatric Nursing Assistant on the Forensic Ward at Selkirk Mental Health Centre, Selkirk, Manitoba.
Responsibilities: Supervised patient activities, provided basic counseling and assisted with behavioral programs for inpatients diagnosed with chronic schizophrenia, personality disorders and depression.
- 1996-1997: Group facilitator at the Salvation Army Department of Correctional and Justice Services, Winnipeg, Manitoba. (Supervisor, D. Bussey, MSW)
Responsibilities: Co-led 4 groups for convicted offenders participating in an alternative sentencing program. Also assisted in revising and updating program materials by writing a module on addictions and substance abuse. Irritable bowel syndrome,

Research Experience

- 2007-2012: Research Team Member with Dr. Charles Bernstein's research team studying inflammatory bowel disease.
Responsibilities: Working with a team of researchers and focusing on adherence to medication treatment in Inflammatory Bowel Disease, comorbid mental disorders in IBD and psychological variables in coping with chronic illness. Provide statistical analyses, author research and supervise junior members of the team.

- 2006-2007: Post-doctoral Research Fellow with Dr. Charles Bernstein's research team studying inflammatory bowel disease.
Responsibilities: Working with a team of researchers and focusing on adherence to medication treatment in Inflammatory Bowel Disease, comorbid mental disorders in IBD and psychological variables in coping with chronic illness. Provide statistical analyses, author research and supervise junior members of the team.
- 2005: Research Associate with Dr. Charles Bernstein's research team studying inflammatory bowel disease.
Responsibilities: participated in a multi-disciplinary research team providing statistical analyses, and logistic support.
- 2006-2007: Research consultant for Dr. Archie Benoit's research team studying predictors of post-operative 2001-2004 delirium.
Responsibilities: advising a team of anesthesiologists and researchers on statistical analyses, running analyses and helping to interpret them in a meaningful way.
- 2000-2004: Program Evaluation Analyst for the Winnipeg Regional Health Authority Department of Clinical Health Psychology.
Responsibilities: designed and analyzed program evaluation forms to be used by child and adult psychology programs in City of Winnipeg hospitals. Helped to develop reports for a provincial standards committee based on that data.
- 1999-2006: Member of Dr. Ed. Johnson's graduate research team: University of Manitoba.
Responsibilities: develop, implement and present ongoing research projects with the rest of the team. Also serve as a mentor to younger members of the team.
- 1998-2004: Member of Dr. John Walker's research team at the St. Boniface Hospital Anxiety Disorders Research Clinic: Winnipeg, Manitoba.
Responsibilities: develop, implement and present ongoing research projects with the rest of the team. Particular areas of specialty include computer applications and statistical analyses. Also help to train and mentor undergraduate research assistants.
- 1997-1999: Member of Dr. Nancy Vogeltanz's graduate research team: University of North Dakota
Responsibilities: worked to develop, implement and present ongoing research projects with the rest of the team.
- 1997: Research assistant for Dr. Mark Baldwin assisting with social psychology research on conditioning negative reactions in the presence of neutral social stimuli.
Responsibilities: served as a research confederate to create the desired social state in participants of the study.
- 1996-1997: Research assistant for Dr. Derrick Larsen assisting with his dissertation on psychophysiological correlates of cognitive biases for threat in panic disorder and social phobia: Winnipeg, Manitoba
Responsibilities: met clinical volunteers, answered any questions they might have had, ran the study protocol and debriefed participants.
- 1995-1996: Volunteer research assistant for Dr. G. Rockman and Ken Barkman M.S.W. at the St. Boniface Hospital Chemical Dependency Program: Winnipeg, Manitoba
Responsibilities: administer and score objective assessment measures on all new clients reporting for services at the clinic. Also performed a chart audit to determine levels of clinical change in people at various stages of completion through the program.

Teaching Experience

- 2017-present: Adjunct Professor : Canadian Mennonite University
Responsibilities: Designed and implemented two 3 credit hour courses in Personality Theory

- and Abnormal Psychology. Duties included selecting a textbook, setting a syllabus, delivering lectures, creating assignments and grading.*
- 2015-2017: Tutorial leader : University of Manitoba Medical School
Responsibilities: Provided feedback and skills training on conveying bad news to patients.
- 2013-present: Lecturer and tutorial leader : University of Manitoba Medical School
Responsibilities: Designed, and teach tutorial on Solution Focused Therapy
- 2012-2014: Guest Lecturer : Red River Community College, Department of Nursing
Responsibilities: Lectured on Cognitive Behaviour Therapy.
- 2010-2012 Guest Lecturer : University of Manitoba, Department of Nursing
Responsibilities: Lectured on the diagnosis and treatment of Depressive Disorders and Cognitive Behaviour Therapy.
- 2010: Experiential Lecturer : University of Brandon, Department of Psychiatric Nursing
Responsibilities: Facilitated an experiential learning seminar to nursing students in the area of group therapy.
- 2008-2018: Instructor : Kildonan Medical Centre, University of Manitoba Family Medicine Residency
Responsibilities: Demonstrated therapy models and provided CBT instruction to family medicine residents during their first year.
- 2007-2014: Lecturer and tutorial leader : University of Manitoba Medical School
Responsibilities: Designed, taught and provided test material for the lectures on treatment adherence and social support. Facilitated group discussions on stress and health.
- 2001: Sessional Instructor for Abnormal Behaviour : University of Manitoba
Responsibilities: Designed and implemented a 3 credit hour course. Duties included selecting a textbook, setting a syllabus, delivering lectures, writing assignments and grading.
- 1998: Small group instructor for Abnormal Behavior taught by Dr. A. King: University of North Dakota
Responsibilities: Coordinated weekly meetings with students outside of class and facilitated discussion on small group assignments. Duties also included evaluating student assignments and maintaining grade records
- 1998-2002: Guest lecturer for assorted courses including: Abnormal Behaviour, Personality Psychology, and Social Psychology.
- 1997: Lab instructor for Introductory Psychology taught by Dr. R. Till: University of North Dakota
Responsibilities: Planned and taught four one hour discussion sections each week to compliment lecture material. Duties also included writing tests, evaluating student assignments and maintaining grade records.
- 1995-2001: Teaching assistant for the following courses: Abnormal Behaviour, Personality Psychology, Social Psychology, History and Systems of Psychology, Introduction to Psychology, Interpersonal Communication, Theories in Personality
Responsibilities: Helped write, administer and evaluate assignments. Also kept office hours, provided help to student's outside of class and coordinated grade records.
- 1993-1996: Lab instructor for Introduction to Data Analysis taught by Professor G. McVay M.A.: University of Winnipeg
Responsibilities: Provided individual and group instruction of statistical concepts in a lab format. Duties consisted of individual tutoring, group demonstrations, and student evaluation.

PUBLICATIONSRefereed Journals

- Lix, L., Sajobi, T.T., Sawatzky R., Liu, J., Mayo, N.E., Huang, Y., Graff, L.A., Walker, Ediger, J.P., J. R., Clara, I., Sexton, K., Carr, R. & Bernstein, C.N. (2013) Relative importance measures for reprioritization response shift. *Quality of Life Research*, 22 (4), 695-703.
- Graff, L.A., Kaoukis, G., Vincent, N., Piotrowski, A. & Ediger, J.P. (2012, Jan 23) New models of care for psychology in Canada's health services. *Canadian Psychology*, 53 (3), 165-177.
- Rawsthorne, P., Clara, I., Graff, L.A., Bernstein, K. I., Carr, R., Walker, J.R., Ediger, J.P., Rogala., L., Miller, N. & Bernstein, C.N. (2012) The Manitoba IBD cohort study: a prospective longitudinal evaluation of the use of complementary and alternative medicine services and products. *Gut*, 61, 521-527.
- Ryan, J.D., Silverger, M.S., Xu, W., Walker, J.R., Graff, L.A., Miller, N., Rogala., L., Sargent, M., Carr, R., Stempak, J.M., Rawsthorne, P. & Bernstein, C.N.. (2011) New instight into genetic babsis for variation in Chrohn's Diseases (CD) Phenotype in a Population-Based Study. *Gastroenterology*, 140 (5), s783-s783.
- Wallbridge, H.R., Benoit, A.G., Staley, D., Ediger, J.P., & Campbell B.I. (2011) Risk factors for postoperative cognitive and functional difficulties in abdominal aortic aneurysm patients : a three month follow-up. *International Journal of Geriatric Psychiatry*, 26 (8), 818-824.
- Graff, L.A., Vincent., N., Walker, J.R., Clara, I., Carr, R., Ediger, J.P., Miller, N., Rogala., L., Rawsthorne, P., & Bernstein, C.N. (2011) The Manitoba IBD cohort study: A population-based study of fatigue and sleep difficulties in inflammatory bowel disease. *Inflammatory Bowel Disease*, 17 (9), 1882-1889.
- Walker, J. R., Ediger, J.P., Graff, L.A., Greenfeld, J.M., Clara, I., Lix, L., Rawsthorne, P., Miller, N., Rogala., L., McPhail, C.M, & Bernstein, C.N. (2008) The Manitoba IBD cohort study: a population-based study of the prevalence of lifetime and 12-month anxiety and mood disorders. *American Journal Gastroenterology*, 103 (8), 1989-1997.
- Lix, L., Graff, L.A., Walker, J. R., Clara, I., Rawsthorne, P., Rogala., L., Miller, N., Ediger, J.P. Pretorius, T, & Bernstein, C.N. (2008) Longitudinal study of quality of life and psychological functioning for active, fluctuating, and inactive disease patterns in inflammatory bowel disease. *Inflammatory Bowel Diseases*, 14 (11), 1575-1584.
- Rogala., L., Miller, N., Graff, L.A., Rawsthorne, P., Clara, I., Walker, J. R., Lix, L., Ediger, J.P. McPhail, C.M, & Bernstein, C.N. (2008) Population-based controlled study of social support, self-perceived stress, activity and work issues, and access to health care in inflammatory bowel disease. *Inflammatory Bowel Diseases*, 14 (4), 526-535.
- Ediger, J.P. Walker, J. R., Graff, L.A., Lix, L, Clara, I., Rawsthorne, P. Rogala., L., Miller, N., McPhail, C.M, Deering, K., & Bernstein, C.N. (2007) Predictors of medication adherence in inflammatory bowel disease. *American Journal of Gastroenterology*, 102, 1417-1426.
- Graff, L.A., Walker, J.R., Lix, L., Clara, I., Rawsthorne, P., Rogala, L., Miller, N., Jakul, L., McPhail, C., Ediger, J., Bernstein, C.N. (2006) The relationship of inflammatory bowel disease type and activity to psychological functioning and quality of life. *Clinical Gastroenterology and Hepatology*, 12, 1491-1501.
- Norton, G.R., Rockman, G.E., Ediger, J.P., Pepe, C., Goldberg, S., Cox, B.J. & Asmundson, J.G. (1997). Anxiety sensitivity and drug choice in individuals seeking treatment for substance abuse. *Behaviour Research and Therapy*, 35 (9), 859-862.

Published Abstracts

- Ediger, J.P., Walker, J.R., Graff, L.A., Carr, R., Rawsthorne, P., Rogala, L., Miller, N., Lix, L., Clara, I., & Bernstein, C.N. (2009). The Manitoba IBD Cohort Project: : Assessing Changes in Reported Medication Adherence Over a Three Year Period. Gastroenterology, 136, A-679.
- Walker, J.R., Ediger, J.P., Graff, L.A., Greenfeld, J.M., Clara, I., Rogala, L., Miller, N., Rawsthorne, P., McPhail, C. & Bernstein, C.N. (2007). The Manitoba IBD Cohort Study: The prevalence of psychiatric comorbidity in IBD. Gastroenterology, 132, A-655.
- Graff, L.A., Vincent, N., Walker, J.R., Clara, I., Ediger, J.P., Rogala, L., Miller, N., Mcphail, C., Rawsthorne, P., & Bernstein, C.N. (2007). The Manitoba IBD Cohort Study: Fatigue, sleep difficulties, and daytime drowsiness in a populations-based IBD sample. Gastroenterology, 132, A-655.
- Graff, L.A., Walker, J.R., Clara, I., Miller, N., Rogala, L., Ediger, J.P., Rawsthorne, P., Mcphail, C., & Bernstein, C.N. (2007). The Manitoba IBD Cohort Study: Differences between those with IBD and a matched community sample in psychological functioning and coping. Gastroenterology, 132, A-514.
- Graff, L.A., Walker, J.R., Couch, K., Rogala, L., Rawsthorne, P., Jakul, L., Ediger, J.P., McPhail, C. & Bernstein, C.N.(2004). The interrelationship between disease activity, psychosocial factors and quality of life. Gastroenterology, April Supplement, A-472.
- Bernstein, C.N., Ediger, J.P., Graff, L.A., Rawsthorne, P., Rogala, L., Miller, N., Deering, K., McPhail, C. & Walker, J.R. (2006). The Manitoba IBD Cohort Study: Assessing the nature of medication adherence.. Gastroenterology, April Supplement, A-649.

Non-refereed Publications

- Ediger, J.P. (2012). Coping with Stress. Newsletter- Anxiety Disorder Association of Manitoba, Spring-Summer.
- Ediger, J.P. (2012). Q&A with Dr. Jason Ediger. Newsletter- Anxiety Disorder Association of Manitoba, Spring-Summer.
- Ediger, J.P. & Ferguson, W (2009). Sleep and Anxiety. Newsletter- Anxiety Disorder Association of Manitoba, Spring-Summer.
- Ediger, J.P. (2007). Anxiety and Pain: Going On With Life When You Can't Shoot The Messenger. Newsletter- Anxiety Disorder Association of Manitoba, Fall-Winter.
- Ediger, J.P. (2003). Taking the Anxiety Out of Terminology. Newsletter- Anxiety Disorder Association of Manitoba, January.

CONFERENCE PRESENTATIONS

- Mothersill, K, Ediger, J.P., Pusch, D., & Service, J. (2013, June). The Role of Psychologists in Primary Health Care. Symposium presented at the Canadian Psychological Association, Quebec, QC.
- Ediger, J.P., Beaulac, J., Fatoye, T., & Piotrowsky, A. (2011, November). The Joy of Intersects: Embedding psychologists into primary care. Symposium presented at the Family Medicine Forum, Montreal, QC.

CONFERENCE POSTERS

- Sajobi, T.T., Lix, L.M., Clara, I., Walker, J., Graff, L.A., RAwsthorne, P., Ediger, J., Miller, N., Rogala, L., Carr, R. & Bernstein, C.N. (2009, June). Evaluating the importance of quality of life domains: A review of literature and numeric example from Manitoba Inflammatory Bowel Disease (IBD) Cohort Study. Paper presented at the Easter Canadian Health Outcomes Meeting, Montreal, QC.
- Ediger, J.P., Walker, J.R., Graff, L.A., Carr, R., Rawsthorne, P., Rogala, L., Miller, N., Lix, L., Clara, I., & Bernstein, C.N.

- (2009, May). The Manitoba IBD Cohort Project: : Assessing Changes in Reported Medication Adherence Over a Three Year Period. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, Chicago, IL.
- Graff, L.A., Walker, J.R., Clara, I., Miller, N., Rogala, L., Ediger, J.P., Rawsthorne, P., McPhail, C. & Bernstein, C.N. (2007, May). The Manitoba IBD Cohort Project: : Differences between those with IBD and a matched community sample in psychological functioning and coping. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, Washington, D.C.
- Walker, J.R., Ediger, J.P., Graff, L.A., Greenfeld, J.M., Clara, I., Rawsthorne, P., Miller, N., Rogala, L., McPhail, C. & Bernstein, C.N. (2007, May). The Manitoba IBD Cohort Project: The prevalence of psychiatric comorbidity in IBD. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, Washington, D.C.
- Graff, L.A., Vincent, N., Walker, J.R., Clara, I., Ediger, J.P., Rogala, L., Miller, N., McPhail, C. Rawsthorne, P., & Bernstein, C.N. (2007, May). The Manitoba IBD Cohort Project: : Fatigue, sleep difficulties and daytime drowsiness in a populations-based IBD sample. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, Washington, D.C.
- Ediger, J.P., Johnson, E.A. & Walker, J.R. (2006, November). Meta-perceptive Accuracy in Social Anxiety. Poster presented at the Association for the Advancement of Cognitive and Behavior Therapy, Chicago, IL.
- Walker, J.R., Clara, I., Graff, L.A., Ediger, J.P., Lix, L., Rawsthorne, P., Rogala, L., Miller, N., McPhail, C., & Bernstein, C.N. (2006, November). Positive psychological factors as predictors of quality of life in individuals with inflammatory bowel disease. Symposium presented at the Annual Convention of the Canadian Psychiatric Association, Toronto.
- Ediger, J.P., Johnson, E.A. & Walker, J.R. (2006, June). Meta-perceptive Accuracy in Social Anxiety. Poster presented at the Canadian Psychological Association Conference, Calgary, AB.
- Bernstein, C.N., Ediger, J.P., Graff, L.A., Rawsthorne, P., Rogala, L., Miller, N., Deering, K., McPhail, C. & Walker, J.R. (2006, May). The Manitoba IBD Cohort Project: : Assessing the Nature of Medication Adherence. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, Los Angeles, CA.
- Graff, L.A., Walker, J.R., Couch, K., Rogala, L., Rawsthorne, P., Jakul, L., Ediger, J.P., McPhail, C.M., & Bernstein, C.N. (2004, May). The Manitoba IBD Cohort Project: The Interrelationship Between Disease Activity, Psychosocial Factors and Quality of Life. Poster presented at the American Gastroenterological Association's Digestive Diseases Week, New Orleans, LA.
- Ediger, J.P., & Johnson, E.A. (2001, July). Egocentrism: A Risk Factor for Dysfunctional Thoughts and Behaviour. Poster presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, BC.
- Johnson, E.A., & Ediger, J.P. (2001, July). The Relation of Adaptive and Maladaptive Self-Consciousness to Adult Egocentrism. Poster presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, BC.
- Lionberg, C., Wallbridge, H., & Ediger, J.P. (2001, July). Does Group CBT for Depression Affect Self-Ratings of Social and Daily Functioning. Poster presented at the World Congress of Behavioral and Cognitive Therapies, Vancouver, BC.
- Walker, J.R., Ediger, J.P., Joyce, B., Furer, P., Vincent, N., & Kjernisted, K.D. (2001, March). A Survey of Preference for Pharmacological and Psychological Treatment for Anxiety Problems in an Anxiety Disorders Clinic. Poster presented at the Anxiety Disorders Association of America 21st National Conference, Atlanta, GA.
- Walker, J.R., Katz, A., Ediger, J.P., Sexton, K. & Kjernisted, K.D. (2001, March). Facilitating Informed Decision Making: What Would the Public Like to Know in Making Decisions About Treatment for Anxiety and Depression? Poster presented at the Anxiety Disorders Association of America 21st National Conference, Atlanta, GA.
- Lewis, B.A., Ediger, J.P., Vogeltanz, N.D. & Vickers Douglas, K.S. (1999, November). The Effects of Alcohol and Anxiousness on Physiological and Subjective Responses to Social Stressor in Women. Poster presented at the 33rd

Annual Convention of the Association for the Advancement of Behavior Therapy, Toronto, Ont.

Ediger, J.P., Lewis, B.A., Vickers Douglas, K.S. & Vogeltanz, N.D. (1999, March). Predictors of Alcohol-Related Problems Among Women and Men in a College Population. Poster presented at the Anxiety Disorders Association of America 19th National Conference, San Diego, CA.

Vickers, K.S., Lewis, B.A., Ediger, J.P. & Vogeltanz, N.D. (1998, November). Factors Predicting Alcohol and Marijuana Use in 8th Through 10th Grade Students. Poster presented at the 32nd Annual Convention of the Association for Advancement of Behavior Therapy, Washington D.C.

Ediger, J.P. (1996, April). Early Predictors of Treatment Retention in a Substance Abuse Population. Paper presented at the Prairie Undergraduate Research Conference, Winnipeg, MB.

INVITED PRESENTATIONS

Ediger, J.P (2018, June). "What about when bad things really do happen: Coping with the worry and uncertainty of prostate cancer". Speaker for the Manitoba Prostate Cancer Support Group, Winnipeg, MB.

Ediger, J.P (2017, September). "Slaying the Demons of Anxiety and Stress for Improved Health and Wealth". Speaker for the Law Society of Manitoba – Western Bar Association, Elkhorn Resort, MB.

Ediger, J.P (2016, August). "Coping and Quality of Life: Because an Ostomy Shouldn't Be All Of Me". Speaker for Ostomy Society of Canada National Conference, Winnipeg, MB.

Ediger, J.P (2016, May). "Adjusting to Bad News: Coping with life when it involves heart failure". Informational seminar for Winnipeg Heart Failure Clinic

Ediger, J.P (2016-2021, February). "Anxiety Q&A". Speaker for lunchtime series Red River Community College, Winnipeg, MB.

Ediger, J.P (2015, October). "Mindfulness and Coping with Anxiety". Speaker for lunchtime series Red River Community College, Winnipeg, MB.

Ediger, J.P (2015, October). "CBT for Chronic Pain". Speaker for Community Therapy Service Inc. annual training, Winnipeg, MB.

Ediger, J.P (2015, June). "Self care and Coping". Speaker to the Red River Nursing Faculty, Winnipeg, MB.

Ediger, J.P (2014, October). "Anxiety and Depression Q&A". Brooklands Seniors Activity Centre, Winnipeg, MB.

Ediger, J.P (2014, September). "Caring for the Caregiver". Informational seminar for participants Winnipeg Heart Failure Support Group, Winnipeg, MB.

Ediger, J.P (2014, May). "Caring for the Caregiver". Informational seminar for Winnipeg Heart Failure Clinic

Ediger, J.P (2013, May). "Anxiety Disorders and How to Get Help". Informational seminar for participants at the North End Women's Centre, Winnipeg, MB.

Ediger, J.P (2013, February). "Depression and How to Get Help". Informational seminar for participants at the North End Women's Centre, Winnipeg, MB.

Ediger, J.P (2012, September). "Working with CBT for Pain and Sleep". Informational seminar for rehabilitation case managers sponsored by the Great West Life Insurance Company, Winnipeg, MB.

Ediger, J.P (2012, August). Provided expert video content for informational website created by the Anxiety Disorders Association of Manitoba, Winnipeg, MB.

- Ediger, J.P (2012, March). “Tips and Tricks in Working with Anxiety” Informational seminar for group leaders employed by the Anxiety Disorders Association of Manitoba, Winnipeg, MB.
- Ediger, J.P (2012, February). “Becoming a Psychologist” Informational seminar for high school students at River East Collegiate, Winnipeg, MB.
- Ediger, J.P (2011, June). “Ask the Expert”. Informational seminar for public sponsored by the Anxiety Disorders Association of Manitoba, Winnipeg, MB.
- Ediger, J.P (2011, January). Exploring the Interface Between Pastoral Care and Clinical Psychotherapy: Where’s the overlap? Presentation for Winnipeg Centre for Ministry Studies, Winnipeg, MB.
- Ediger, J.P (2010, April). Hooked on a Feeling: Behavioural Addiction. Workshop with the 52nd Annual Scientific Assembly and Business Meeting of the Manitoba College of Family Physicians, Winnipeg, MB.
- Ediger, J.P (2009, December). Through Grad School and Beyond. Workshop with clinical psychology graduate students, University of Manitoba, Winnipeg, MB.
- Ediger, J.P (2009, July). An introduction to CBT for Anxiety and Depression. Two day training seminar for social work team at Norwest Community Health Centre, Winnipeg, MB.
- Ediger, J.P (2009, May). Motivational Interviewing and Treatment Adherence in Chronic Pain. Training seminar for the Shared Care Mental Health Team of the Winnipeg Regional Health Authority, Winnipeg, MB.
- Ediger, J.P (2009, May). Sleep and Anxiety. Informational seminar for public sponsored by the Anxiety Disorders Association of Manitoba, Winnipeg, MB.
- Ediger, J.P. (2008, June). Sleep: Psychological strategies for sleep intervention. Staff training seminar for the Anxiety Disorders Association of Manitoba, Winnipeg, MB.
- Ediger, J.P. (2008, January). Teaching Relaxation Strategies. Staff training seminar for Seven Oaks General Hospital, Winnipeg, MB.
- Ediger, J.P. (2006, September). Helping Relationships and Active Listening. Pastoral care seminar for St. Margaret’s Anglican Church, Winnipeg, MB.
- Ediger, J.P. (2005, December). Mindfulness: East Meets West. Staff training seminar for the Anxiety Disorders Association of Manitoba, Winnipeg, MB.
- Ediger, J.P. (2005, June). Teaching Relaxation Strategies with a Mental Health Population. Staff training seminar for the Norfolk Regional Center, Norfolk, NE.
- Ediger, J.P. & Garinger, J (2004, April). Cognitive Behaviour Therapy for Anxiety Disorders. Informational seminar for members of the Anxiety Disorders Association of Manitoba, Winnipeg, MB.

RECENT PROFESSIONAL AND DEPARTMENTAL ACTIVITIES

- 2006-present: Anxiety Disorders Association of Manitoba (ADAM), Board of Directors.
2003-2004 (Treasurer 07-09; Vice-Chair 2020-2022; acting Chair 2022-2023)
- 2008-present: Manitoba Psychological Society, Member
- 2005-present: Canadian Psychological Association, Member
- 2010-2018: Manitoba Psychological Society, Board of Directors.
Public Education Coordinator, Director of Communications (2012 – 2013)

- 2007-2010: Clinical Health Psychology Standards Committee.
- 2007-2011: St. Anne's Anglican Church: Vestry member.
- 2006-2009: Association for the Advancement of Behavioral and Cognitive Therapy, Member.
- 2002-2003: Salvation Army: Correctional and Justice Services, Winnipeg Community Advisory Council.