

Eve Gabrielle Chapnik, M.A.

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Education

Master of Arts in Education, School, and Applied Child Psychology 2021–2023
Western University London, ON

- **Thesis:** Disordered Eating Behaviours in Adolescents with and without a Formal ED Diagnosis: Comparing Individual and Contextual Factors
- **Supervisor:** Dr. Shannon Stewart
Disordered Eating Behaviours in Adolescents with and without a Formal ED Diagnosis: Comparing Individual and Contextual Factors

Bachelor of Arts, Honours Specialization in Psychology 2017 – 2021
Huron at Western University London, ON

- **Thesis:** “Values Affirmation in The Treatment of Moral Injury: A Pilot Study”
Supervisor: Dr. Irene Cheung
Exploring the potential use of brief values affirmation intervention in the treatment of moral injury to limit persistent guilt and shame following everyday moral transgressions
- Deans Honour List (2018 – 2021)
- Scholarships:
 - Dr. Moira Sansom Award for Excellence in Psychological Research (2021)
 - The Caleb J Hayhoe Award for a Gold Medal Student (2021)
 - Professor Fredrick Walter Burd Prize in Psychology (2021)
 - Professor Mark R. Cole Award in Experimental Psychology (2021)
 - Huron Scholarship of Excellence (2017 – 2020)
 - Huron Faculty Entrance Scholarship (2017)

Relevant Training

Identifying and Working Through Challenging Co-Parenting Dynamics April 2024
Dr. Adele LaFrance, C.Psych

Dialectical Behavior Therapy Skills Training for Children and Adolescents March 2024
Dr. Jean Eich, LP

Certificate in CBT: Level 1, Foundations September – November 2023
Sick Kids, Dr. Nili Benazon, C.Psych

Healthy Relationships Plus Facilitator Certification June 2021
Centre for School Mental Health

Clinical Experience

Clinician June 2024 – Present
Mackenzie Clinic Vaughan, ON

Supervisor: Dr. Shely Polak, MSW, RSW

- Created individualized treatment plans for children affected by divorce and separation, using a variety of modalities including Dialectical Behaviour Therapy (DBT) and Cognitive Behavioural Therapy (CBT) techniques, Emotion Focused Family Therapy (EFFT) and mindfulness-based techniques
- Provided psychoeducation and counselling to children and their families to help them navigate hardship and develop resilience

- Therapist** September 2023 – Present
The Child and Adolescent Psychology (CAP) Centre
Aurora, ON
Supervisor: Dr. Caryn Moulton, C.Psych
- Conducted therapy sessions integrating DBT and CBT techniques
 - Participated in parenting sessions using principles of Structured Family Therapy and EFFT, and provided psychoeducation related to parenting and emotion regulation skills
- Psychometrist** September 2023 – Present
The Child and Adolescent Psychology (CAP) Centre
Aurora, ON
Supervisor: Dr. Caryn Moulton, C.Psych
- Administered and scored a battery of psychometric tests and non-interpretive clinical scales
 - Prepared and edited psychological reports to inform diagnoses of learning, attentional, social-emotional disorders, and social-developmental disorders
- Intern** September 2023 – May 2024
Mackenzie Clinic
Vaughan, ON
Supervisor: Dr. Shely Polak, MSW, RSW
- Observed all sessions involved in a comprehensive parenting plan assessment to enhance education and skills in forensic clinical service
 - Interviewed collateral sources such as health professionals, friends' family, and school administration to inform custody and access decisions
- Clinical Assistant and Internship Coordinator** September 2018 – August 2023
The Child and Adolescent Psychology (CAP) Centre
Aurora, ON
- Engaged in client telephone intakes, performed safety planning and referral to clinical and community resources, conducted teacher interviews and scoring of non-interpretive clinical scales
 - Prepared self-study materials for post-doctoral internship program application for Canadian Psychological Association (CPA) accreditation

Academic Experience

- InterRAI Lab Researcher** August 2023 – August 2024
Western University
London, ON
Supervisor: Dr. Shannon Stewart
- Led research projects using data collected from the InterRAI Child and Youth Mental Health Assessment, a screening tool used by mental health agencies across Ontario
 - Conducted data analysis analyses involving over 10+ potential data points
- Researcher, Innovation and Scale-Up Lab** September 2021 – August 2023
School Mental Health Ontario
London, ON
Supervisor: Dr. Claire Crooks, Ph.D.
- Conducted interviews with mental health leads of school boards across Ontario, to inform the study of the implementation effectiveness of a Brief Intervention for School Clinicians (BRISC)
- Observership, Learning Support Teacher** October – December 2022
Vitoria Public School, Thames Valley District School Board
London, ON
- Shadowed and assisted the elementary school's Learning Support Teacher, including the administration of psychoeducational assessments and academic interventions such as *Empower* and *Lexia*
- Research Assistant** October 2020 – August 2021
Centre for School Mental Health at Western University
London, ON
Supervisor: Dr. Maisha Syeda
- Coordinated, administered, and collected data for focus groups of pre-service teachers to inform a program evaluation of the Teach Resiliency online platform which promotes teacher and student mental health

Summer Studentship Associate

Centre for School Mental Health at Western University
Supervisor: Dr. Kaitlynn Mendes

May – November 2021
London, ON

- Analyzed focus group data focused on technology-facilitated sexual violence among adolescents
- Extracted common themes, applied existing frameworks, and wrote up a qualitative summary of findings for publication

Research Assistant

Huron at Western University
Supervisor: Dr. Irene Cheung

September 2018 – April 2021
London, ON

- Proposed research ideas in the fields of Industrial-Organizational and Trauma Psychology
- Conducted in-depth literature reviews, data collection and analysis using SPSS, co-authored research reports and poster presentation

Centre for Undergraduate Research Learning (CURL) Intern

Huron at Western University

May – September 2020
London, ON

- Assisted the Faculty of Psychology in the development of online instructional procedures and materials including launch-ready syllabi, lecture content, instructional videos, and OWL portals
- Designed curriculum to introduce first-year students to fundamental research concepts

Undergraduate Mentor

Huron at Western University

September 2019 – May 2020
London, ON

- Met with a first-year student monthly to provide insight, guidance, and advice to inspire academic and career goals

Learning and Motivation Researcher

Huron at Western University
Supervisor: Dr. Mark Cole

September 2019 – April 2020
London, ON

- Trained in animal research methodology and ethics, engaged in the daily care of laboratory rats
- Executed a range of classical and operant conditioning procedures, constructed training apparatus, recorded, and graphed data and prepared reports involving animal and human experimental research

Researcher, YMCA Day Care

Huron at Western University

January – April 2018
London, ON

- Studied child development of motor coordination and social proficiency using observational methods and wrote a summary report of findings

Community Engagement

Homework Club Tutor

JF&CS

September – June 2023
Toronto, ON

- Provided weekly online homework assistance to a Grade 7 student under care of child protective services

Food and Clothing Drive Volunteer

CYP Cares: Young Professional Volunteer Group

October – December 2023
Toronto, ON

- Organized and categorized donated food and clothing from donation bins across the GTA, ensuring their availability for seasonal pop-up stores for individuals in need

Restore Volunteer

Habitat for Humanity

September 2023
Vaughan, ON

- Managed tasks such as stocking and pricing items, organizing the showroom's furniture displays, and engaging with customers in a courteous and approachable manner

Publications

Chapnik, Eve G., "Disordered Eating Behaviours in Adolescents with and without a Formal ED Diagnosis: Comparing Individual and Contextual Factors" (2023). *Electronic Thesis and Dissertation Repository*. 9579. <https://ir.lib.uwo.ca/etd/9579>

Stewart, S. L., Chapnik, E., Withers, A., & Poss, J. W. (2023). *Examining characteristics of treatment-seeking children and youth with a diagnosed eating disorder*. Manuscript submitted for publication.

- Crooks, C. V., Fortier, A., Graham, R., Hernandez, M. E., Chapnik, E. G., Cadieux, C., & Ludwig, K. A. (2022). Implementing a brief evidence-based Tier 2 school mental health intervention: The enablers and barriers as seen through a clinical team supervisor lens. *Canadian Journal of Community Mental Health*. <https://doi.org/10.7870/cjcmh-2022-017>
- Chapnik, Eve G., "Values Affirmation in The Treatment of Moral Injury: A Pilot Study" (2021). Undergraduate Honours Theses. 54. https://ir.lib.uwo.ca/psych_uht/54

Academic Presentations

- Chapnik, Ed, Shannon L Stewart, Disordered eating in adolescents with and without clinical ED diagnoses: comparing individual and contextual factors. Poster presented at: *Child Health Symposium: Engaging. Connecting. Thriving*; 2023 May 30, London, ON
- Chapnik, E., Mendes, K., Barriers to reporting technology facilitated sexual violence among adolescents: using the transactional model of stress and coping. Poster to be presented at: CSMH Student Researchship Day; 2022, September 29, Western University, London ON
- Chapnik, E, Shannon L Stewart, Poss J. Examining the relationship between polyvictimization and eating disorders. Poster presented at: *Child Health Symposium: Unmasking Potential: Lessons Learned and Moving Beyond COVID-19*; 2022 May 25-26, London, ON
- Chapnik, E, Cheung I. Moral Dilemmas in the Workplace. Poster accepted at: *92nd annual meeting of the Midwestern Psychological Association (MPA)*; 2020 April, Chicago, IL
- Chapnik, E. Physical Social Interactions and Social Media Use. Poster presented at *Center for Undergraduate Research Learning (CURL) Conference*, 2018, April 18, Huron at Western University, London, ON