

PROFESSIONAL RESUME

Dr. Teeya Scholten

ABOUT

Dr. Teeya Scholten has spent a lifetime working as a psychologist in the fields of education and mental health and now she is training people in the cost-effective, innovative, integrative healing techniques she has developed.

These are:

1. Finding Joy - Trauma Treatment Technique™ (FJ-TTT) (<https://findingjoy-ttt.com>)
2. Good News about ADHD (<https://empowermentplus.org>)

Finding Joy is about resolving distress related to past events, resent concerns, and/or future worries in a way that is safe and secure, quick and easy, and tried and true. The Good News is about relief of frustration from attention concerns by helping people to understand themselves better and learn what they need to do to achieve to their potential.

Both approaches combine wisdom from a variety of sources and help the "whole" person to be "the best they can be as naturally as possible." Dr. Teeya has authored numerous books on a positive, balanced, integrative approach to attention (ADHD), learning discrepancies (LD), depression, emotional mastery, and child management. They are listed on the Good News website (<https://empowermentplus.org/resources.htm>) and are currently available through Amazon .

The A.D.D. Guidebook: A Comprehensive, Self-Directed Guide to Addressing Attentional Concerns in Adults and Children

Riding the Wave: A Handbook for Parenting the Child with A.D.D.

Turning the Tides: Teaching the Student with A.D.D.

Overcoming Depressions: Wholistic Strategies that Work

HER VISION

Dr. Teeya's goal is to reduce suffering from trauma and ADHD in the world by having people use these two techniques that she has developed.

Let them be the **FIRST CHOICE** throughout the world for:

- Parents and Children
- Physicians
- Teachers
- Mental Health Professionals
- Librarians

How wonderful it would be if **parents** could discover how to help their child's attention concerns in simple and effective ways. How relieved and empowered they would feel when they recognize that their child's learning discrepancies (LD) can be addressed with simple interventions? How lovely if **children** could think of their ADHD as an advantage in many situations.

She hopes that **physicians** will use the Good News about ADHD approach with their patients and recommend removing potentially harmful foods and addressing LD patterns before prescribing medication.

Wouldn't it be lovely if all **teachers** could understand about the channel-surfing brain of their students with ADD and teach them how to work with their "Attention Deluxe Dimension"?

Let's hope the day will come when all licensed **mental health pr** are trained in the Finding Joy - Trauma Treatment Technique™ (FJ-TTT) and use it as a first choice helping their clients to resolve distress from past issues, present-day concerns, or even future worries.

How about all **psychologists** who are doing assessments for ADHD learn ways of making an accurate diagnosis of ADHD? How about they ensure that the attention symptoms are not due to food sensitivities or untreated trauma... and that they do this before embarking on expensive IQ and achievement testing?

Finally, how about **librarians** in every school, public, and medical library in the world have a set of Dr. Teeya's books on ADHD and mental health?

VIDEO TITLE

The Good News about ADHD (2002) – a 15-minute video describing the Empowerment Plus® method - a positive, balanced, integrative approach to wellness and ADHD developed by Dr. Teeya.

<https://youtu.be/4PESFGDPGxA>

PROFESSIONAL SKILLS

- in-service trainer for mental health professionals in Good News About ADHD and Finding Joy - Trauma Treatment Technique™
- specialist in attention (AD/HD), learning disabilities (LD), depression, and trauma in clients of all ages
- qualitative and quantitative research

AREAS OF INTEREST

- ADHD and Trauma Treatment
- Positive, integrative, balanced, cost-effective models of service provision
- Organizational management, strategic planning, motivation, and empowerment of others

PROFESSIONAL EXPERIENCE

Consultant and Trainer

Calgary, Alberta, Canada

2006 - present

Training other professionals in these two approaches that she developed: Finding Joy - Trauma Treatment Technique™ (<https://findingjoy-ttt.com>) and Good News About ADHD (<https://www.empowermentplus.org>)

Registered Psychologist

Private Practice, Calgary, Alberta

1996 - 2017

Developed model and trained others in the Good News about ADHD - The Empowerment Plus Method - a positive, cost-effective, balanced, integrative approach to assessment and treatment of ADHD, learning disabilities (LD), depression, and trauma in children and adults. Psychological assessments, consultations, counselling, behaviour management, trauma treatment, in-service training re ADD, ADHD, LD, depression, and trauma.

Client Services Team Leader

Calgary Learning Centre, Calgary, Alberta

April 1990 - May 1996

Assessment of children and adults with learning difficulties
Consultation to professionals on learning and attentional concerns
Professional outreach services (e.g., university courses, workshops)

Supervision of clinical staff, co-ordination of research projects
Co-ordinator of Calgary Learning Disabilities Support Project
Facilitated the transition of the organization from social service to private practice model

Registered Psychologist

Private Practice, Yorkton, Saskatchewan

June 1989 - April 1990

Counselling and psychotherapy with children, adolescents and adults
Assessment in learning, attention, and personality
Consultant to Whitespruce Treatment Centre for chemically dependent youth
Research and evaluation
Teaching - University Instructor (University of Regina, University of Saskatchewan)

Clinical Psychologist

Yorkton Mental Health Centre, Yorkton, Saskatchewan

September 1988 - June 1989

Diagnostics and psychotherapy with adult out- and in-patients
Evaluation research with Day Patient Programme

Consulting Psychologist and Student Services Co-ordinator

Yorkton Junior High School, Yorkton, Saskatchewan

October 1987 - December 1988

Consultation with principals, teachers, parents, and social service personnel re: emotional, academic and behavioural concerns, counselling individuals and groups of students, psychological assessments, crisis intervention

Drop-In Counsellor

Lambton College of Applied Arts and Technology, Sarnia, Ontario

August 1981 - June 1982

Counselling - personal, academic, and vocational counselling for adolescent and adult students

Executive Director

*Sarnia Big Sisters Association, Sarnia, Ontario
November 1973 - January 1975*

First paid director of the Big Sisters organization
Establishment of policies and procedures including procedures for administration of the newly formed association
Selection, training, and supervision of Big Sister volunteers, assessment of referrals, evaluative research

Psychoeducational Consultant

*Lambton County Board of Education, Sarnia, Ontario
August 1972 - March 1973*

Psychological assessments of children and adolescents
Counselling
Consultation with teachers, parents, and community agency personnel regarding remedial programming for children with learning disabilities and psychotherapeutic interventions for school age children

EDUCATION

Doctor of Philosophy (Ph.D.) in Applied Psychology from the University of Toronto (OISE - Ontario Institute for Studies in Education), Ontario, Canada, Major in Psychological Consultation, Minor in Diagnostics and Psychotherapy, 1987

Master of Arts (M.A.) in Applied Psychology from the University of Toronto, 1972

Bachelor of Arts (B.A.) in Honours Psychology from York University, Toronto, Ontario, 1970

THESIS TITLES

Ph.D. *"School Psychological Consultation in Practice: A Descriptive Study of the Consultant's Perspective"*

A study using qualitative research methodology and grounded theory to explore the process of consultation from the practitioner's viewpoint, under the direction of Dr. Solveiga Miezeitis, OISE, University of Toronto, Toronto, Canada

M.A. *"An Empirical Evaluation of a Humanistic Teaching Program for Primary Grade Children"*

An empirical, quantitative research study designed to evaluate the effectiveness of a self-esteem building program for children, using a classic pre-test post-test control group true experimental design, under the direction of Dr. Carl Bereiter, OISE, University of Toronto, Toronto, Canada

Honours B.A. *"Proposed Solutions to the Problems of Treatment, Manpower and Comparative Evaluation in Mental Health Programs"*

A literature review of mental health programs using non-professional manpower in primary and secondary prevention programs for children, under the direction of Dr. David Randall, York University, Toronto, Canada

NOTE: The results of my bachelor's and doctoral research have been published. See the citations for Rankin and Randall (1970) in the *Ontario Psychologist* (for the B.A.) and chapters in the book by E. Cole and J. Siegel (1990 & 2003), *Effective Consultation in School Psychology* (for the Ph.D.) See Peer-reviewed Publications section for full citations.

CERTIFICATION TRAINING

Eye Movement Desensitization and Reprocessing (EMDR) - Level 1 and 2
Spiritual Response Therapy (SRT)
Emotional Freedom Technique (EFT)
Healing Pathway Practitioner- Part 1, 2 and 3
Integrative Restoration (iRest) - Level 1, 2 , 3

PRESENTATIONS

Numerous presentations at national, regional, and local conferences, and train-the-trainer workshops on topics of:

Empowerment Plus®: An Integrative Approach to ADD
The Good News About ADD
The Many Faces of ADHD (How Personality affects ADHD)
Riding the Wave: Behaviour Management for Parents and Teachers of ADDers
Teen Depression
Collaborative Problem-Solving
Models of Psychological Consultation
Assessment and Remediation of Learning Difficulties in Adult
Ethics and Competency in School Psychology

BOOK TITLES

Attention Deluxe Dimension: A Wholistic Approach to A.D.D.
Overcoming Depression: Wholistic Strategies that Work
Riding the Wave: A Handbook for Parenting the Child with A.D.D.
The A.D.D. Guidebook: A Comprehensive, Self-Directed Guide to Addressing Attentional Concerns in Adults and Children
Turning the Tides: Teaching the Student with A.D.D.,
Welcome to the Channel-Surfers' Club!

CO-AUTHORED BOOKS

Samuels, M., Burrows, I., Theunissen, D. & Scholten, T. (1992). *Asking the Right Questions: Assessment and Program Planning for Adults with Learning Difficulties*. The Learning Centre and Alberta Vocational College, Calgary, Alberta.

PEER-REVIEWED PUBLICATIONS

Scholten, T. (2014). The Many Faces of ADHD, In F. Corona (Ed.) *Special Educational Needs*, ARACNE Ditrice (Publishing), Rome, Italy, p.195-207.

Scholten, T., Couture, S., and Laudel, L. (2014). Addressing Reading Barriers through the Use of Coloured Overlays, In F. Corona (Ed.) *Special Educational Needs*, ARACNE

Ditricce (Publishing), Rome, Italy, p.225-238.

Scholten, T. (2009). Review of workshop entitled Empowerment Plus®: Addressing Attention Deficit/Hyperactivity Disorder (ADHD) in a Positive, Holistic Way, *Journal for Services to Children and Families*, Vol. 1, p.31-38.

Scholten, T. (2007). A descriptive study of clients with AD/HD served by Empowerment Plus®, *Baltic Journal of Psychology*, Vol. 8, No. 1, 2 p.76-94.

Scholten, T. (2003). What does it mean to consult? In E. Cole and J.Siegel (Eds.) *Effective Consultation in School Psychology*, 2nd Edition, Hogrefe and Huber, p.87-106.

Scholten, T. (2003). A Wholistic Approach to Cost-Effective Psychological Service Delivery in the Areas of AD/HD. In E. Cole and J.Siegel (Eds.) *Effective Consultation in School Psychology*, 2nd Edition, Hogrefe and Huber, p.185-221.

Samuels, M. & Scholten, T. (1994). A Model for the Assessment of Adults Encountering Learning Difficulties. *International Journal of Cognitive Education and Mediated Learning*, Special Issue on Adults, 3(3), p.135-151.

Scholten, T., Pettifor, J., Norrie, B., & Cole, E. (1993). Ethical issues in School psychological consultation: Can every expert consult? *Canadian Journal of School Psychology*, 9(1), p.100-109.

Scholten, T., Samuels, M., Conte, R., & Price, A. (1993). "An examination of aspects of the vocational rehabilitation of individuals possessing learning disabilities". Report to Alberta Advanced Education and Career Development. February 1993 (82pgs).

Scholten, T. (1990). "What does it mean to consult?" In E. Cole and J.A. Siegel (Eds.) *Effective Consultation in School Psychology*, 1st Edition, C. J. Hogrefe and Huber Publishers, Toronto, Ontario, p.33-52.

Miezitis, S. & Scholten, T. (1990). "Responding to teachers' needs: A case study in consultation. In E. Cole and J.A. Siegel (Eds.) *Ibid.*, p.81-99.

Rankin¹, T. & Randall, D. (1970). "Non-professional manpower in mental health programs for children". *Ontario Psychologist*, 3(5), p.260-275.

References available upon request.

¹ Rankin was my maiden name