

CURRICULUM VITAE for JAAN REITAV

Updated July 1, 2011

Current Positions

Clinical and Health Psychologist, Cardiac Rehabilitation and Secondary Prevention Program,
University Health Network, Toronto Rehab, 347 Rumsey Road, Toronto, M4G 1R7

Professor, Department of Clinical Diagnosis,
Canadian Memorial Chiropractic College, 6100 Leslie Ave, Toronto, Ontario M2H 3J1

Contact Information

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Degrees

1984 Doctorate in Clinical Psychology from York University, Toronto

1978 Masters in Psychology from York University, Toronto

1976 Bachelors of Science (Psychology) from University of Toronto

Employment History

- 1985 . Present Private Practice in Clinical and Health Psychology:
Over twenty-five years of experience in the assessment and treatment of sleep disorders, pain disorders, anxiety and depressive disorders, and management of chronic health conditions.
- 1988 . Present Canadian Memorial Chiropractic College, Department of Clinical Diagnosis:
This teaching appointment involves training doctors about clinical interviewing, patient management, and assessment of psychological factors important to recovery from injury and illness. Full Professor
- 1992 . Present Behavioural Sleep Medicine Specialist: Consultant to the Sleep Disorders patients from sleep clinics in Metropolitan Toronto
- 1994 . Present Psychological Consultant: over 17 years experience conducting motor vehicle accident medical rehabilitation and disability assessments of psychological and psychiatric status after MVAs at North York Rehabilitation Corp, D Gary Gibson & Assoc Rehab Consultants, & Sibley and Associates
- 2005 . Present Clinical and Health Psychologist, Cardiac Rehabilitation and Secondary Prevention Program, Toronto Rehabilitation Institute: I provide a full range of individual and group health psychology services to patients with chronic health conditions (heart disease, diabetes, sleep disorders, chronic pain, and stroke) and psychiatric conditions.
- 1988 . 2003 Clinical Faculty: The Ontario Centre for Training and Research in Short-Term Dynamic Psychotherapy
- 1984 - 1988 Senior Psychologist, Toronto East General Hospital, Psychiatry Department, Crisis Intervention Unit & Clinical Consultant (Native Community Crisis Team)

PUBLICATIONS

Chapters in Books:

- 2011 Reitav J. *Managing Sleep Problems among Cardiac Patients*. In Ellen A Dornelas (Ed) Stress Proofing the Heart: Behavioral Approaches for Cardiac Patients. Springer Books: Chapter 12, *in press*.
- 2009 Prior PL, Francis JA, Reitav J, Stone JA. *Behavioural and Psychological Issues in Cardiovascular Disease*. In James A Stone (Ed) Canadian Guidelines for Cardiac Rehabilitation and Cardiovascular Disease Prevention: Translating Knowledge into Action, 3rd Edition. Winnipeg: Canadian Association of Cardiac Rehabilitation, Chap 6, 107-202.
- 2001 Reitav, J, Hamovitch, G. *Psychological aspects of head and neck pain*. In Howard Vernon (Ed) The Cranio-Cervical Syndrome: Mechanisms, Assessment and Treatment, London: Buttersworth and Heinemann, Chap 10, 161-196.
- 2001 Reitav, J, Dickstein, JB. *Sleep in the elderly*. In BJ Gleberzon (Ed) Chiropractic Care of the Older Patient, London: Buttersworth and Heinemann, Chap 21, 287-313.

Refereed Journal Articles:

- 2008 Dooks D, Kato JD, Reitav J, and Colella T. From Dead Weight to ~~Can~~ Wait+. *Current Issues in Cardiac Rehabilitation and Prevention*. 16(2), 14-16.
- 2001 Boudreau L, Reitav J. *Psychosocial and physical factors in work transition leading to musculoskeletal pain*. Journal of the Neuromusculoskeletal System, 9(4), 21-26.
- 1991 Reitav, J. *The Treatment of Character Pathology with Davanloo's Intensive Short-Term Dynamic Psychotherapy: Management of Resistance*. Intl Jour Short-Term Psyther, 6, 3-25

Conference Proceedings:

- 2010 Kunkel GF, Reitav J, & Monette G. *Prevalence of Maternal and Paternal Sleep Disturbance: Pre-Conception, Pregnancy and Postpartum*. Poster at the annual American Academy of Sleep Medicine Conference in San Antonio, Texas June 5 2010
- 2009 Reitav J. *Cardiac Patients Psychosocial Needs and Implications for Cardiac Services*. Presentation at Annual Amer Psychological Assoc Conference in Toronto Aug 6 2009
- 2008 Reitav J, Prior P & Chan A. *Psychosocial Issues and Successful Behavioral Strategies*. Workshop at the CRNO Cardiac Rehab Symposium in Toronto May 2 2008.
- 2007 Shanmugasegaram S, Flett GL, Oh P, Marzolini S, Reitav J, et al. *Personality and Coping in Cardiac Rehabilitation Patients*, CCC Conference in Quebec, Oct. 22-3, 2007.
- 2007 Reitav J & Sarin M *Psychosocial Service Needs of Cardiac and Diabetic Patients*. Podium presentation at 2007 RehabNet Conference in Toronto, June 14-15, 2007.
- 2007 Prior P & Reitav J *Psychosocial Screening of Cardiac Rehabilitation Patients and Follow-up*. Workshop at CRNO Cardiac Rehabilitation Symposium, Toronto, May 2007.
- 2007 Reitav J & Oh P *Cardiac Patient's Psychosocial Needs: Implications for Rehabilitation Programs & CACR Guidelines*, GTA Rehabilitation Network Conf. Toronto, March 2007
- 2006 Yang P, Reitav J, & Oh P. *The Effect of Depressive State on Fitness Outcomes following one year of Aerobic and Fitness Training in Type 2 Diabetics*, Canadian Diabetes Association, Toronto, Oct 18-21, 2006.
- 2006 Sarin M, Reitav J, Statton C & Ricupero M *Diabetes in Cardiac Rehabilitation*. Workshop at the CRNO 2007 Cardiac Rehabilitation Symposium in Toronto
- 2003 Reitav J & Myrtos D *You Are What You Read: What Textbooks do Graduates Recommend?* Journal of Chiropractic Education, 17(1), 28-9.
- 2003 Reitav J *Eliciting Curricular Feedback from Students: Focus Groups*. Journal of Chiropractic Education, 17(1), 74-5.

Conference Proceedings: (con't)

- 2003 Moeller K & Reitav J *Eliciting Curricular Feedback from Students: Survey Questionnaires*. Journal of Chiropractic Education, 17(1), 75-6.
- 2002 Reitav J *Cross-validation of the Content, Reliability, Factor Structure, and Predictive Validity of the Self-Statement Test (SST) with Young Adults*. Proceedings of Association of Professional Sleep Societies Conference published in Sleep, 25, A477-8.
- 2002 Reitav J *Students' experience of stress during final exams: Anxiety, sleeplessness, and nocturnal mental activity*. Journal of Chiropractic Education, 16(1), 93.
- 2002 Law K, Siwak L, Lesage J & Reitav J *Sleep, anxiety, and pain thresholds in healthy young adults*. Journal of Chiropractic Education, 16(1), 81.
- 2002 Reitav J *Workshop in Assessment and Management of Sleep Disturbances, Psychology in the Baltics: At the Crossroads* Abstracts from The Fifth International Baltic Psychology Conference, Arno Baltin and Daniel Soomer (Ed) 2002, 52-3.
- 2002 Reitav J *"Best Practice" for Patients with Spinal Pain and Sleep Disturbance*. 2002 International Conference on Spinal Manipulation, Toronto, October 5, 2002.
- 2002 Reitav J, Hamovitch G & Cohen D *When Sleep Hurts: Chronic Pain and Sleep*. Ontario Psychological Association Conference. February 14, 2002.
- 2001 Reitav J, Hamovitch G & Cohen D *Illness Behavior in Chronic Pain Patients: Influences of Distress, Psychiatric, and Social Interaction Factors*. Ontario Psychological Association Conference. February 22, 2001.
- 2000 Reitav J, Hamovitch G & Hapidou E *Evaluating the Legitimacy of the Patient's Pain Complaints*. OPA Conference. February 24, 2000.

Other Professional Presentations:

- 2010 CACR Webinar with Drs. Peter Prior and Judith Frances: *Psychological and Behavioural Issues in Cardiovascular Disease*. Teleseminar broadcast across Canada, April 7, 2010.
- 2009 Reitav J. *Sleep and the Cardiac Patient*. Rounds presentation, Dept of Cardiology, Southlake Regional Hospital. Newmarket, March 4, 2009.
- 2009 Oh P, & Reitav J. *Mental Health, Stress, Sleep and Heart Health*. Presentation to staff at WSIB and Bloorview MacMillan Children's Rehab, Toronto, February 2009.
- 2008 Oh P & Reitav J. *Cardiac Rehabilitation at Toronto Rehab, Patients' Psychosocial Needs, and other Common Concerns*. Rounds, Dept of Psychiatry, Women's College Hospital, Toronto. March 28, 2008.
- 2008 Reitav J. *Mending Broken Hearts: How does stress fit in?* Rounds presentation for Researchers' Network, TRI. Toronto, Feb. 21, 2008.
- 2008 Reitav J & Oh P. *Stress, Mental Distress and Heart Disease*. Presentation to the WSIB, Toronto, February 12, 2008.
- 2007 Reitav J. *Managing Psychosocial Factors in Cardiac Rehabilitation*. Rounds, Dept of Cardiology, Southlake Regional Hospital, Newmarket, June 20, 2007.
- 2007 Reitav J & Rolfe D. *Psychosocial Needs: Understanding current gaps and development of best practice*. Best Practice and Research Rounds, TRI Cardiac, January 25, 2007.
- 2002 Reitav J. *Insomnia*. Interview and clinical demonstration done for *The Right Fit* program on the Women's Network, broadcast on November 20, 2002.

SCHOLARLY AND PROFESSIONAL ACTIVITIES**Professional Qualifications:**

Behavioral Sleep Medicine Specialist from 2003: Cert # 0171 (Society of Behavioral Sleep Medicine)
 Registered Health Service Provider in Psychology (CANADA) from 1987: Cert # 2691
 Registered Clinical Psychologist: Province of ONTARIO since 1985: Cert # 1859

Professional Affiliations:

Full Professor at Canadian Memorial Chiropractic College:

Member of Professional Societies:

- Society for Behavioral Sleep Medicine, Founding Member 2010
- American Academy of Sleep Medicine from 2002
- Canadian Academy of Psychologists in Disability Assessment from 2001
- Member of the Ontario Psychological Association from 1978

Professional Activities

2006 . Present UHN - TR Cardiac Program - Member, Research Committee
 2002 - 2005 CMCC - Member, Research Ethics Board
 2001 President, Faculty Council of CMCC
 1994 . 1996 President, Association for the Advancement of Baltic Psychology,
 1994 Recipient of the Ontario Psychological Association's **Award of Merit**
 1992 . 1994 Secretary and Member of the Board of Directors, The International Institute for
 Intensive Short-Term Dynamic Psychotherapy
 1991 Founding Member, Association for the Advancement of Baltic Psychology
 Scientific Program Committee, AABP: Planning six international conferences in
 Psychology in the Baltics:
 Latvia (1994 & 2000), Estonia (1996 & 2002), and Lithuania (1998 & 2004)
 1984 Winner of Ontario Psychological Association's **Best Doctoral Thesis Award**

Invited Presentations:

Public Talk: *From Stress Management to Optimizing Health*. Women with Heart Seminar Series
 Toronto Rehab Women's Program, June 24, 2010.
 Lunch and Learn with Dr. Paul Oh: *Managing your Cardiovascular Risk from Top to Bottom*. At
 the Ontario Legislature, Toronto, February 8, 2010.
 Public Talk: *Sleep and Health*. West Park Rehabilitation Centre, for Sleep Awareness Week,
 March 11, 2010
 Rounds Presentation with Dr. Paul Oh: *Cardiac Rehabilitation at Toronto Rehab, Patients'`
 Psychosocial Needs, and other Common Concerns*. Department of Psychiatry, Women's
 College Hospital, Toronto. March 28, 2008.
 Public Lecture with Dr. Paul Oh: *Stress, Mental Distress and Heart Disease*. WSIB, Feb 12 2008
 Rounds Presentation: *Managing Psychosocial Factors in Cardiac Rehabilitation*. Department of
 Cardiology, Southlake Regional Hospital, Newmarket, June 20, 2007.
 Public Lecture: *Learn how to control your blood sugars by managing your stress*. Jewish Chapter
 of the Canadian Diabetes Association in North York, May 7, 2007
 Clinical Workshop *Depression and Mental Health: Update for Clinical Management*. International
 Conference of Spinal Manipulation entitled From Maintenance Care to Health Promotion:
 Making the Jump; 2002 Oct 5; Toronto, Canada.
 Full-day Workshop *Assessment and Management of Sleep Disturbances*. The Fifth International
 Baltic Psychology Conference; 2002 Aug 25; Tartu, Estonia.
 Address *Sleep, Stress, and Sleep Deprivation*. Workman's Safety and Insurance Board; 2001 Sept
 20; Muskoka, Canada.
 Address *Insomnia, Dreams, Nightmares and Post-traumatic Stress Disorder*. The Gatehouse Centre
 for Sexual Abuse; 2001 Jan 16; Toronto, Canada.