

# CURRICULUM VITAE

## **BROOKE N. SEAL, Ph.D.**

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The University of the Fraser Valley  
Department of Psychology  
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### **EDUCATION**

**Postdoctoral Clinical Fellowship**      Dialectical Behaviour Therapy Centre of Vancouver  
Sept 2009 to July 2010                      Vancouver, B.C.

**Ph.D. Clinical Psychology**                      University of Texas at Austin  
May 2005 to August 2009

**M.A. Clinical Psychology**                      University of Texas at Austin  
September 2003 to May 2005

**B.A. Psychology**                                      University of British Columbia  
September 1998 to May 2002

### **TEACHING AND SUPERVISORY EXPERIENCE**

**Associate Professor**                              **University of the Fraser Valley, Department of Psychology**  
(Current)    Courses: Introductory Psychology (101 and 102), Abnormal Psychology (241), Psychological Assessment (306), Clinical Psychology (375), History of Psychology (408), Special Topics Psychological Interventions: Assessment and Outcome (491), Directed Studies

**Sessional Instructor**                              **Simon Fraser University, Department of Psychology**  
(Fall, 2009-Fall, 2014)                              Courses Taught: Introductory Psychology (102), Psychological Interventions: Assessment and Outcome (371)

**Clinical Skills Instructor**                              **University of British Columbia,**  
(2009-2010)    **Department of Obstetrics and Gynecology**

**Teaching Assistant and Practicum Supervisor**                              **Clinical Psychology Graduate-Level IQ Assessment Course**  
(2005-2008)    Department of Psychology, University of Texas at Austin

**Research Supervisor**                              **Psychology Undergraduate Honors Thesis Course**  
(2003-2008)    Department of Psychology, University of Texas at Austin

**Teaching Assistant**                                      **Human Sexuality Undergraduate Course**  
(2007)    Department of Psychology, University of Texas at Austin

**Teaching Assistant**  
(2005)

**Psychology Graduate Statistics Courses**  
Department of Psychology, University of Texas at Austin

**Teaching Assistant**  
(2004-2005)

**Psychology Undergraduate Statistics and Research Design**  
Department of Psychology, University of Texas at Austin

**Teaching Assistant**  
(2003)

**Introduction to Psychology Undergraduate Course**  
Department of Psychology, University of Texas at Austin

## **RESEARCH EXPERIENCE**

**Clinical Researcher**  
Sept 2009 to 2014

**Multidisciplinary Vulvodynia Program**  
Women's Centre, Vancouver General Hospital

**Pre-Doctoral Intern**  
Sept 2008 to Aug 2009

**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**

Brotto, L. A., Sadownik, L. A., Thomson, S., Dayan, M., Smith, K. B., **Seal, B. N.**, Moses, M., & Zhang, A. (2014). A comparison of demographic and psychosexual characteristics of women with primary versus secondary provoked vestibulodynia. *Clinical Journal of Pain, 30*, 428-435.

Sadownik, L., **Seal, B. N.**, & Brotto, L. A. (2012). Provoked vestibulodynia – Women's experience of participating in a Multidisciplinary Vulvodynia Program. *Journal of Sexual Medicine, 9*, 1086-1093.

Sadownik, L., **Seal, B. N.**, & Brotto, L. A. (2012). Provoked vestibulodynia – A qualitative exploration of women's experiences. *BC Medical Journal, 54*, 22-28.

Brotto, L., **Seal, B. N.**, & Rellini, A. (2012). Pilot study of a brief cognitive behavioral versus mindfulness-based intervention for women with sexual distress and a history of childhood sexual abuse. *Journal of Sex and Marital Therapy, 38*, 1-27.

**Seal, B. N.** (2011). Women's sexual health: a multidisciplinary approach. *Expert Review Obstetrics and Gynecology, 6*, (3), 251-253.

- Pujols, Y., Meston, C. M., & **Seal, B. N.** (2010). The association between sexual satisfaction and body image in women. *Journal of Sexual Medicine*, 7, 905-916.
- Seal, B. N.**, Bradford, A., & Meston, C. M. (2009). The association between body esteem and sexual desire among college women. *Archives of Sexual Behavior*, 38, 866-872.
- Meston, C. M., **Seal, B. N.**, & Hamilton, L. D. (2008). 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* (pp. 188-219). 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.

### **PAPER PRESENTATIONS**

- Sadownik, L. A., Brotto, L. A., **Seal, B. N.**, Dayan, M., & Thomson, S. (2011, September). *Impact of a Multidisciplinary Vulvodynia Program on women with Provoked Vestibulodynia*. Paper presented at the Scientific Conference of the International Society for the Study of Vulvar Diseases, Paris, France.
- Seal, B. N.**, Brotto, L. A., & Rellini, A. (2011, February). *A brief cognitive behavioural versus mindfulness-based intervention among women with sexual distress and a history of childhood sexual abuse*. Paper presented at the annual meeting of the International Society of Women's Sexual Health (ISSWSH), Scottsdale, Arizona.
- Sadownik, L. A., Brotto, L. A., **Seal, B. N.**, Dayan, M., & Thomson, S. (2011, June). *Provoked vestibulodynia: A retrospective study of women's experiences before diagnosis*. Paper presented at the Annual meeting of the Society for Obstetrics and Gynaecologists of Canada, Vancouver, B.C.
- Seal, B. N.**, Pujols, Y., & Meston, C. M. (2010, April). *Positive and negative self-awareness enhance sexual arousal among women with sexual dysfunction*. Paper presented at the Society of Behavioral Medicine Annual Meeting (SBM), Seattle, Washington.

**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**

**Mankovits, M. & Seal, B. N.** (2011, November). *Educational podcasts and sexual distress in women*. Poster presentation at the annual meeting of the Society for the Scientific Study of Sexuality (SSSS), Houston, Texas.

**Sadownik, L. A., Brotto, L. A., Seal, B. N., Dayan, M., & Thomson, S.** (2011, June). *Impact of a Multidisciplinary Vulvodynia Program on women with Provoked Vestibulodynia*. Annual meeting of the Society for Obstetrics and Gynaecologists of Canada, Vancouver, Canada.

**Pujols, Y., Seal, B. N., & Meston, C. M.** (2009, August). *Predictors of sexual satisfaction in a national sample of women*. Poster presented at the annual meeting of the International Academy of Sex Research (IASR), San Juan, Puerto Rico.

**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.

### **CLINICAL EXPERIENCE**

#### **Clinical Therapist**

Sept 2009 to March 2012

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

#### **Clinical Therapist**

Sept 2009 to April 2011

Dialectical Behaviour Therapy (DBT) Centre of Vancouver  
Vancouver, B.C.

#### **Pre-Doctoral Psychology Intern Adult Mental Health Track**

September 2008 to August 2009

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

#### **Practicum Student**

May 2007 to April 2008

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

#### **Practicum Student**

April, 2007 to April, 2008

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

#### **Practicum Student**

September 2004 to December 2007

**Department of Psychology Training Clinic**  
University of Texas at Austin

#### **Practicum Student**

August 2006 to May 2007

**Texas State Counseling Center**  
Texas State University, San Marcos, Texas

#### **Practicum Student**

September 2005 to May 2006

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

#### **Behavioural Therapist**

April 2000 to September 2001

**Families for Early Autism**  
Surrey, B.C.

## **PROFESSIONAL AND COMMUNITY SERVICE**

- July 2011 - present**                      **Consulting Reviewer**  
*Archives of Sexual Behaviour*
- March 2011 - present**                      **Invited Reviewer**  
*Journal of Sex and Marital Therapy, Journal of Sexual Medicine,  
Journal of Homosexuality*
- November 2014**                              **Annual Women's Health Update**  
Speaker  
University of British Columbia, Vancouver BC
- September 2014**                              **Applying to Graduate School**  
Speaker  
University of the Fraser Valley, Abbotsford, BC
- July 2011**                                        **Public Educational Forum: *Why Does Sex Hurt?***  
Speaker  
Vancouver General Hospital, Vancouver, BC
- May 2011**                                        **Annual Women's Health Update**  
Speaker  
University of British Columbia, Vancouver BC
- September 2008 to 2014**                      **Students for Mental Wellness**  
Club Member and Volunteer Researcher  
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*

## **SCHOLARSHIPS, AWARDS, AND HONOURS**

- 2005 to 2008                      National Sciences and Engineering Research Council of Canada Doctoral  
Award, PGS-D
- 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 (*declined due to a change in location of graduate studies*)
- 2003                                      Michael Smith Research Foundation Research Trainee Award

*(declined due to a change in location of graduate studies)*

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|--------------|---|
| 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              |