



Council of Canadian Administrative Tribunals
Conseil des tribunaux administratifs canadiens

Dr. Holly Whyte, Ph.D., R.Psych (she/her)

Dr. Holly Whyte is a Registered Psychologist and Certified Perinatal Mental Health Professional with approximately 15 years of experience working with individuals and couples in both clinical and high-demand environments. Her areas of focus include trauma, complex mental health presentations, and supporting clients navigating high-pressure or system-involved contexts.

Dr. Whyte draws from a range of evidence-based approaches, including Prolonged Exposure Therapy (PE), Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Processing Therapy (CPT), and Gottman Method Couples Therapy. She has completed advanced training in the Gottman Method and continues to work toward full certification, with additional training in suicide intervention and Dialectical Behaviour Therapy (DBT).

In addition to her clinical work, Dr. Whyte serves as a supervisor and business owner. She is known for her directive, engaged style, combining clear clinical guidance with strong therapeutic rapport. Her work is grounded in helping clients move toward meaningful change while feeling supported, understood, and appropriately challenged throughout the process.