



**Council of Canadian Administrative Tribunals**  
**Conseil des tribunaux administratifs canadiens**

**Dr. Janice Dicks, Ph.D., R.Psych (she/her)**

Dr. Janice Dicks is a Registered Psychologist and Certified Perinatal Mental Health Professional with over 15 years of experience working in rehabilitative health, general mental health, and university settings. She specializes in trauma, workplace stress, life transitions, and supporting individuals and couples through complex emotional and relational challenges.

Dr. Dicks takes an integrative, evidence-based approach to therapy, drawing from Cognitive Behavioural Therapy, Compassion-Focused Therapy, Solution-Focused Therapy, and the Gottman Method. She has advanced training in Prolonged Exposure Therapy, EMDR, Cognitive Processing Therapy, and Exposure and Response Prevention.

In addition to her clinical work, Dr. Dicks is a supervisor and business owner, bringing both leadership experience and practical insight into her work. Known for her warm, direct, and down-to-earth style, she integrates clinical expertise with genuine human connection. As a mother, she also understands the realities of balancing multiple roles and responsibilities, which further informs her approach with clients and professionals alike.