



Steve Holz, Ph.D – Biography

Dr. Hotz practices in clinical and health psychology in Ottawa, is President of Health Behaviour Technologies Corp., and is Adjunct Professor in the Faculty of Medicine at the University of Ottawa. He consults nation-wide on brief intervention programs for health behaviour change, mental health, health promotion, occupational mental health and continuing education for health professionals.

His clinical and consulting practice focuses on:

- treatment adherence, psychological and behavioural issues in chronic illness, coping and adjustment, and disease self-management
- behavioural risk reduction in the prevention and treatment of chronic illness
- health promotion and lifestyle change including weight management, dietary change, smoking cessation, physical activity, stress reduction and prevention, motivation for change, and performance enhancement
- mental health including anxiety, trauma, depression, mid-life adjustment, intimacy and relationship problems, stress management, and personal growth throughout the adult lifespan.
- development and evaluation of continuing education programs for health care professionals targeting treatment adherence and health-behaviour change skills

Dr. Hotz received his Ph.D. in Clinical Psychology from the University of Ottawa; he undertook further clinical training at the University of Manitoba Health Sciences Centre, the Ottawa Civic Hospital, the University of Ottawa Heart Institute and the Rehabilitation Centre in Ottawa. Over the past twenty years, he has developed programs and techniques targeting motivation and behaviour change based on an evidence-based model that explains how people change. In addition to numerous scientific presentations at professional meetings, he has delivered over 650 workshops for health professionals from all disciplines in Canada, the US and Europe. He has also provided consultation to federal and provincial health departments, non-governmental health organizations, the pharmaceutical industry, medical schools, public health units, hospitals and clinics across Canada. He currently consults to clinical intervention studies making contributions to the development of innovative behaviour change interventions and the training and supervision of clinicians in the delivery of these interventions.

Between 1990 and 2004 he was on faculty in the Department of Epidemiology and Community Medicine, and the School of Psychology at the University of Ottawa. His research focused on validation of the Transtheoretical (stages of change) Model, and other models of health behaviour change, and community and clinical trials of interventions derived from these models. He has designed proprietary expert system intervention protocols for smoking cessation that produce highly reliable individualized patient assessments and tailored intervention plans. These systems serve to greatly reduce the need for specific expertise in behavioural assessment and counselling that are typically required of clinicians tasked with delivering health-behaviour change interventions to their patients.

Dr. Hotz recently served as a Special Adviser to the World Health Organization in the area of treatment adherence and health behaviour change in primary care.

Dr Hotz is a featured speaker at “The Many Faces of ADHD: A Window into the Future”, CADDRA's 2010 Annual Conference which will be held from November 20-21, “2010, Vancouver, British Columbia