



Katherine Holshausen, PhD, CPsych



HEALTH SCIENCES
Psychiatry & Behavioural
Neurosciences

Research Work

Dr. Holshausen is the Research Director and a staff psychologist in the Community Psychiatry Clinic at West 5th site at St. Joseph's Healthcare Hamilton. In her role as Research Director, she is frequently engaged in knowledge translation activities, bridging the gap between scientific inquiry and clinical practice, and is tasked with dissemination of projects that enhance adherence to empirically informed practices, both assessment- and treatment-based in nature. The focus of her research is on emotion dysregulation, trauma, and psychosis. Dr. Holshausen is also an Assistant Professor (PT) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

Current Research Projects Include:

- Examination of strategies to measure emotion dysregulation among individuals with borderline personality disorder
- Longitudinal evaluation of multiple treatment programs (e.g., treatments for borderline personality disorder, post-traumatic stress disorder, substance use disorders)
- High resolution examination of functional deficits among individuals with emotion dysregulation (e.g., current project using multiple forms of interviews, self-report, and behavioural role-plays conducted in the clinic)
- Review of predictors of treatment outcome using a comprehensive battery of assessment tools collected at baseline entry into the community psychiatry clinic
- Examination of the role of psychosis in borderline personality disorder

Engagement Opportunities

Introductory Level

- Developing research questions
- Ethics applications (HiREB)
- Literature reviews

Intermediate Level

- Assessment of research participants
- Data analysis using SPSS for poster and/or oral presentations at conferences/rounds /symposia

Advanced Level

- Training in clinical assessments for BPD/psychosis/PTSD in clinical research
- Data analysis and write up of manuscripts for publication

If you are interested in learning more, please leave your contact information with the Research Office and/or contact Dr. Katherine Holshausen at kholschau@stjoes.ca