

# **Michael Vallis**

**Associate Editor at Diabetes Canada**

Halifax, NS, CA

Dr. Michael Vallis is actively researching motivation, behavioural change, and adaptation to chronic disease.

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Dr. Michael Vallis is a registered health psychologist practicing at the Capital Health, Halifax, and cross-appointed to Dalhousie University as Associate Professor in Family Medicine and Psychiatry and Adjunct Professor in Psychology and Health and Human Performance.

He obtained his Ph.D. and M.A from the University of Western Ontario, London, and his B. Sc. From Dalhousie University. His main area of expertise is adult health psychology, with an emphasis on diabetes, obesity, cardiovascular risk and gastroenterology.

He has developed the Behaviour Change Institute, a training program for lifestyle counselling skills for physicians, nurses, dietitians and other healthcare providers.

He regularly supervises clinical and academic students at Dalhousie and is active in research on motivation, behavioural change and adaptation to chronic disease.

He is an Associate Editor of the Canadian Journal of Diabetes and Clinical Obesity, is the Canadian Lead for the Diabetes Attitudes, Wishes and Needs 2 study (DAWN2), is the Canadian Co-Lead and on the International Steering Committee of the IBD Connect project. He was recently awarded a Queen's Diamond Jubilee Medal by the Government of Canada on the recommendation of the Canadian Diabetes Association.

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Education/Learning, Program Development, Health and Wellness, Public Policy, Training and Development

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Diabetes, Mental Health, Behavioural Change, Diabetes and Mental Health, Chronic Disease, Gastroenterology, Cardiovascular Disease, Obesity

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Partners for Care : Co-Director, Canadian Obesity Network : Psychologist, Capital Health : Psychologist and Lead Behaviour Change Institute , Dalhousie University : Associate Professor Family Medicine and Psychiatry, Dalhousie University : Adjunct Professor Psychology and Health and Human Performance

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**University of Western Ontario**

Ph.D. Psychology

**University of Western Ontario**

M.A. Clinical Psychology

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**Queen Elizabeth II Diamond Jubilee Medal**

Awarded on the recommendation of the Canadian Diabetes Association for contributions to the CDA's work.

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