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Dr. David graduated from Queen's University in 1989 with a Ph.D. in Clinical Psychology. She completed her Ph.D. research with Drs. Alistair MacLean and John Knowles, and developed a passion for sleep research. She began working on the Treatment Evaluation Unit at Kingston Psychiatric Hospital in April 1987, and, collaborating with Dr. Steve Southmayd, continued to conduct research and publish in the area of sleep, depression, and circadian rhythms. Today she works on the renamed Mood Disorders Research and Treatment Service (now Providence Care, Mental Health Services) as Unit Psychologist. She is also the Professional Practice Leader for psychology at Mental Health Services.

As a clinician Dr. David spends much of her time engaged in the assessment and treatment of severe mood disorders, with a focus on cognitive-behavioural therapy. She is an experienced teacher and workshop presenter, with particular focus on Cognitive Therapy, Sleep and Shift work, Mood and Anxiety Disorders, Seasonal Affective Disorder and Light Therapy. She is a master trainer in suicide intervention, and has led suicide awareness training with the Kingston Police. She also facilitated a clinicians' group for cognitive therapists in the Kingston area for many years: an experience that laid the foundation for her interactive teaching style, which emphasizes experiential learning. Dr. David is actively involved with teaching at the graduate level, as well as being a clinical supervisor of cognitive behavioural therapy for psychiatric residents. She has won awards for both clinical supervision and teaching.

Dr. David is a registered member of the College of Psychologists of Ontario, and a diplomat of the Academy of Cognitive Therapy.