



Dr. Emily St. Denis R3

Educational background: I completed my B.Sc. in Biomedical science at the University of Waterloo, my M.Sc. in Community health and Epidemiology at Queen's University, and my M.D. from the Medical University of the Americas.

Hometown: Kanata, Ontario

Research/Academic interests: Continuously evolving. Currently, I am interested in Child and Adolescent Psychiatry, particularly transitional care of adolescents and young adults, CBME, and physician wellness. I have a special interest in borderline personality disorder, and would like to study how to build resilience in children.

Hobbies/Personal interests: I enjoy good food among friends, running, yoga and netflix binging. My favourite restaurant in Kingston would be Days on Front.

What would you like to tell prospective applicants to our program?

Psychiatry is an exciting field to be in. There are lots of great opportunities, it's wonderful to be able to really get to know and understand our patients through psychotherapy, and job prospects are appealing. There are also a lot of exciting changes currently in the department.

If you weren't a psychiatry resident, what other speciality (or occupation) would you have done?

An epidemic intelligence service officer (or field epidemiologist), like Kate Winslet's character in the movie Contagion.

What is your favorite sound?

The CBC's "As It Happens" opening song.

What is your most treasured possession?

Our Bonavita drip coffee maker.

Describe the color yellow to somebody who has never seen the colour.

Bright, sunny and happy.

Which superpower would you most like to have?

The ability to predict the future.

If there was a movie produced about your life, who would play you and why?

It would have to be either Julianne Moore or Kate Winslet because of the hair.