

Dr. Holt completed her Bachelor of Science in Nursing and then her Medical Degree at the University of Saskatchewan. She did her Psychiatry residency program at the University of Calgary and completed it in Saskatchewan. She has been working for 15 years at the University of Saskatchewan, Student Wellness Centre. Dr. Holt is on the Eating Disorders Treatment Team of interdisciplinary health care providers who treat post-secondary student-patients. She is a member of CADDRA- Canadian ADHD Resource Alliance Board. Dr. Holt is also a member of the Saskatchewan Medical Association- Physician Health Program, is a lecturer in the College of Medicine and is actively involved in teaching medical students and psychiatry residents.

Dr. Holt is married with four children, ages 13-21.