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79TH ANNUAL OPA CONFERENCE

2026 PROGRAM

November 4-6, 2026

THEME

Advancing Psychology in Ontario: Ethics, Expertise, Entrepreneurial Edge

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Live in Toronto: November 4
Virtual: November 5 and 6

Welcome from the OPA President



Welcome to the Ontario Psychological Association's 79th Annual Conference. Whether you are joining us in Toronto on November 4, online on November 5–6, or for all three days, I am so glad you are here.

When I think about what I look forward to most at our conference, it is the people. It is catching up with colleagues I do not see often enough, meeting someone new, and having a conversation that reminds me why I love this work. Last year, I left our in-person day feeling lighter. My hope is that this year's conference offers you that same sense of connection, alongside learning that stays with you.

Our theme, **Advancing Psychology in Ontario: Ethics, Expertise, Entrepreneurial Edge**, gives us much to explore together. It speaks to the care we take in our decisions, the knowledge and skills we spend years developing, and the creativity we bring to meeting changing needs. This year's program is an opportunity to learn from people who bring both expertise and a willingness to share what they have learned along the way.

It has been a demanding year for psychology in Ontario. Our advocacy for improved access to care, rigorous education and training standards, and public protection has required sustained effort. I have been especially grateful for the members who have reached out with thoughtful questions, encouragement, and offers to help. Those exchanges have meant a great deal to me, and they are a reminder of the generous and committed people who make up our profession.

To our students, early career colleagues, and first-time attendees: a very warm welcome. I hope you meet people you can learn from, feel comfortable sharing your own ideas, and leave feeling welcomed and connected. Thank you to our speakers, OPA staff, board members, and sponsors for the time, thought, and care that have gone into bringing us together. And thank you for making time to be here, amid all the other things asking for your attention.

I hope you leave with something useful for your work, some new connections, and a little more energy for the days ahead. I look forward to sharing the conference with you.

Warmly,

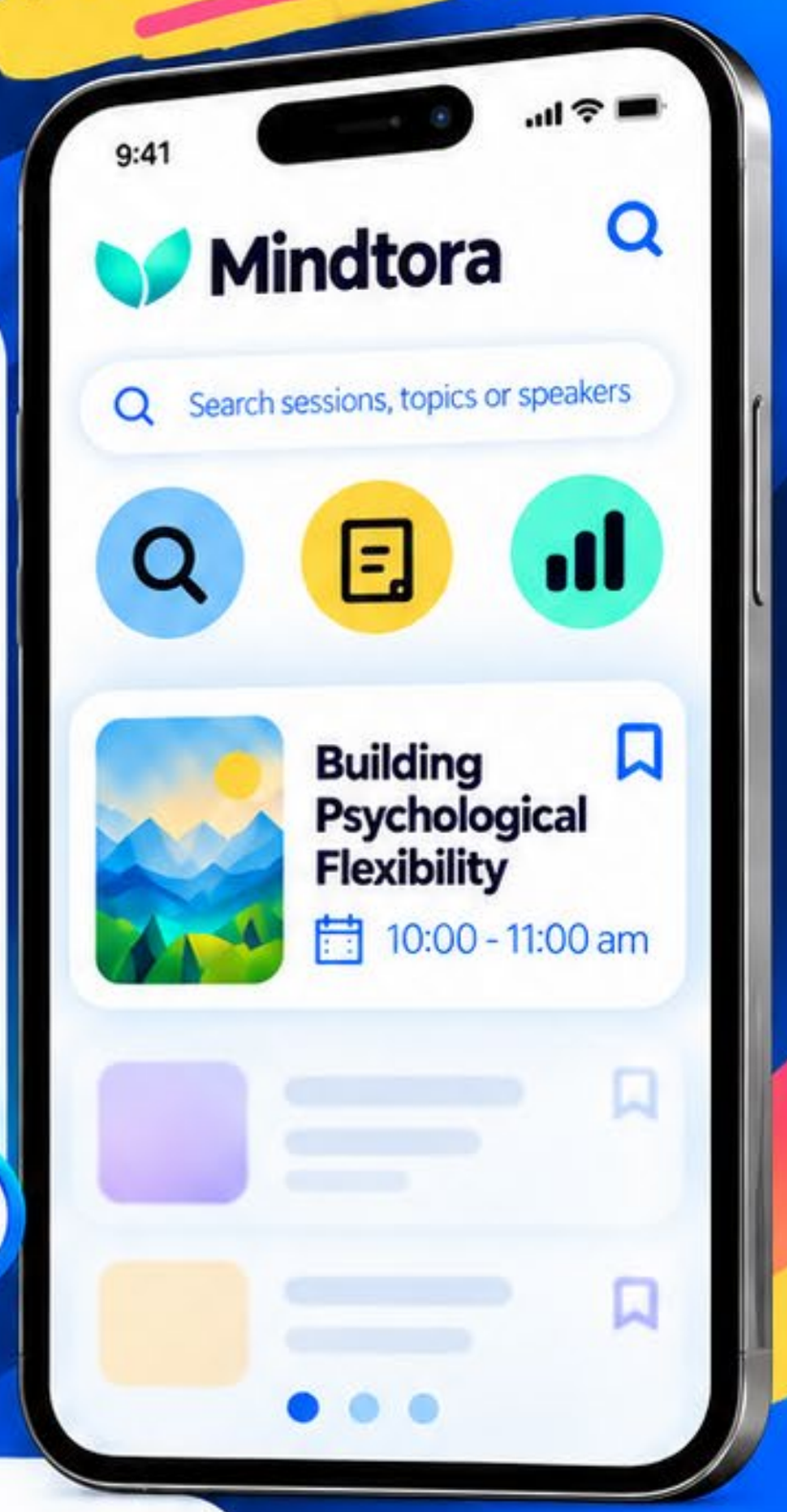
Dr. Laura Nichols, C. Psych
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Virtual Conference Resources

How to use the platform

This year’s conference uses Fourwaves to support both the virtual conference experience and poster presentations. Through Fourwaves, attendees can access virtual sessions, view posters, connect with presenters, and navigate conference content.

To learn how to access and use the platform, please review the guide below:

1. Introduction to the virtual platform | Fourwaves Help Center

2. Get ready for a virtual event on Fourwaves | Fourwaves Help Center

We recommend reviewing the guide before the conference to ensure you are familiar with the platform and ready to participate in all conference activities.

Access the Conference

https://live.fourwaves.com/opa79

Access slides and handouts

Looking for presentation materials?

Conference slides, handouts, and other session resources will be posted online as they become available and are approved for sharing. Visit the Conference Session Resources page throughout and after the conference for the latest materials:

https://event.fourwaves.com/opa79/pages/cd0c6311-1a0c-444f-9983-1099d0a4c8a1

How do I access session recordings?

Conference recordings will be added directly to the conference agenda under each session as they become available. Please note that recordings may not be available for all sessions.



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Whether you're a student, early-career professional, practitioner, academic, or retired member, OPA offers opportunities to connect, learn, and contribute to the future of the profession.

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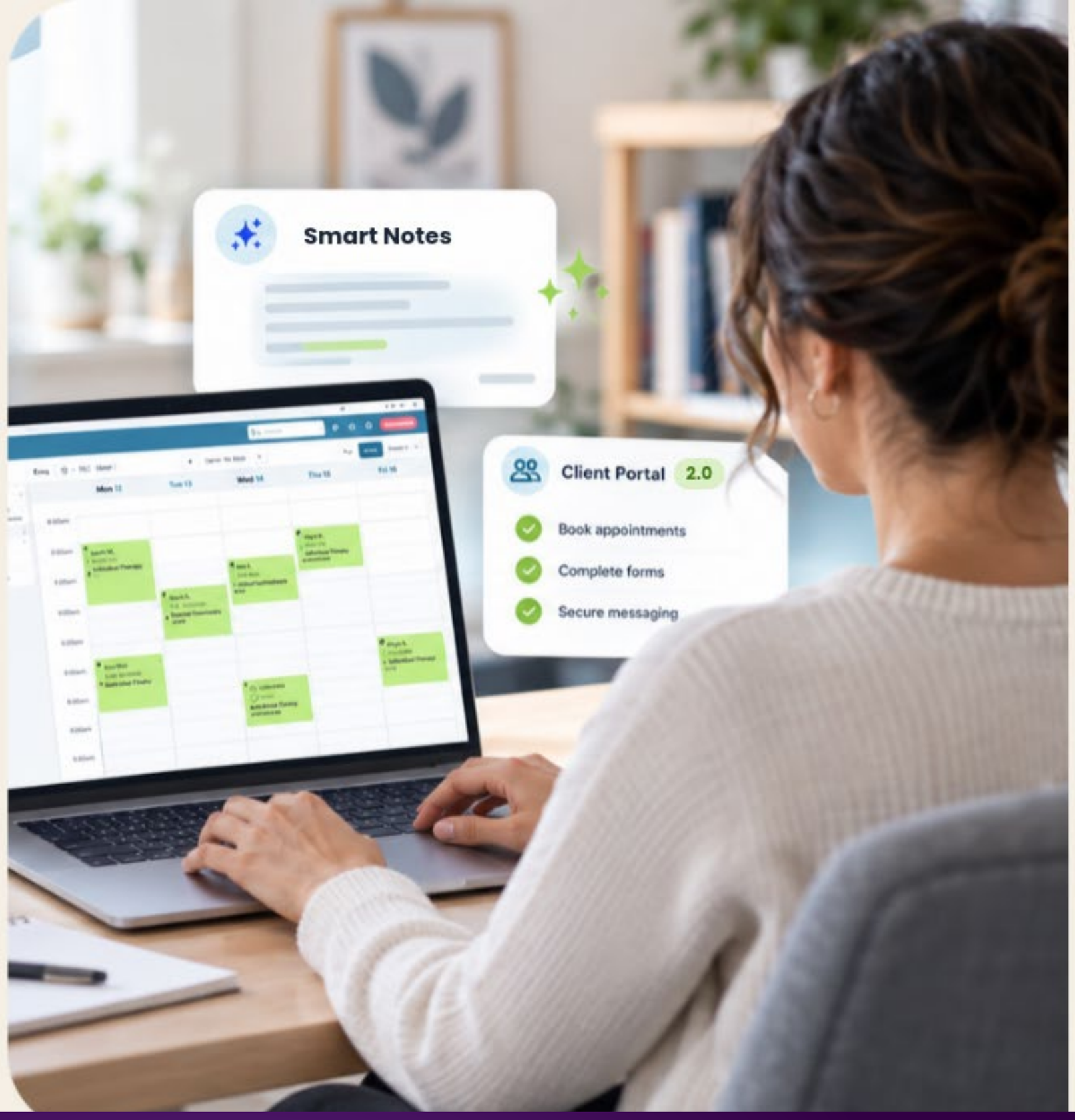
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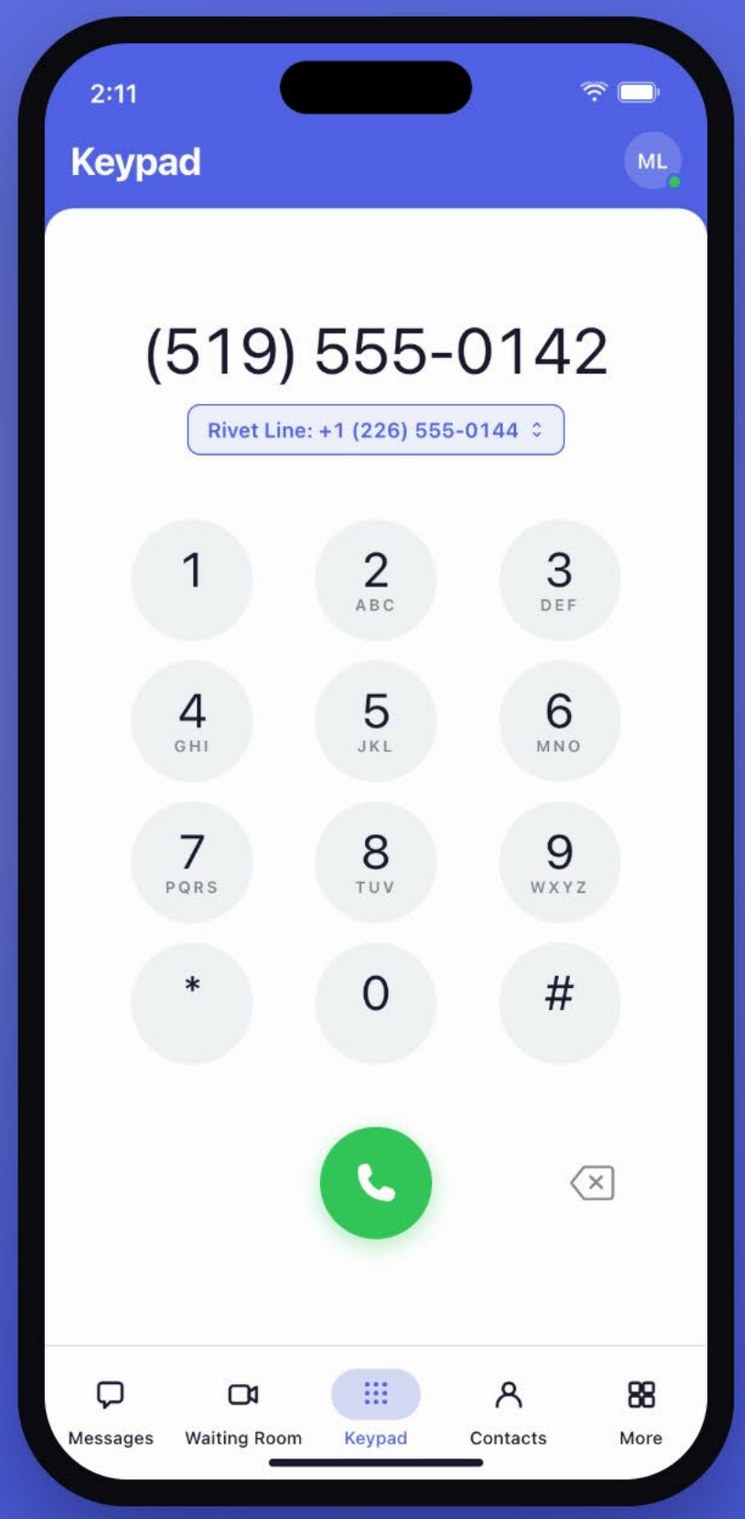
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New

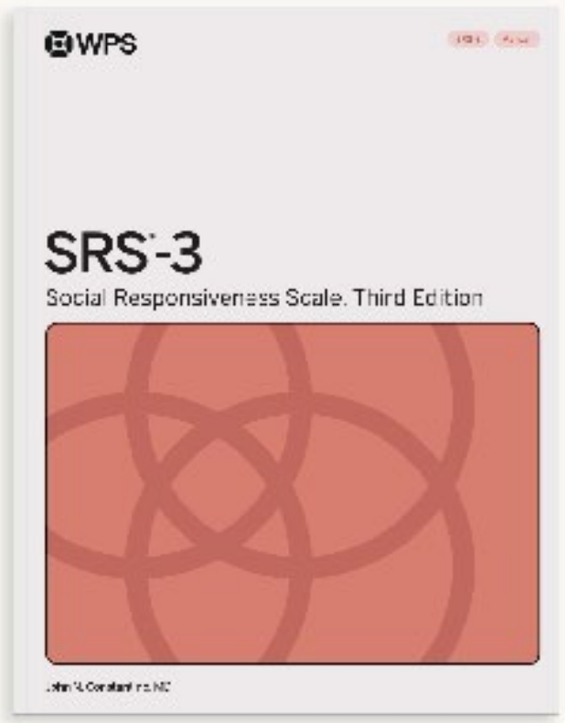
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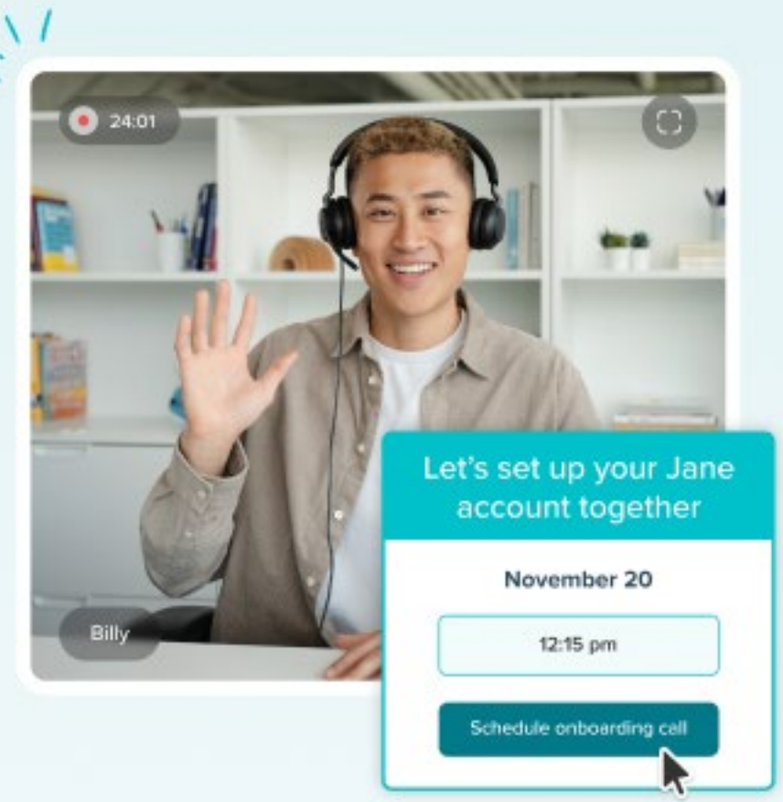
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AccessOAP is the independent intake organization for the Ontario Autism Program. AccessOAP supports families and administers key functions of the Ontario Autism Program, including:

- intake and registration,
- service navigation,
- family support, and
- carrying out the determination of needs process for core clinical services.

AccessOAP also helps families understand their service options and navigate supports within and outside of the Ontario Autism Program, including supports in their local community.

Regional Service Networks

Our Regional Service Network teams are here to support service providers across Ontario. If you have questions about AccessOAP processes, Ontario Autism Program guidelines, or anything else that may support your work with families, we would encourage you to connect.

The Regional Service Network teams also offer engagements that are designed to share information about the Ontario Autism Program and AccessOAP supports and processes. To schedule a session on one of our many topics such as Introduction to AccessOAP, Determination of Needs, Letters of Recommendation, Core Clinical Services, etc.

Contact us:
Email: **ProviderRelations@AccessOAP.ca**
Phone: **1-833-425-2445 ext. 4**

Sign up for the Connections newsletter.

Subscribe to Connections

Connections Newsletter is an AccessOAP newsletter created for providers working with families enrolled in the Ontario Autism Program. Connections provides timely and accurate information about AccessOAP's processes and services to support your interactions with families. Please share this newsletter with your colleagues and encourage them to sign up to stay connected.

Who is AccessOAP?

Watch the AccessOAP Overview

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Don’t Miss the Poster Presentation Session!

Attend the Poster Presentation hall

Join us on November 5 at 11:40 AM to explore innovative research, programs, and initiatives from colleagues across the field of psychology.

The Poster Presentation Session offers a unique opportunity to engage directly with presenters, ask questions, exchange ideas, and learn about emerging work shaping the profession.

We encourage all attendees to stop by, connect with presenters, and support their contributions.

Go to the Poster Presentation Session

https://live.fourwaves.com/opa79/posters

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Preconference Workshop Schedule

November 4

In person at Toronto Don Valley Hotel & Suites
175 Wynford Dr. North York, ON M3C1J3

TIME	SESSION TITLE
9:00 AM - 10:10 AM	Registration
10:10 AM - 10:20 AM	Welcome
10:20 AM - 11:20 AM	Privacy Law, Risk Management, and Professional Liability for Psychologists **Ruba El-Sayegh, Gowling**
11:20 AM - 11:30 AM	OPA Awards
11:30 AM - 12:30 PM	**NETWORKING LUNCHEON**
12:30 PM - 1:30 PM	AI in Clinical Practice: Navigating Permitted Use and Legal Risk **Sophie Nunnelly**
1:30 PM - 1:50 PM	**BREAK**
1:50 PM - 2:50 PM	AI in Mental Health: Navigating the Hype, Hope, and Harms **Dr. Marta Maslej**
2:50 PM - 3:00 PM	Closing Remarks **Dr. Laura Nichols, OPA President**

Reminder: November 4 sessions are in person only and will not be livestreamed. Recordings of these sessions will be made available approximately three weeks after the event.

ONTARIO PSYCHOLOGICAL ASSOCIATION

Virtual Day One Schedule

November 5

TIME	STAGE 1	SPONSOR	STAGE 2	SPONSOR
8:50 AM - 9:00 AM	Conference Opening **Dr. Laura Nichols**		Inactive. Join Stage 1	
9:00 AM - 10:00 AM	Neuromodulation Therapies for Psychiatric Disorders **Dr. Nicholas Trapp**	**IG Wealth Management**	Personality Disorders: The Essentials for Front-Line Clinicians **Dr. Gregory W. Lester**	**IG Wealth Managemen**
10:00 AM - 10:10 AM	**BREAK**			
10:10 AM - 11:40 AM	**MASTER CLINICIAN SESSION** Processing Emotion, Transforming Trauma: Mastering Emotional Processing in Brief and Standard Prolonged Exposure (PE) for PTSD **Dr. Sheila Rauch**	**IG Wealth Management**	Inactive. Join Stage 1	
11:40 AM - 12:30 PM	**POSTER PRESENTATIONS** Location: Poster Hall			
12:30 PM - 1:15 PM	**LUNCH**			

SCHEDULE CONTINUED ON NEXT PAGE

Virtual Day One Schedule (Continued) November 5

TIME	STAGE 1	SPONSOR	STAGE 2	SPONSOR
1:15 PM - 2:15 PM	AI + Mental Health: The Good, the Bad, and the Dangerous **Dr. Rachel Wood**	**IG Wealth Management**	From Surviving to Stabilizing: An Introduction to the Finding Solid Ground Program **Dr. Bethany Brand**	**IG Wealth Management**
2:20 PM - 3:20 PM	The Unnatural Entrepreneur: 10 Tips for a Successful Life in Private Practice **Dr. Randy Paterson**	**IG Wealth Management**	Beyond the Mask: Recognizing Autism in Adults and Implementing Practical Modifications based on Co-Design **Drs. Yona Lunsky & Louisa Man**	**IG Wealth Management**
3:20 PM - 3:30 PM	**BREAK**			
3:30 PM - 4:30 PM	Psychology at a Crossroads: Training, Standards, and the Future of the Profession **Drs. Laura Nichols, Katie Stewart, Lisa Votta-Bleeker, and Stewart Madon**	**IG Wealth Management**	Inactive. Join Stage 1	
4:30 PM - 4:35 PM	Closing of Day One **Dr. Laura Nichols**		Inactive. Join Stage 1	

Reminder: November 5 sessions will be livestreamed for registered attendees. Recordings will be made available following the event.

ONTARIO PSYCHOLOGICAL ASSOCIATION

Virtual Day Two Schedule

November 6

TIME	STAGE 1	SPONSOR	STAGE 2	SPONSOR
9:00 AM - 9:10 AM	Day Two Welcome **Dr. Laura Nichols**		Inactive. Join Stage 1	
9:10 AM - 10:10 AM	Quieting the OCD Brain: Metacognitive Strategies and Tactics **Dr. Reid Wilson**	**WPS Publish**	Suicide Safety Assessment and Management in Clinical Practice **Dr. Sophie Liljedahl**	**Owl Practice**
10:10 AM - 10:20 AM	**BREAK**			
10:20 AM - 11:50 AM	**MASTER CLINICIAN SESSION** Private Practice: Aligning Entrepreneurship with Ethics **Dr. Jeff Zimmerman**	**BMS Insurance**	Inactive. Join Stage 1	
11:55 AM - 12:10 PM	**POSTER PRESENTATIONS AWARDS** **Drs. Laura Nichols, Marlene Taube-Schiff and Katie Stewart**		Inactive. Join Stage 1	
12:10 PM - 12:55 PM	**LUNCH**			

ONTARIO PSYCHOLOGICAL ASSOCIATION

Virtual Day Two Schedule (Continued) November 6

TIME	STAGE 1	SPONSOR	STAGE 2	SPONSOR
12:55 PM - 1:55 PM	Medical Assistance in Dying When the Sole Underlying Medical Condition is a Mental Disorder **Dr. Sam Mikail**	**BMS Insurance**	Understanding Cognitive Aging: Implications for Psychological Assessment and Treatment **Dr. Jenny Rabin**	**Rivet**
2:00 PM - 3:00 PM	Conversation Hour: General State of the Profession **Dr. Christine Padesky**	**Rose + Thorn Consulting**	Clinical Supervision: The Foundational Ingredient **Dr. Carol Falender**	**Rose + Thorn Consulting**
3:00 PM - 3:10 PM	**BREAK**			
3:10 PM - 4:10 PM	What Psychologists Get Wrong About Aging: Challenging Myths in Clinical Practice **Dr. Julie Erickson**	**Rivet**	**KEYNOTE SESSION** AI Ethics in Clinical Psychology: Supporting Ethical Decision-Making in Practice **Dr. Alexis Fabricius**	**Owl Practice**
4:15 PM - 4:20 PM	**CONFERENCE CLOSING** **Dr. Laura Nichols**		Inactive. Join Stage 1	

Reminder: November 6 sessions will be livestreamed for registered attendees. Recordings will be made available following the event, with the exception of Conversation Hour: General State of the Profession with Dr. Christine Padesky, which will not be recorded.

ONTARIO PSYCHOLOGICAL ASSOCIATION

ABOUT THE SPEAKERS



Dr. Bethany Brand

Bethany Brand, Ph.D. is Psychology Professor Emerit at Towson University. She has over 30 years of clinical and research experience, including training at Johns Hopkins Hospital, George Washington University Hospital, and at Sheppard Pratt Health System's Trauma Disorders program. Dr. Brand has published over 140 papers focusing on treatment of complex trauma and dissociation (i.e., the TOP DD studies); the assessment of trauma-related dissociation; critiques of the fantasy model of dissociation; training about trauma; and the accuracy of textbooks' coverage of trauma, among other topics. She is a co-author of *Finding Solid Ground: Overcoming Obstacles in Trauma Treatment* and *The Finding Solid Ground Workbook* and author of *The Concise Guide to the Assessment and Treatment of Trauma-related Dissociation*. In addition to treating patients, Dr. Brand serves as a forensic expert in trauma-related cases including death penalty and death row cases.



Ruba El-Sayegh

Ruba El-Sayegh is a partner in the Advocacy Group of Gowling WLG. Her practice focuses on civil litigation as well as regulatory/administrative law, with an emphasis on health law, medical defence, and professional liability.

Ruba has appeared before the Ontario Superior Court of Justice, the Ontario Divisional Court, the Ontario Court of Justice, and Small Claims Court, and she has also appeared as counsel at Coroner's Inquests and the Human Rights Tribunal of Ontario. Ruba regularly appears before the Health Professions Appeal and Review Board, and she assists physicians, psychologists, physiotherapists, and dental hygienists (among other regulated health professionals) with college investigations, professional fitness to practice and disciplinary proceedings, and hospital board proceedings.

Read more about Ruba El-Sayegh here.



Dr. Julie Erickson

Dr. Julie Erickson is a clinical psychologist, author, and educator focused on aging and mental health. She is the co-author of *The Aging Well Workbook for Anxiety and Depression* and an Adjunct Faculty Member at the University of Toronto, where she teaches graduate-level courses in cognitive-behavioural therapy. Dr. Erickson maintains a private practice in Toronto and is a sought-after speaker and trainer who has provided continuing education to thousands of mental health professionals across North America. Her work has been featured in outlets including CBC News, HuffPost, Global News, and *Psychology Today*. Through her clinical, academic, and public education work, she aims to challenge ageist assumptions and reshape how we understand mental health and well-being in later life.



Dr. Alexis Fabricius

Alexis Fabricius is an Assistant Professor in the Department of Psychology at the University of Guelph. Her research examines the ethical, social, and philosophical implications of digital technologies, artificial intelligence, and data-intensive practices across healthcare, clinical care, and research.

Her work spans a broad range of health technologies, including health data linkage, AI-enabled clinical decision-support systems, AI scribes, cloud-based clinical management systems, generative AI, mental health and period-tracking apps, and other forms of digital health technology. While discussions of technology ethics often focus on privacy, consent, and data governance, her research also explores broader ethical questions relating to labour, environmental sustainability, power, politics, and the ways digital technologies reshape healthcare, professional practice, and human relationships.

Read more about Dr. Alexis Fabricius here.



Dr. Carol Falendar

Carol Falender, Ph.D. is co-author of multiple books on clinical supervision: *Clinical Supervision: A Competency-based Approach* (2004; second edition, 2021), *Getting the Most Out of Clinical Training and Supervision: A Guide for Practicum Students and Interns* (2012), *The Essentials of Competency-based Clinical Supervision* (2017), co-editor of *Casebook for Competency-based Clinical Supervision* with Edward Shafranske; *Multiculturalism and Diversity in Clinical Supervision: A Competency-based Approach* (2014) edited with Edward Shafranske and Celia Falicov and *Consultation in Psychology: A Competency-based Approach* (2020) with Edward Shafranske. She has conducted workshops internationally. She received a Presidential Citation from the American Psychological Association for innovative contributions to the practice of clinical supervision, and in 2018 received the Distinguished Career Contributions to Education and Training in Psychology Award from the American Psychological Association and in 2023, the Distinguished Award for International Advancement of Psychotherapy from Division 29.

Read more about Dr. Carol Falendar here.



Dr. Gregory W. Lester

Gregory W. Lester, Ph.D. is a clinical psychologist licensed in Colorado and Texas. He has been in practice for over 40 years, has personally evaluated and treated over 3,500 patients, and has traveled widely to speak at conferences and teach continuing education seminars. In his specialty of personality disorders, Dr. Lester has trained more human services professionals than any other individual, having presented over 2,000 trainings to over 250,000 professionals in 132 cities across the globe. Dr. Lester's office also served as one of the research sites for the revision of the personality disorders section for the DSM-5.

Dr. Lester is the author of four best-selling clinical manuals on the diagnosis and treatment of personality disorders, as well as *Power with People*, a manual of interpersonal effectiveness that is currently in its second edition and twentieth printing, Shrunken Heads, an irreverent memoire of his graduate school experiences, and *Central Intelligence Bureau: The Shrink, the Chip, and the Spy*, a spy novel series.

Read more about Dr. Gregory W. Lester here.



Dr. Sophie I. Liljedahl

Sophie I. Liljedahl, Ph. D., C. Psych. is a Clinical Psychologist and Associate Professor of Psychiatry at the University of Gothenburg, Sahlgrenska Academy. She serves as Lead, Clinical Research for the National Medical Care Unit for Severe Self-Harm Behaviour at Sahlgrenska University Hospital in Gothenburg, Sweden.

Sophie completed her doctorate in Clinical Psychology within a scientist-practitioner model of training in a Community Psychology laboratory at the University of Ottawa. This clinical, scientific, and cultural context shaped her professional commitment to working alongside people towards their experience of liberation and well-being. Her research and clinical work focus on developing and evaluating treatments for self-harm and suicide prevention, personality disorders, and emerging evidence-based interventions.

Read more about Dr. Sophie I. Liljedahl here.



Dr. Yona Lunsky

Yona Lunsky, PhD, CPsych, FAAIDD, is the Scientific Director of the Azrieli Adult Neurodevelopmental Centre, Director of the Health Care Access Research and Developmental Disabilities Program (www.hcardd.ca) and a Senior Scientist at the Centre for Addiction and Mental Health (CAMH), in Toronto, Canada. She is also Professor in the Department of Psychiatry at the Temerty Faculty of Medicine, University of Toronto, an Adjunct Scientist at ICES, and a Clinical Psychologist. She has been studying the mental and physical health of adults with developmental disabilities and their families for more than 25 years, and has published over 300 papers on this topic. She works closely with people with developmental disabilities, their families, and clinical providers to identify health care gaps and co-design innovative solutions.



Dr. Stewart Madon

Dr. Stewart Madon, C. Psych., is the Director of Professional Affairs and Registrar of Accreditation for the Canadian Psychological Association. In his role, Dr. Madon works extensively with national and international partners in professional psychology on a range of training- and practice-related issues.



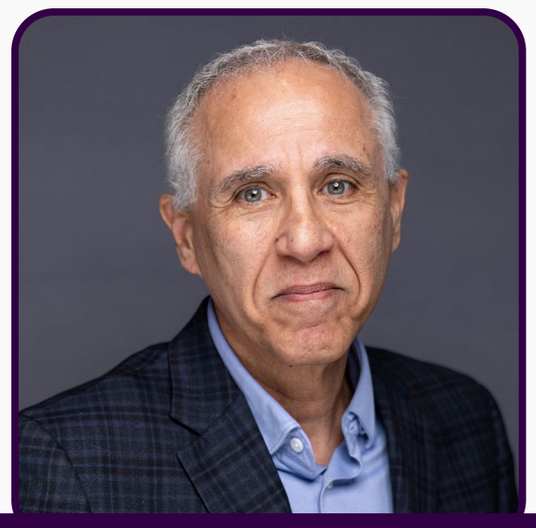
Dr. Louisa Man

Louisa Man, PhD, CPsych (she/her) is a registered clinical psychologist primarily supporting autistic adults through neuroaffirming assessments and co-designed therapy (across Dialectical Behaviour Therapy and Acceptance and Commitment Therapy). She is based at Adult Neurodevelopmental Service and Azrieli Adult Neurodevelopmental Centre at the Centre for Addiction and Mental Health (CAMH). Her research focuses on better understanding masking/camouflaging in assessment, as well as co-designed programming with and for autistic adults.



Dr. Marta Maslej

Marta Maslej, PhD, is a Staff Scientist with The Krembil Centre for Neuroinformatics at CAMH and Assistant Professor in the Department of Psychiatry at The University of Toronto. She co-leads the Predictive Care Team, which uses interdisciplinary methods to study impacts of AI on mental health, with a focus on responsible integration and health equity. As part of this work, she uses AI to derive insights from clinical data, with the aim of improving assessment, informing treatment decisions, and identifying and mitigating bias.



Dr. Sam Mikail

Dr. Mikail is a registered psychologist in the province of Ontario and is Board Certified in clinical psychology with the American Board of Professional Psychology. He maintains a private practice in Newmarket, Ontario, is a consulting psychologist at the Southdown Institute in East Gwillimbury, Ontario, and holds an appointment as Adjunct Faculty and clinical supervisor at the University of Waterloo. Dr. Mikail has served on the boards of several professional associations, including serving as President of the Canadian Psychological Association (2018-2019). In 2021 he received the award for Distinguished Contributions to Psychology as a Profession and in 2025 the John C. Service Member of the Year Award from the Canadian Psychological Association



Dr. Laura Nichols

Dr. Laura Nichols, C. Psych, is a clinical psychologist, President of the Ontario Psychological Association (OPA), and founder and director of the Centre for Change, a group practice in Ottawa.

Dr. Nichols specializes in the assessment and treatment of mood and anxiety disorders and occupational stress injuries, including PTSD among first responders and injured workers. She supervises doctoral students, residents, and early career psychologists, with training rotations in general mental health and trauma. She has held adjunct professor appointments in Atlantic Canada and Ottawa, published peer-reviewed research, presented internationally, and served as an ad hoc reviewer for mental health research organizations.

As OPA President, she advocates for improved access to psychological care, with rigorous education and training standards, transparency, and public protection at the heart of her work.

Read more about Dr. Laura Nichols here.



Sophie Nunnelley

Sophie Nunnelley is an Assistant Professor at the University of Ottawa Faculty of Law, (Common Law Section) and a member of both the uOttawa Centre for Health Law, Policy and Ethics and the Centre for Law, Technology and Society. She writes about health and mental health law and policy, focusing on issues relating to legal capacity and decision-making, human rights, and the governance of health-related artificial intelligence. She is a former AMS Fellow in Compassion and Artificial Intelligence, and is part of several interdisciplinary research teams examining the regulation of AI, health, and disability. Nunnelley received her SJD from the University of Toronto under the supervision of Dr. Jennifer Nedelsky, supported by a Vanier Canada Scholarship. She received her LL.M. from Yale University as a Fulbright Scholar.

She also practiced law for roughly a decade, including with the Constitutional Law Branch of the Ontario Ministry of the Attorney General under the McGuinty government.

Read more about Sophie Nunnelley here.



Dr. Christine A. Padesky

Christine A. Padesky, Ph.D. is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and a leading CBT innovator. Along with Kathleen Mooney, PhD she created Strengths-Based CBT which helps clients construct new beliefs and behavioral strategies in order to improve overall functioning and relationships. She has taught more than 500 workshops on 5 continents to over 55,000 therapists. Her teaching has been praised for her integration of theory, empiricism, creativity, audience interaction and practical skills. This is perhaps why her Clinical Tips on YouTube/ChristinePadesky have more than a half million views.

Dr. Padesky is recipient of the British Association of Behavioural and Cognitive Psychotherapies' Most Influential International CBT Therapist award and the California Psychological Association's Distinguished Contribution to Psychology award. In 2007 the Academy of Cognitive Therapy bestowed on her its Lifetime Achievement Award for her enduring contributions to the field.

Read more about Dr. Christine A. Padesky here.



Dr. Randy Paterson

Randy Paterson (randypaterson.com) is a Vancouver-based psychologist and author (*Private Practice Made Simple, The Assertiveness Workbook, How to be Miserable: 40 Strategies You Already Use*). He is the director of Changeways Clinic (changeways.com), which began its life as a side-of-desk practice during his time at UBC Hospital and expanded to become one of Vancouver's largest all-psychologist psychotherapy clinics. He has presented workshops across Canada and in Australia, New Zealand, and Hong Kong on diverse topics including private practice management, communication skills, the failure-to-launch phenomenon, the mechanics of exposure therapy, and evidence-based strategies for the treatment of depression.



Dr. Jenny Rabin

Dr. Jenny Rabin is an Associate Professor in the Department of Medicine (Neurology) at the University of Toronto, a Scientist at Sunnybrook Research Institute, and a registered clinical neuropsychologist. Her work focuses on cognitive aging, women's brain health, and the early detection of neurodegenerative disease.

As Neuropsychology Lead at the Harquail Centre for Neuromodulation, Dr. Rabin investigates the cognitive, behavioral, and psychosocial effects of emerging neuromodulation therapies, including deep brain stimulation, focused ultrasound, and repetitive transcranial magnetic stimulation (rTMS), with the goal of improving outcomes for individuals with neurological and psychiatric disorders.

Dr. Rabin has authored more than 120 peer-reviewed publications and is the recipient of multiple competitive external research grants.



Dr. Sheila A.M. Rauch

Sheila A.M. Rauch, Ph.D., ABPP, is Deputy Director of the Emory Healthcare Veterans Program and Director of Mental Health Research and Program Evaluation at Joseph Maxwell Cleland Atlanta VA Medical Center. For over 25 years, Dr. Rauch's work focuses on developing programs, training providers in effective PTSD treatment, conducting research, and providing PTSD and Anxiety Disorders treatment aiming to improve access to effective mental health treatment. She is an author of the Prolonged Exposure therapy manual and developer of Processing Emotions in Primary Care- a brief and effective PTSD intervention for integrated care settings. She has published over 200 scholarly articles, many chapters, and six books. She is a fellow in the American College of Neuropsychopharmacology and a fellow in the Association for Behavioral and Cognitive Therapy.



Dr. Katie Stewart

Dr. Katie Stewart is a clinical psychologist. She is currently working at Ontario Shores as a clinical consultant, providing consultation and training to allied health professionals. She also provides assessment and treatment at Nellie Health. She has expertise in the treatment of anxiety, post-traumatic stress, obsessive-compulsive, and mood disorders. She also works with clients who have experienced workplace injury, including first responders and Public Safety Personnel. She is also currently involved in a clinical trial examining the effect of psilocybin integrated massed cognitive processing therapy for chronic PTSD.

She graduated from Toronto Metropolitan University (TMU, formerly Ryerson University) in 2022. She completed her psychology residency at St. Joseph's Healthcare Hamilton. During her graduate training she was the recipient of the Canadian Institute of Health Research (CIHR), Frederick Banting and Charles Best Canadian Graduate Scholarship at both the Doctoral and Masters level, as well as the Ontario Graduate Scholarship.

[Read more about Dr. Katie Steward here.]



Dr. Nicholas Trapp

Dr. Nicholas Trapp is the Division Director of Interventional Psychiatry and the Medical Director of the Neuropsychiatry Clinic at the University of Iowa, as well as the R. Paul and Terry L. Penningroth Fellow in Interventional Psychiatry. He completed medical school at the University of Nebraska, psychiatry residency at Washington University in St. Louis, and fellowships in neuropsychiatry at Stanford University and neurostimulation & neuroimaging at the University of Iowa. His research focuses on studying the mechanisms, targeting, clinical application, and optimization of brain stimulation therapies for the treatment of neuropsychiatric conditions.

Academically, Dr. Trapp has been nationally recognized for leading the National Network of Depression Centers Neuromodulation Task Group in developing a consensus document on the use of TMS for depression. He co-directs a Neuromodulation Fellowship at the University of Iowa, and he is part of a task force designing a new nationally-accredited clinical fellowship in Brain Stimulation, open to trainees in psychiatry, neurology, and neurosurgery. He co-chairs the Clinical TMS Society Research Committee and the NNDC Neuromodulation Task Group.

Read more about Dr. Nicholas Trapp here.



Dr. Lisa Votta-Bleeker

Dr. Lisa Votta-Bleeker is the Chief Executive Officer of the Canadian Psychological Association. Dr. Votta-Bleeker holds a Ph.D. in Psychology and has extensive experience in health research, advocacy, and program evaluation. Prior to joining the CPA in 2009, she held positions with the Canadian Institute for Health Information (CIHI), the University of Ottawa, and the Children's Hospital of Eastern Ontario (CHEO), conducting research in the areas of youth homelessness, injury prevention, chronic illness, end of life decision-making, mental health promotion, and the social determinants of health. Outside of the CPA, Lisa is a proud hockey mom of two sons; she loves to travel, read, and kickbox, and is an avid Ottawa Senators hockey fan.



Dr. Reid Wilson

Reid Wilson, PhD, a clinical psychologist in Chapel Hill, NC, has spent 40 years in the field of self-help for anxiety disorders and OCD. He directs the free self-help site "anxieties.com." In 1991 he co-authored with Dr. Edna Foa the first-ever self-help book on exposure and response prevention (ERP), "Stop Obsessing: How to Overcome Your Obsessions and Compulsions." His latest book, released last June, is called "Quiet Your OCD Brain: A Game-Changing Metacognitive Workbook to Defeat Obsessions and Compulsions," and his current online self-help course is called "OCD and the 6-Moment Game: Strategies and Tactics." He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioral and Cognitive Therapies (ABCT). In 2014 he received ADAA's highest service award, and received the 2019 Service Award by the International OCD Foundation. He received the 2025 ADAA Member of Distinction award. He is a founder of CHaOS Rowing, on Jordan Lake, NC.



Dr. Rachel Wood

Dr. Rachel Wood holds a PhD in cyberpsychology with expertise at the intersection of AI and mental health. As founder of the AI Mental Health Collective, she cultivates a cross-disciplinary community of clinicians, builders, researchers, and leaders focused on the ethical impacts of AI in society. Her work has been featured in TIME magazine, ABC, Business Insider, CBS, International Business Times, and other prominent platforms. Dr. Wood serves on the American Psychological Association APA Labs AI Advisory Board as well as advising the National Counselling and Psychotherapy Society. Alongside media contribution based on her research, Dr. Wood is a speaker, workshop facilitator, and advisor.

Drawing from her therapeutic background as a licensed professional counselor, she brings a balanced, centrist approach that holds the paradox of AI's benefits and risks, offering unique insights on artificial intimacy, synthetic relationships, and the future of human connection.



Dr. Jeff Zimmerman

Jeff Zimmerman is a practicing psychologist in New York, Massachusetts, and Connecticut. He has been in practice since 1981. In addition to running and managing a large group practice for 22 years, he is a founder of The Practice Institute (TPI). TPI guides mental health professionals in building ethically responsible thriving practices by helping them learn practice management skills that serve as the foundation for the delivery of clinical services.

Jeff is a frequent presenter on ethical issues related to private practice. He is co-author and co-editor of multiple articles and books on professional practice, including *The Ethics of Private Practice* (2014). Jeff is also the editor of the journal *Practice Innovations*.

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