



78TH ANNUAL OPA CONFERENCE

2025 PROGRAM



askforhelptoday 

CONFERENCE WELCOME

On behalf of the OPA Board of Directors and the Conference Planning Committee, it's my absolute pleasure to welcome you to the Ontario Psychological Association's 78th Annual Conference!

Over the next couple of days, we're thrilled to bring together psychologists, psychological associates, researchers, students, and mental health professionals from across Ontario and beyond.

This year's theme, "Psychology and Evidence-Based Practices: Leading the Way in Mental Health Care," celebrates our shared commitment to advancing psychological science and ensuring that the care we provide is grounded in the best available evidence.

Throughout the conference, we'll have the chance to learn from leading experts, take part in thought-provoking discussions, and (re)connect with colleagues who share our passion for improving the well-being of individuals, families, and communities.

As our profession continues to evolve and work to overcome the current challenges we are facing, OPA remains deeply committed to fostering collaboration, advocacy, and professional growth. Your presence here helps strengthen our collective voice and ensures that psychology continues to lead the way in shaping the future of mental health care in Ontario.

Thank you for being here, for the incredible work you do every day, and for your continued dedication to excellence and compassion in psychological practice.

Welcome – and enjoy the conference!

Warm regards,
Laura Nichols
President, OPA



VIRTUAL CONFERENCE RESOURCES

In order to ensure that you are able to access your account and the virtual conference seamlessly, we have provided resources on how to navigate the Fourwaves platform. For the best conference experience, we ask that all registrants review these at their earliest convenience.

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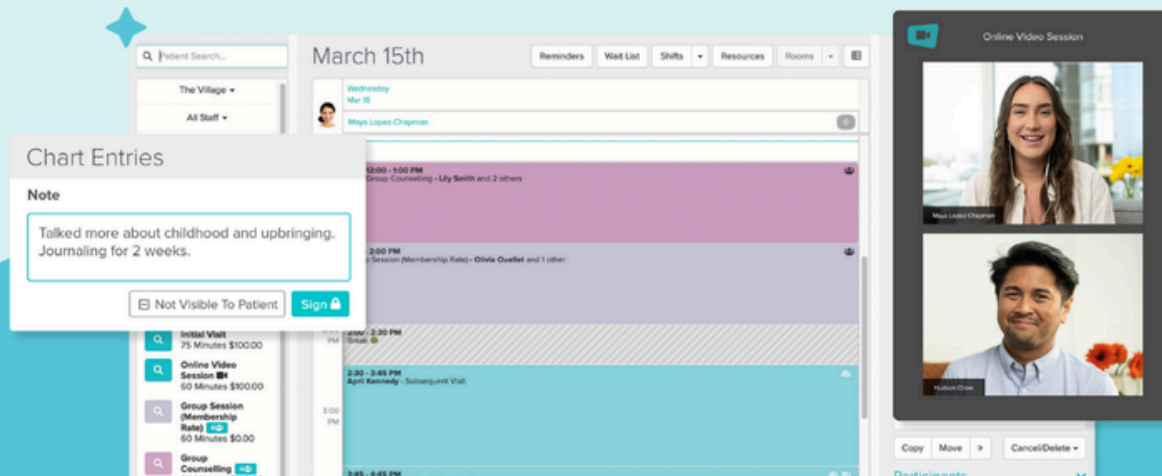
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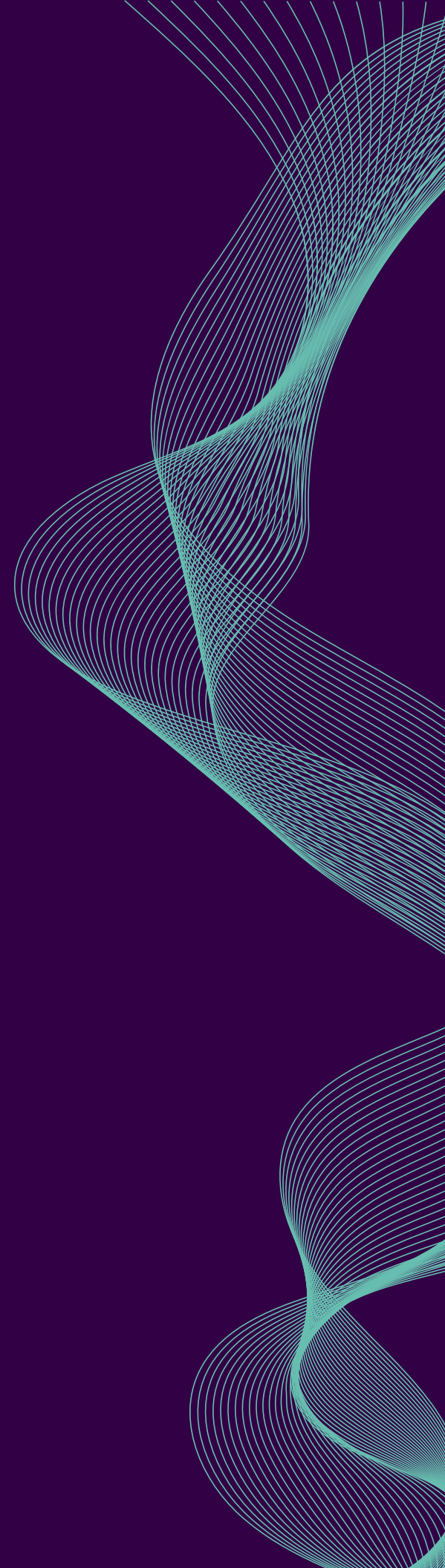


OPA AWARDS

Join us on November 7th
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2025 EVENT SCHEDULE

[IN PERSON] November 5, 2025 | 12:00 - 7:00PM

| TIME | PRECONFERENCE [IN PERSON] |
|---------------|--|
| 12:00 - 12:30 | Registration |
| 12:30 - 1:30 | KEYNOTE: Navigating the Future of Mental Health and Substance Use Health Care: AI and Digital Technologies Dr. Kim Corace |
| 1:30 - 1:45 | BREAK |
| 1:45 - 2:45 | AI & Technology Panel Drs. Sarah Bellefontaine, Kim Corace & Peter Farvolden |
| 2:45 - 3:00 | BREAK |
| 3:00 - 5:00 | Master Clinician Session: CBT for Generalized Anxiety: Bringing Uncertainty to Life Dr. Michel Dugas |
| 5:00 - 7:00 | Wine & Cheese Event |

2025 EVENT SCHEDULE

November 6, 2025 | 8:55AM - 4:20PM

| TIME | STAGE 1 | SPONSOR | TIME | STAGE 2 | SPONSOR |
|---------------|---|---------------|---------------|---|---------------|
| 8:55 - 9:00 | Conference Opening & Land Acknowledgment Dr. Laura Nichols | | 9:00 - 10:00 | Prescribing Psychologists: Changing Scope of Practice in Ontario Dr. Diana Velikonja | RBC Insurance |
| 9:00 - 10:00 | Emotion Focused Therapy: The Transforming Power of Affect Dr. Les Greenberg | RBC Insurance | 10:00 - 10:15 | BREAK | |
| 10:00 - 10:15 | BREAK | | 10:15 - 11:15 | Wellness in the Workplace - Impacts of Menopause and Pelvic Health Conditions Dr. Jane Schulz | RBC Insurance |
| 10:15 - 11:15 | Fitness for Duty Evaluations - Who, When and What to Consider Dr. Sandra Jackson | RBC Insurance | 11:15 - 12:15 | POSTER PRESENTATIONS | RBC Insurance |
| 11:15 - 12:15 | POSTER PRESENTATIONS | RBC Insurance | 12:15 - 1:00 | LUNCH | |
| 12:15 - 1:00 | LUNCH | | 1:00 - 2:00 | Best Practices for Supporting Autistic Adults Drs. Casey Fulford & Vicki Nolan | RBC Insurance |
| 1:00 - 2:00 | KEYNOTE: The World of the Cognitive- behavioural Therapies: Global Opportunities and Challenges Dr. Keith Dobson | RBC Insurance | 2:00 - 2:15 | BREAK | |
| 2:00 - 2:15 | BREAK | | 2:15 - 3:15 | Indigenous Mental Health and Psychotherapy: What does it mean and how is it different? Dr. Suzanne (Ethsi) L. Stewart (Yellowknives Dene) | RBC Insurance |
| 2:15 - 3:15 | Best Practices in Documentation Jim Salmon | RBC Insurance | 3:15 - 4:15 | Reflections and Future Directions in School Psychology: A 30-Year Journey Dr. Archie Kwan | RBC Insurance |
| 3:15 - 4:15 | Feel It, Don't Fear It: An Evidenced Based Mindfulness Tool for In-the-Moment Stress Reduction Dr. Alia W. Offman | RBC Insurance | | | |
| 4:15 - 4:20 | Closing Remarks Dr. Laura Nichols | | | | |

2025 EVENT SCHEDULE

November 7, 2025 | 8:55AM - 4:15PM

| TIME | STAGE 1 | SPONSOR | TIME | STAGE 2 | SPONSOR |
|---------------|---|--------------|---------------|---|---------------|
| 8:55 - 9:00 | Welcome Back! Dr. Laura Nichols | | 9:00 - 10:00 | The Complex and Persistent Relationship between Pain and Mental Health: A Path Towards Healing Dr. Brittany Rosenbloom | BMS Insurance |
| 9:00 - 10:00 | Building Connection by Breaking the Rules: ACT for Teens and Young Adults Dr. Sheri Turrell | Owl Practice | 10:00 - 10:15 | BREAK | |
| 10:00 - 10:15 | BREAK | | 10:15 - 11:15 | Hearing Loss, Disability, and Society: A Guide for Ethical and Equitable Practice Dr. Rachel Wayne | BMS Insurance |
| 10:15 - 11:15 | KEYNOTE: Interpersonal Psychotherapy Theory (IPT), Structure, and Techniques Dr. Scott Stuart | Owl Practice | 11:15 - 12:15 | OPA AWARDS Dr. Laura Nichols & Dr. Marlene Taube-Schiff | Owl Practice |
| 11:15 - 12:15 | OPA AWARDS Dr. Laura Nichols & Dr. Marlene Taube-Schiff | Owl Practice | 12:15 - 1:00 | LUNCH | |
| 12:15 - 1:00 | LUNCH | | 1:00 - 2:00 | The Neuroscience of Safety: Why it Matters Dr. Olivia Chu Yau | Co-operators |
| 1:00 - 2:00 | Missteps in the Treatment of Trauma and PTSD Dr. David Tolin | Owl Practice | 2:00 - 2:15 | BREAK | |
| 2:00 - 2:15 | BREAK | | 2:15 - 3:15 | Cognitive Behavioural Therapy for Binge Eating Dr. Stephanie Cassin | SickKids CCMH |
| 2:15 - 4:15 | MASTER CLINICIAN SESSION: Real Skills for Real Life: Strengthening Skills Use and Generalization in Dialectical Behavior Therapy Dr. Jesse Finkelstein | Owl Practice | 3:15 - 4:15 | Maintaining Student Well-Being in Clinical Supervision Dr. Christine Korol | Co-operators |
| 4:15 - 4:20 | Closing of Conference Dr. Laura Nichols | | | | |

2025 SPEAKER BIOS



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Dr. Sarah Bellefontaine
Ph.D., C.Psych.

Dr. Sarah Bellefontaine is a Clinical, Health, and Counselling Psychologist and the Clinic Director of Four Wings Psychology, a group practice based in the Ottawa area. She provides evidence-based psychological services to adults experiencing anxiety, trauma, chronic illness, grief, and life transitions.

Dr. Bellefontaine has actively integrated artificial intelligence tools into clinical practice, leveraging them to enhance clinical and professional documentation, streamline workflows, and support client psychoeducation. She continues to explore innovative and ethical ways to incorporate AI in a manner that complements clinical judgment and centers the therapeutic relationship.

[Read more about Dr. Bellefontaine here](#)



Dr. Stephanie Cassin
Ph.D., C.Psych.

Dr. Stephanie Cassin is a Professor in the Department of Psychology at Toronto Metropolitan University. She is a Registered Clinical and Health Psychologist, and a leading expert on psychosocial interventions for binge eating and obesity care. Her program of research focuses on developing and testing brief cognitive behavioural therapy and motivational interviewing interventions for people experiencing disordered eating. She has published a book and over 100 scientific articles and book chapters on topics related to cognitive behavioural therapy, motivational interviewing, disordered eating, and obesity. Dr. Cassin is passionate about educating health care professionals and students about effective treatments for disordered eating to increase treatment accessibility to those living with an eating disorder.

[Read more about Dr. Cassin here](#)



Dr. Olivia Chu Yau
Ph.D., C.Psych.

Dr. Chu Yau is a passionate mental health professional specializing in integrative evidence-based practice. She completed her Bachelor of Science Degree at University of Toronto and then continued her education by attaining a Masters and Doctoral Degree in Clinical Neuropsychology at the University of Windsor.

Olivia's expertise spans clinical neuropsychology, clinical psychology, and rehabilitation psychology, working with children, adolescents, and adults. She has extensive experience across diverse clinical settings—including hospitals, rehabilitation centers, outpatient mental health clinics, private practice, and university health centers.

[Read more about Dr. Chu Yau here](#)



Dr. Kim Corace
PhD, C.Psych.

Dr. Kim Corace is the Vice-President of Innovation & Senior Scientist at the Canadian Centre on Substance Use and Addiction, Associate Professor in the Department of Psychiatry at University of Ottawa, Clinical Investigator at the Ottawa Hospital Research Institute, Program Director of Evidence-Based Evaluation & Clinical Programming in the Mental Health & Substance Use Disorders and Clinical Programs at The Ottawa Hospital, Senior Scientist at Homewood Research Institute, and a Clinical Health Psychologist. In addition, Dr. Corace was the President of the Canadian Psychological Association in 2020/21. Through her roles, she partners with providers, agencies, and persons with lived expertise, to provide strategic leadership for mental health and substance use health system transformation and integration, including innovation in digitally-enabled service delivery models.

[Read more about Dr. Corace here](#)



Dr. Keith Dobson
Ph.D., FRSC, FCPA, FCAHS, O.C.

Dr. Keith Dobson is a Professor Emeritus of Clinical Psychology at the University of Calgary. His research has focused on both models and the treatment of depression, particularly using cognitive-behavioural therapies. He has held leadership positions in a number of organizations, including the Presidency of the Canadian Association of Cognitive and Behavioural Therapies, the Academy of Cognitive Therapy, and the World Confederation of Cognitive and Behavioural Therapies. Dr. Dobson is also a Principal Investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders. Dr. Dobson's work has resulted in over 450 published articles and chapters, 18 books, DVDs, and conference and workshop presentations in many countries.

[Read more about Dr. Dobson here](#)



Dr. Michel Dugas
Ph.D.

Dr. Michel Dugas is Professor of Psychology at the University of Quebec in Outaouais (UQO), Quebec, Canada. Over the past 30 years, he has conducted research on the aetiology and treatment of GAD with a specific focus on intolerance of uncertainty. His research program has led to the development and validation of a cognitive-behavioural treatment for GAD that is now being used in numerous countries. He has published over 120 peer-reviewed articles, made over 300 scientific conference presentations, and given numerous clinical workshops around the world. Dr. Dugas is a Fellow of the Canadian Psychological Association (CPA) and the Canadian Association of Cognitive and Behavioural Therapies (CACBT). In 2017, he received the CPA Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science.

[Read more about Dr. Dugas here](#)



Dr. Peter Farvolden
Ph.D., C.Psych.

Dr. Peter Farvolden is a clinical psychologist in private practice and acts as a mental health consultant to the Global Medical Team at Reinsurance Group of America. He has worked as a researcher, clinician, and leader in a variety of inpatient and outpatient settings. He was the Clinical Director of the Psychological Trauma Program at the Centre for Addiction and Mental Health. He is passionate about using technology to scale access to evidence-based treatment. He has held appointments at the University of Toronto, University of Waterloo, and Toronto Metropolitan University.



Dr. Jesse Finkelstein
PsyD

Dr. Jesse Finkelstein is a licensed clinical psychologist specializing in evidence-based treatments for mood, anxiety, trauma-related, and personality disorders. His work integrates Dialectical Behavior Therapy (DBT), Exposure and Response Prevention (ERP), and Prolonged Exposure (PE), with a focus on real-world application of skills for clients with complex presentations. He received his doctorate in clinical psychology from Rutgers University, completed his predoctoral internship at Montefiore Medical Center, and a postdoctoral fellowship at Columbia University Irving Medical Center, where he later served as an Instructor in Clinical Psychology. Dr. Finkelstein is the founder and director of Life Lab: Center for Evidence-Based Therapy and the co-founder of Therahive, a digital learning platform that delivers engaging, skills-based mental health psychoeducation. His work focuses on the intersection of clinical rigor and practical communication, helping clients, clinicians, and the public access effective tools for mental well-being. He is the author of the forthcoming book *Real Skills for Real Life: A DBT Guide for Stress, Emotions, and Relationships* (Guilford Press, 2025).



Dr. Casey Fulford
Ph.D., C.Psych.

Dr. Casey Fulford is a Clinical Psychologist at The Redpath Centre where she provides diagnostic and psychoeducational assessments and therapy for adults. She has expertise working with individuals with Autism Spectrum Disorder, Intellectual Developmental Disorder, Learning Disabilities, Attention-Deficit/Hyperactivity Disorder, and mental health concerns. Dr. Fulford also currently works in the Adult Program at Surrey Place Centre in Toronto, where she provides diagnostic and comprehensive assessments and therapy for adults with neurodevelopmental disorders. Dr. Fulford also has experience supporting children and adolescents with neurodevelopmental disorders and mental health concerns.



Dr. Leslie Greenberg
Ph.D., C.Psych.

Leslie Greenberg, Ph.D. is Distinguished Research Professor Emeritus of Psychology at York University in Toronto. He has authored the major texts on Emotion-focused approaches to treatment. His latest books are *Changing emotion with emotion: A practitioner's guide* (2021) and *Shame and anger in psychotherapy* (2024). He received the American Psychological Association Award for Distinguished Professional Contribution to Applied Research, the Society for Psychotherapy Research (SPR) Distinguished Research Career award the Carl Rogers award of the APA Society for Humanistic Psychology and the Canadian Psychological Association Professional Award for distinguished contributions to Psychology as a profession. He spends the majority of his time training people, nationally and internationally, in Emotion Focused Therapy.



Dr. Sandra Jackson
Ph.D., C.Psych.

Dr. Jackson was first introduced to police psychology as a MA level trainee after 911 when the Canadian government responded by legislating armed security units into our Nuclear Power Plants. In developing and identifying competencies for selection she participated in a process of meeting with subject matter experts, observing training and work sites, reviewing the literature and looking at successes and problems that assisted in outlining bona-fide job criteria for this work. Since 2013 when she was licenced to practice autonomously, she has continued to conduct pre-employment for nuclear security as well police officers, communicators and firefighters. Dr. Jackson also has experience conducting selection assessments for specialized military groups such as source handlers, interrogators and close protection officers.

[Read more about Dr. Jackson here](#)



Dr. Christine Korol
Ph.D., R.Psych.

Christine Korol, PhD, is a Vancouver-based clinical psychologist, Director of the Vancouver Anxiety Clinic, and adjunct professor at the University of British Columbia. Over the course of her career, she has supervised a large number of graduate trainees from UBC, SFU, and UVic, providing mentorship in both hospital settings (Vancouver General Hospital, BC Children's Hospital) and private practice. Christine is passionate about creating supervisory relationships where students can grow in confidence, clinical skill, and professional identity, and she is committed to promoting best practices in supervision within the field of psychology.



Dr. Archie Kwan
Ph.D., C.Psych.

Dr. Archie Kwan (he/him) is an Assistant Professor – Teaching Stream at the Ontario Institute for Studies in Education, University of Toronto (OISE/UT), and a registered school psychologist with over 30 years of experience. He coordinates the Ed.D. in Counselling Psychology – School Psychology Field program at OISE, where he is deeply committed to teaching, mentorship, and professional training.

Dr. Kwan earned his B.Sc., M.A., and Ph.D. from the University of Toronto, completing his graduate studies in the School and Clinical Child Psychology (SCCP) program. He spent 16 years working in school psychology within one of Ontario's largest public school boards, followed by 12 years in senior leadership roles, including Senior Psychologist and Psychology Manager.

[Read more about Dr. Kwan here](#)



Dr. Vicki Nolan
Ph.D., C.Psych.

Dr. Vicki Nolan is a Clinical Psychologist and Psychology Lead at The Redpath Centre where she provides diagnostic and psychoeducational assessments for adults. She has expertise with Autism Spectrum Disorder, Intellectual Developmental Disorder, Learning Disabilities, Attention-Deficit/Hyperactivity Disorder, and mental health concerns. Dr. Nolan is also a Psychologist in the Child Development Program at Holland Bloorview. There, she provides diagnostic assessments to children and adolescents with neurodevelopmental disorders.



Dr. Alia Offman
Ph.D., C. Psych

Dr. Alia Offman is a registered psychologist based in Ontario, Canada, with over two decades of experience in research, training, private practice and academic teaching. She specializes in Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT), offering counselling and professional training rooted in evidence-based, mindfulness-informed approaches. As co-director of the North American Chapter of the MiCBT Institute, Dr. Offman works closely with Dr. Bruno Cayoun to expand access to MiCBT across Canada. A passionate educator, Dr. Offman has been a long-standing Contract Instructor in the Department of Psychology at Carleton University, where she currently teaches a fourth-year seminar on Mindfulness and Well-being. Her academic and research background includes appointments as an Associate Researcher at Carleton University and a Research Associate with the Ottawa Health Research Institute. Her published work spans diverse topics, including workplace productivity, discrimination and health, relationship communication, and the psychological impact of intimate partner violence.

[Read more about Dr. Offman here](#)



Dr. Brittany Rosenbloom
Ph.D., C.Psych.

Dr. Brittany Rosenbloom is a Clinical and Health Psychologist at the Toronto Academic Pain Medicine Institute (TAPMI) and an Associate Scientist at Women's College Hospital and Assistant Professor, Affiliated Scientist at the University of Toronto. Her research focuses on understanding why some individuals develop chronic pain alongside mental health conditions such as depression, anxiety, and PTSD, and on designing integrated treatments for these co-occurring concerns. Dr. Rosenbloom's work bridges science and clinical practice, using evidence-based approaches to help patients receive timely and effective care across the lifespan.



Jim Salmon
M.A., C.Psych.

Jim is a forensic and counseling Psychologist currently working in private practice. Jim began his career working in federal penitentiaries as a frontline mental health professional. After obtaining his registration for autonomous practice, he served for several years as the Chief of Mental Health at Grand Valley Institution - the largest federal penitentiary for women in Canada. During this time Jim developed his skill and comfort level in working with complex mental health concerns and responding to clients in crisis, including those experiencing imminent suicide risk. Jim also worked for 4 years at York University where he provided psychotherapy and assessment services to the student population. Here, he became well-regarded as a confident public speaker, receiving specific feedback about his relaxed, calm, and approachable style of discussing difficult topics with large groups.

[Read more about Jim Salmon here](#)



Dr. Jane Schulz
MD FRCSC

Dr. Schulz is Professor and Chair of the Department of Obstetrics and Gynecology, University of Alberta Faculty of Medicine and Dentistry and the Alberta Women's Health Foundation endowed research chair.

Dr. Schulz graduated with Honors in Research from the University of Alberta's Faculty of Medicine and Dentistry in 1992. She completed her Obstetrics and Gynecology residency at the University of Alberta, after which she obtained a McLaughlin scholarship and completed a two-year urogynecology fellowship at the University of London, England, and the University of Toronto. In 1999, she accepted an academic position in the Department of Obstetrics and Gynecology at the University of Alberta, and joined the Urogynecology unit at the Royal Alexandra Hospital.

[Read more about Dr. Schulz here](#)



Dr. Suzanne L. Stewart
PhD, C.Psych

Dr. Stewart is a member of the Yellowknives Dene First Nation. She is a registered psychologist and Director of the Waakebiness Institute for Indigenous Health at the University of Toronto (U of T), where she is a Professor in the Division of Social and Behaviour Health Sciences. She holds the TC Energy Research Chair in Indigenous Health. Research and teaching interests include Indigenous health and healing in psychology (homelessness, youth mental health, identity, and work-life development), Indigenous determinants of health, Indigenous pedagogies in higher education and health sciences, and Indigenous research ethics and methodologies. She is committed to advancing Indigenous healing issues in academics, mental health practice, and policy.



Dr. Scott Stuart
MD

Scott Stuart, MD, is a psychiatrist and an Emeritus Professor in the Departments of Psychiatry, Psychology, and Obstetrics and Gynecology at the University of Iowa (USA) as well as an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences in the Keck School of Medicine at the University of Southern California, Los Angeles. He has been active in clinical work, education and research in the areas of Interpersonal Psychotherapy and perinatal psychiatry for over three decades.

Dr. Stuart is the Founder and Director of the Interpersonal Psychotherapy Institute. He has also authored a number of articles on IPT, and is the co-author of *Interpersonal Psychotherapy: A Clinician's Guide* (2nd ed), as well as IPT Handbooks for adults, adolescents, and groups. He has been conducting workshops and training in IPT internationally for over 25 years.



Dr. David Tolin
Ph.D., ABPP

Dr. David Tolin is the Founder and Director of the Anxiety Disorders Center at the Institute of Living, and an Adjunct Professor of Psychiatry at Yale University School of Medicine. He is the Past-President of the Association for Behavioral and Cognitive Therapies, the Past-President of the Clinical Psychology Division of the American Psychological Association, and a principal investigator for the National Institutes of Health. He received the Awards for Distinguished Contribution to the Science of Psychology, Distinguished Contribution to the Practice of Psychology, and Lifetime Contribution to Psychology from the Connecticut Psychological Association, as well as the Clinical Science Visionary Award from the Society for a Science of Clinical Psychology.

[Read more about Dr. Tolin here](#)



Dr. Sheri Turrell
Ph.D., C. Psych

Dr. Sheri Turrell, Ph.D., C. Psych, is a Clinical Psychologist, Peer Reviewed Trainer (through the Association for Contextual and Behavioural Science) in Acceptance and Commitment Therapy, and Psychoanalyst with over twenty years of clinical experience. She divides her professional time between her private practice, supervising students, and providing consultation and trainings to students and clinicians locally and internationally. Sheri's third ACT book, *The ACT Relationship Skills Workbook for Teens* was released in 2025, following "*The Mindfulness and Acceptance Workbook for Teen Anxiety*" (2018) and "*ACT for Adolescents*," (2016). She spent the past few years creating an online pre-recorded self-help course for teens and young adults, *Choose Your Life*.



Dr. Diana Velikonja
Ph.D., C.Psych.

Dr. Velikonja completed her graduate studies in the Biological Psychology/Neuroscience Program at the University of Waterloo. She completed her residency and post-doctoral training at Hamilton Health Sciences and McMaster University and became licensed for independent practice specializing in Neuropsychology, Rehabilitation Psychology and Clinical Psychology in children and adults. She has worked since 1997 in a clinical and research capacity at the Acquired Brain Injury Program at Hamilton Health Sciences and is currently working in the Integrated Adult Concussion Clinic, where she continues to work with residents and research students. She actively publishes and is a reviewer for several scientific journals.

[Read more about Dr. Velikonja here](#)



Dr. Rachel Wayne
Ph.D., C.Psych.

Dr. Rachel Wayne is a registered Clinical and Rehabilitation Psychologist working in Toronto, Ontario, Canada. She received her PhD from Queen's University. She received numerous awards and grants for her innovative research in the field of cognitive hearing science. She previously held a leadership role in Psychology for University Health Network (UHN) in Toronto, working in a clinic serving individuals with chronic pain due to work-related injuries. Dr. Wayne currently treats patients in her own private practice. Her area of focus is individuals with complex trauma, as well as chronic health conditions, including hearing loss, tinnitus, and hyperacusis. As a hard of hearing individual, she has long been engaged in advocacy for awareness and accessibility for individuals living with disabilities. Dr. Wayne is a proud member of an international disability advocacy group for scientific researchers and clinicians. She currently serves as an elected Council Member for the Ontario College of Psychologists and Behavioural Analysts of Ontario. She is also involved in the training and supervision of other mental health professionals. Long term, she endeavours to build and establish innovative, client-centered, and multidisciplinary care for individuals with hearing loss and other auditory conditions.