

Workshops, Conferences and Courses Attended

Emotionally Focused Therapy (EFT). Core Skills Advanced Training (2013 - 2014). Four-month course through the Ottawa Couple and Family Institute (OCFI). Ottawa, ON.

Social Anxiety Disorder: From Shyness to Disorder. (2013, November). One-day workshop by Dr. Dave Davies, psychologist, Dr. Andrew Jacobs, psychologist, and Dr. Megan Gallagher, psychologist, through the Royal Ottawa Mental Health Centre (ROMHC). Ottawa, ON.

Mindfulness and Compassion Focused Therapy Workshop (CFT) Workshop. (2013, October - November). Two-day workshop by Dr. Dennis Tirsch, psychologist, through the Royal Ottawa Mental Health Centre (ROMHC). Ottawa, ON.

Mindfulness for Health-Care Professionals. (2013, September - October). Eight-week course through the Ottawa Mindfulness Clinic (OMC). Ottawa, ON.

Mindfulness-integrated Cognitive Behavioural Therapy (MiCBT) Foundation Course. (2013, June - July). Seven-week webinar through the MiCBT Institute. South Hobart, TAS, Australia.

Transdiagnostic Treatment of Anxiety Disorders. (2013, June). One-day workshop by Dr. Martin Antony, psychologist, through the Royal Ottawa Mental Health Centre and the Psychology Residency Program. Ottawa, ON.

Barbara Wand Seminar in Professional Ethics, Standards and Conduct. (2013, May). One-day webinar through the College of Psychologists of Ontario (CPO). Toronto, ON.

Joyful Living: The Art and Science of Everyday Happiness. (2013, May). One-day workshop by Dr. Sunder Arora, psychiatrist, and Dr. Rupinder Arora, physician, through the Association of Spirituality and Mental Health. Ottawa, ON.

Cognitive Therapy for PTSD. (2013, April). Two-day workshop by Dr. Kate Gillespie, psychiatrist, through Counselling and Support Services of Stormont, Dundas and Glengarry, and David Scarr, MSW. Cornwall, ON.

Managing Depression: A CBT Workshop for Individuals with Depression, their Family and Friends. (2013, February). One-day workshop by Dr. Connie Dalton, psychologist, through the Ottawa Institute of Cognitive Behavioural Therapy (OICBT). Ottawa, ON.

Treating Complex Trauma: A Sequenced, Relationship-Based Approach. (2013, February). Two-day workshop by Dr. Christine Courtois, psychologist, through the Centre for Treatment of Sexual Abuse and Childhood Trauma, Ottawa, ON.

Cognitive Behavioural Insomnia Therapy for those with Co-Occurring Anxiety, Panic, Pain and Depression. (2013, January). One-day workshop by Dr. Colleen Carney, psychologist, through the Sleep and Depression Laboratory, Ryerson University. Ottawa, ON.

Simplifying Personality Disorders Treatment: A New Paradigm for CBT. (2012, October). Two-day workshop by Dr. Christine Padesky, psychologist, through Cognitive Workshops. Ottawa, ON.

Shifting Horizons: The Possibility for Change. (2012, October). One-day workshop by Dr. Michael Cheng, psychiatrist, Wayne Skinner, MSW, Dr. Gretchen Conrad, psychologist, Steven Walsh, RN, and Karen Hanna, Parents Lifelines, through the Royal Ottawa Mental Health Centre (ROMHC). Ottawa, ON.

Emotionally Focused Therapy (EFT) Dig-In. (2012, September). Two-day experiential workshop through the Ottawa Couple and Family Institute (OCFI). Ottawa, ON.

Mindfulness-Based Trauma Therapy: Compassion, Exposure, and Metacognitive Awareness. (2012, June). One-day workshop by Dr. John Briere, psychologist, through the Royal Ottawa Mental Health Centre and the Psychology Residency Program. Ottawa, ON.

The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. (2012, May). Two-day workshop presented by Dr. Kristen Ellard, Ph.D. through Excellence in Practice. Ottawa, ON.

Cognitive Therapy for Depression: Maximizing Success with Challenging Cases. (2012, April). Two-day workshop by Dr. Keith Dobson, psychologist, through Excellence in Practice. Ottawa, ON.

Engagement and Enactment. (2012, April). One-and-a-half-day workshop by Dr. Donna Orange, psychoanalyst, through the Centre for Healing and Personal Growth. Ottawa, ON.

Conquering Pain. (2012, April). One-day workshop by Dr. Mary O'Brian, physician, through BioMed. Ottawa, ON.

Sacred Trust: Healing in Indigenous Culture. (2012, March). One-day workshop by Dr. Suzanne Stewart, psychologist, through the Association for Spirituality and Mental Health. Ottawa, ON.

Cognitive-Behavioural Treatment of Health Anxiety and Panic Disorder. (2012, March). Two-day workshop by Dr. Martin Antony, psychologist, through Excellence in Practice, Ottawa, ON.

A Cognitive Appraisal to the Treatment of Obsessive-Compulsive Disorder: Beyond Exposure and Response Prevention. (2011, November - December). Two-day workshop by Dr. Adam Radomsky, psychologist, through Excellence in Practice, Ottawa, ON.

Annual Psychology Education Day: Current Issues in Professional Practice (College of Psychologists of Ontario, CPO). (2011, February). One-day Workshop by Dr. Clarissa Bush, psychologist, Lisa Hamilton, lawyer, and Dr. Rick Morris, psychologist, through Bruyere Continuing Care. Ottawa, ON.

Annual Psychology Education Day: Current Issues in Professional Practice (College of Psychologists of Ontario, CPO). (2011, February). One-day Workshop by Dr. Clarissa Bush, psychologist, Lisa Hamilton, lawyer, and Dr. Rick Morris, psychologist, through Bruyere Continuing Care. Ottawa, ON.

Film and Discussion Series: "In Treatment." (2010, September - 2011, May). Nine-month series led by Dr. Mary Hogan-Finlay, psychologist, through the Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT). Ottawa, ON.

Emotion-Focused Couple Therapy: Emotion, Love, Power and Forgiveness. (2010, November). Four-day workshop by Dr. Les Greenberg, psychologist, through the York University Psychology Clinic. Toronto, ON.

Insomnia, Depression and Anxiety. (2010, November). One-day workshop by Dr. Mary O'Brian, physician, through BioMed. Ottawa, ON.

CBT Boot Camp: Building Core Clinical Competencies. (2010, October). Two-day workshop by Dr. Christine Padesky, psychologist, through Cognitive Workshops. Ottawa, ON.

Schema Therapy: New Strategies for Challenging Clients. (2010, June). Two-day workshop by Dr. Jeffrey Young, psychologist, through the Royal Ottawa Mental Health Centre (ROMHC) and the Psychology Residency Program. Ottawa, ON.

Forgiveness and Letting Go of Anger and Hurt: An Emotion-Focused Approach to Resolving Emotional Injuries. (2010, March). One-day workshop by Dr. Les Greenberg, psychologist, through the York University Psychology Clinic. Ottawa, ON.

From Chaos to Clarity: A Step-by-Step Model for Complex Cases. (2009, November). Two-day workshop by Dr. Christine Padesky, psychologist, through Cognitive Workshops. Ottawa, ON.

Complex Trauma, Structural Dissociation and EMDR. (2009, October). One-day workshop by Kathleen Martin, LCSW and Dr. Roger Solomon, psychologist. Ottawa, ON.

What Every Mental Health Professional Needs to Know: Integrating the Art of Ego State Therapy into Your Clinical Practice and Your Life. (2009, June). Two-day workshop through the Ottawa Anxiety and Trauma Clinic (OATC) and the Operational Trauma and Stress Support Centre (OTSSC). Ottawa, ON.

Understanding Sexual Addiction/Compulsivity: A Contextual Treatment Model. (2009, May). One-day workshop by Dr. Steven Gold, psychologist, through the Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT). Ottawa, ON.

Working with Obsessive-Compulsive Disorder and Perfectionism. (2009, May). One-day workshop by Dr. Martin Antony, psychologist, through the Royal Ottawa Mental Health Centre (ROMHC) and the Psychology Residency Program. Ottawa, ON.

Hypnosis in the Treatment of Anxiety Disorders. (2009, April). One-day workshop by Dr. Ken Welburn, psychologist, through the Ottawa Anxiety and Trauma Clinic (OATC). Ottawa, ON.

Understanding the Trauma of Sexual Abuse. (2009, March - December). Nine-month course by Dr. Brenda Saxe, psychologist. Ottawa, ON.

What Makes Life Worth Living: Perspectives from Positive Psychology. (2009, February). One-day workshop by Dr. Christopher Peterson, psychologist, and Dr. Nansook Park, psychologist, at the Ontario Psychological Association (OPA) Convention. Toronto, ON.

Beyond Prozac: Mindfulness and Relapse Prophylaxis in Major Depression. (2009, February). One-day workshop by Dr. Zindel Segal, psychologist, at the Ontario Psychological Association (OPA) Convention, Toronto, ON.

Hypnosis and Hypnotherapy. (2008, October). Two-day workshop by Dr. Ken Welburn, psychologist, and Dr. George Fraser, psychiatrist, through the Ottawa Anxiety and Trauma Clinic (OATC). Ottawa, ON.

Stress, Depression and Pain. (2008, October). One-day workshop by Dr. Donna Israel, Ph.D. through BioMed. Ottawa, ON.

Trauma and Treatment: Expanding Our Scope of Knowledge. (2008, May). Two-day workshop by Dr. David Spiegel, psychiatrist, through the Ottawa Anxiety and Trauma Clinic (OATC). Ottawa, ON.

Introductory Workshops in Clinical Hypnosis. (2008, April). Two-day workshop through the Canadian Society of Clinical Hypnosis, Ontario Division. Toronto, ON.

Eye Movement Desensitization and Reprocessing (EMDR) Training - Part Two. (2008, April). Three-day workshop by Barbara Horne, MASC, RMFT through the EMDR International Association (EMDRIA). Toronto, ON.

Eye Movement Desensitization and Reprocessing (EMDR) Training - Part One. (2008, March). Four-day workshop by Barbara Horne, MASC, RMFT through the EMDR International Association (EMDRIA). Toronto, ON.

The Depression Map: Individualized Treatment Using Cognitive-Behavioural Therapy. (2007, June). One-day workshop by Dr. Randy Patterson, psychologist. Ottawa, ON.

Emotion Focused Therapy (EFT) for Couples Workshop. (2007, June). Four-day externship by Dr. Susan Johnson, psychologist, through the Ottawa Couple and Family Institute (OCFI). Ottawa, ON.

Resolving Emotional Injuries: Forgiveness and Letting Go. (2006, February). One-day workshop by Dr. Les Greenberg, psychologist, through the York University Psychology Clinic. Toronto, ON.

Dialectical Behavior Therapy for Depression and Anxiety. (2005, February). One-day workshop by Dr. Thomas Marra, psychologist, at the Ontario Psychological Association (OPA) Convention. Toronto, ON.

Canadian Psychological Association (CPA) Convention. (2005, June). Montreal, ON.

American Psychological Association (APA) Convention. (2003, August). Toronto, ON.

Canadian Psychological Association (CPA) Convention. (2003, June). Ottawa, ON.