

Workshops, Conferences and Courses Attended

2014 - 2013

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

Key Figures and Key Challenges in Psychology. (2013, October). A panel discussion by Dr. Karen Cohen, Dr. Iris Jackson, and Dr. Art Leonoff through the Ottawa Academy of Psychology. 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.