



77TH ANNUAL OPA CONFERENCE

2024 PROGRAM



ONTARIO
PSYCHOLOGICAL
ASSOCIATION



CONFERENCE WELCOME

Welcome to the 77th Annual Convention! We are delighted you are joining us for what we know will prove to be another insightful and rich conference, allowing for professional growth and meaningful interactions.

What a meaningful year we have all had! In addition to the many new and ongoing initiatives we have underway, this year brought much needed connections within the OPA community. That was one of our many goals this past year. Given the lengthy period of Covid-related isolation, we really wanted people within our community to be able to see each other in-person and spend time together. And not just within the GTA, but within other parts of Ontario. In this way, all of our members can start to come together and benefit from ongoing professional support and friendship. We will continue these rotating Ontario meet and greets/wine and cheese events due to their success and the wonderful feedback that we received.

This year also provided our Board the opportunity to launch and continue initiatives that we hope provide our members with the best value possible. These have included: ongoing advocacy for our profession, expansion of our incredible AskForHelp platform, a new 3 year Strategic Plan, revision of our By-Laws, Ontario meet and greet in-person gatherings, development and anticipated roll out of a new communications platform, the formation of our Professional Practice committee, rebooting our Student and Engagement committee, ongoing and new peer consultation groups, ongoing social media postings and blogs for the public and our profession, thoughtful curriculum for Feed your Mind Seminars and Business of Psychology Webinars and more! We hope all our members have found tremendous value in being a part of OPA!

And we cap off this year with our 77th Annual Convention. When deciding on our theme, we reflected on what would best serve our members in terms of professional development in the ever changing backdrop of our world. As professionals we are faced with global challenges, ongoing technology changes and the endless quest to understand the latest within the field of psychology. To this end, we chose to focus on this year's theme: Being a Psychologist in an Ever Changing World: Enhancing Best Practice, Navigating Psychological Safety, Nurturing Professional Growth and Balancing Wellness. We believe that you will emerge from this conference with more knowledge, awareness and self-compassion as you continue to do the challenging, yet rewarding work of being a psychologist. And please do join us for the Magic Show on Thursday night as we provide our first virtual social venue as part of our conference offerings!

It has been such an honour and privilege to serve as your president this past year! I am delighted to pass the presidential torch over to my fabulous friend and colleague Dr. Laura Nichols. I want to thank the Board and all of our members for providing me with this wonderful opportunity! Enjoy the conference!

Dr. Marlene Taube-Schiff
President



CONFERENCE WELCOME

Dear Colleagues,

I hope this message finds you well and filled with anticipation for the upcoming 77th OPA Annual Conference.

As we near our annual event, I want to share how excited the conference planning committee is to welcome you. While the committee may be small, we are mighty. After months of planning, coordinating, and strategizing, we are excited to invite you to one of Ontario's premier psychology and mental health events!

As we all know, life offers both stability and moments of turbulence. For me, one of the ways I stay grounded professionally is by attending scientific conferences that provide the latest research, practical clinical insights, and valuable opportunities to engage with colleagues in meaningful ways. This year's conference theme—"Being a Psychologist in an Ever-Changing World:

Enhancing Best Practice, Navigating Psychological Safety, Nurturing Professional Growth, and Balancing Wellness"—captures that dynamic balance beautifully. It reflects the challenges and opportunities we face in our profession as we strive to provide excellent care, grow in our roles, and maintain our well-being. To that end, we have invited leading experts from across the field to inform, inspire, and enlighten us, all while fostering authentic connections in a virtual world. We are honored to have invited talks by prominent experts in both scientific research and practical application. Our program will include 2 keynote addresses, 18 sessions ranging from race conscious supervision to cognitive behavioral therapy in 2024, a sound bath and a magic show so I think we have you covered!

A special thank you to the conference planning committee, the OPA staff, especially Richard Morrison our CEO, Jamie and Kelsie, the program reviewers for their work on the poster submissions and award nominees, and of course, the presenters—all of whom have generously given their time and effort to make this conference a reality. Your hard work and dedication are truly appreciated. Finally, on behalf of the entire association and the board, I want to extend our deepest gratitude to Dr. Marlene Taube-Schiff for your outstanding leadership and dedication as president during the past year. Your hard work and commitment have made a significant impact on our organization, and we are truly grateful for everything you've done especially for fostering an environment where everyone felt valued and heard. But beyond your leadership, I've come to really value your friendship. It's something I didn't expect but have grown to appreciate deeply. Your genuine kindness, openness, and sense of humor have made all the difference.

We look forward to seeing you on November 28-29 for what promises to be an enriching and engaging experience.

Warm regards,

Dr. Laura Nichols
President Elect





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In order to ensure that you are able to access your account and the conference seamlessly, we have created a quick onboarding tutorial for you to view at your earliest convenience.

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Don't forget to check out the Play to Win tab on our conference platform. Each day of the conference (November 28th & 29th), attendees with the first and second highest** points win Amazon gift cards.



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ONTARIO
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Thursday, Nov 28th | 7:00 PM – 7:50 PM

OPA CONFERENCE VIRTUAL MAGIC SHOW

Presenting: The Toronto Magic Company

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For those that register that you are attending the Magic Show, your name will go into a draw for a **\$200 and \$100 Amazon gift card.**



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2024 EVENT SCHEDULE

ANNUAL OPA CONFERENCE

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2024 EVENT SCHEDULE



ANNUAL OPA CONFERENCE

November 28, 2024 | 8:45AM - 7:50PM

STAGE 1

8:45AM - 9:00 AM	CONFERENCE OPENING Dr. Ian Nicholson
9:00 AM - 11:40 AM	SELF-CARE AND THE PROMOTION OF WELLNESS DURING CHALLENGING TIMES: A REALITY BASED APPROACH Dr. Jeffrey Barnett
11:40 AM - 1:00 PM	---LUNCH---
1:00 PM - 2:30 PM	AI IN PSYCHOLOGY: EMBRACING OPPORTUNITIES AND ADDRESSING CONCERNS Drs. Peter Farvolden, Fjola Helgadóttir, Shiri Sadeh-Sharvit
2:35 PM - 3:05 PM	OPA AWARDS Drs. Marlene Taube-Schiff & Laura Nichols
3:05PM - 3:30 PM	--- BREAK---
3:30 PM - 4:35 PM	KEYNOTE: THE EVOLUTION OF BEST PRACTICES IN THE PSYCHOLOGICAL TREATMENT OF OCD Dr. Maureen Whittal
7:00 PM - 7:50 PM	VIRTUAL MAGIC SHOW Ben Train

STAGE 2

9:00 AM - 10:30 AM	HELPING TEENS WITH MULTIPLE SLEEP COMPLAINTS AND MENTAL HEALTH ISSUES, SLEEP WELL Dr. Colleen Carney
10:30 AM - 10:45 AM	---BREAK---
10:45 AM - 11:45 AM	WHAT DOES LEADERSHIP HAVE TO DO WITH PSYCHOLOGY? Dr. Tatijana Busic
11:45 AM - 1:00 PM	---LUNCH---
1:00 PM - 2:10 PM	EXISTENTIAL MEANING FOR PSYCHOLOGISTS AND THEIR CLIENTS Dr. Derrick Klaassen
2:15 PM - 3:15 PM	WALKING TOGETHER: CLINICAL CONSIDERATIONS WHEN WORKING WITH INDIGENOUS PEOPLES IN CANADA Dr. Caitlin Davey
7:00 PM - 7:50 PM	VIRTUAL MAGIC SHOW Ben Train

2024 EVENT SCHEDULE



ANNUAL OPA CONFERENCE

November 29, 2024 | 8:55AM - 5:10PM

STAGE 1

8:55AM - 9:00 AM	WELCOME BACK Dr. Laura Nichols
9:00 AM - 10:10 AM	CAREER PATHS IN CLINICAL PSYCHOLOGY Drs. Martin Antony, Randi McCabe & Katie Stewart
10:10 AM - 10:30 AM	--- BREAK ---
10:30 AM - 11:40 AM	CHANGING OUR WORK FOR OUR CHANGING WORLD: ENGAGING THE CLIMATE CRISIS IN PSYCHOTHERAPY AND BEYOND Dr. Wendy Greenspun
11:40 AM - 1:00 PM	---LUNCH---
1:00 PM - 2:10 PM	EXPOSURE THERAPY 2.0 FOR ANXIETY DISORDERS: YOU DON'T NEED TO HABITUATE TO MISERY Dr. Christine Purdon
2:15 PM - 3:15 PM	RACE CONSCIOUS SUPERVISION Dr. Angela Haeny
3:15 PM - 3:30 PM	---BREAK---
3:30 PM - 4:35 PM	PSYCHEDELIC THERAPY: WHAT IS IT? DOES IT WORK? AND DOES IT HAVE A PLACE IN THE FUTURE OF PSYCHOLOGY? Dr. Richard Zeifman

STAGE 2

9:00 AM - 10:10 AM	LOOKING FORWARD AND LOOKING BACK: A CAREER IN MENTAL HEALTH Dr. David Goldbloom
10:10 AM - 10:30 AM	---BREAK---
10:30 AM - 11:40 AM	REVOLUTIONIZING RECOVERY THROUGH CBT FOR PSYCHOSIS: EVIDENCE, CONCEPTUALIZATION, AND THERAPEUTIC STRATEGIES Dr. Michael Best
11:40 AM - 1:00 PM	---LUNCH---
1:00 PM - 1:30 PM	SOUND MEDITATION AS A MINDFULNESS PRACTICE Dr. Tiffany Hunt
1:30-2:30	REALISING THE MASS PUBLIC BENEFIT OF EVIDENCE-BASED PSYCHOLOGICAL THERAPIES: POLITICS, MEASUREMENT-BASED CARE, & ECONOMICS. Dr. David Clark
2:30 PM - 2:45 PM	---BREAK---
2:45 PM - 3:45 PM	PUBLIC SAFETY PERSONNEL: A PRIMER BASED ON CONTEMPORARY RESEARCH Dr. Nick Carleton
4:00 PM - 5:00 PM	KEYNOTE: COGNITIVE BEHAVIOR THERAPY IN 2024 Dr. Judith Beck
5:00 PM - 5:10 PM	CONFERENCE CLOSING Dr. Laura Nichols



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2024 SPEAKER BIOS



DR. ANGELA HAENY

Dr. Angela M. Haeny is an Assistant Professor of Psychiatry and Directs the Racial Equity and Addiction Lab at Yale. She is a licensed Clinical Psychologist with specialty in substance use disorders and racial trauma. She received her undergraduate degree in Psychology and Addiction Studies from the University of Minnesota, received her doctorate from the University of Missouri, and completed her clinical internship and postdoctoral fellowship at Yale School of Medicine. Dr. Haeny is committed to eliminating racial disparities and enhancing diversity, equity, inclusion, belonging, and justice which cuts across all aspects of her work. Dr. Haeny has over 60 peer-reviewed publications. Broadly, her research addresses racial disparities in substance use disorder treatment. This work is currently funded by a 5-year career development award from the National Institute on Alcohol Abuse and Alcoholism. She has developed and leads groups focused on healing from racial stress and trauma. Dr. Haeny has taught courses on ethnic and cultural diversity in psychology, led workshops on engaging in productive difficult dialogues and practicing antiracist clinical supervision, and led seminars on assessing and treating racial stress and trauma.



DR. CAITLIN DAVEY

Dr. Caitlin Davey, Ph.D., C.Psych. (she/her) is a mixed background Indigenous woman. Dr. Davey is Haudenosaunee (Cayuga Nation), Polish and Scottish. Her father is from Six Nations of the Grand River, ON and her mother is from Caledonia, ON. Dr. Davey grew up off reserve in Caledonia, ON. Dr. Davey is a clinical psychologist at the Youth Wellness Centre at St. Joseph's Healthcare Hamilton and an assistant clinical professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University in Hamilton. Dr. Davey is also the Indigenous Clinical Lead for Depression and Anxiety-Related Disorders through the Mental Health and Addictions, Centre of Excellence at Ontario Health. Dr. Davey has worked with Indigenous communities and community organizations in Hamilton and surrounding areas, with a focus on program development, program evaluation, research, as well as clinically. Dr. Davey is passionate about creating culturally-safe and equitable health and mental health systems for Indigenous Peoples in the region, in the province, and beyond.



DR. CHRISTINE PURDON

Dr. Purdon is a Professor in the Department of Psychology at the University of Waterloo and has been researching and treating obsessive-compulsive disorder (OCD) for over two decades. She is also an expert in cognitive behaviour therapy (CBT) and has worked hard to understand why CBT treatment strategies often let our clients with OCD down. Dr. Purdon has authored over 80 peer-reviewed publications, multiple book chapters on CBT theory and treatment of OCD, and co-authored a popular self-help book on OCD

2024 SPEAKER BIOS



DR. COLLEEN CARNEY

Dr. Colleen Carney is a Professor at Toronto Metropolitan University and the Director of the Sleep and Depression Laboratory. Dr. Carney is a leading expert on insomnia treatment, with over 25 years of experience in sleep medicine experience, and over 200 publications. They are an experienced trainer and a passionate advocate for improving access to evidence based treatments for insomnia.



DR. DAVID M. CLARK

David M Clark is Emeritus Professor of Experimental Psychology at Oxford University. He is well-known for his pioneering work on the understanding and psychological treatment of anxiety disorders. This work, which uses a distinctive combination of experimental and clinical studies, has led to the development of specialized and highly effective cognitive therapies for panic disorder, social anxiety disorder, PTSD and health anxiety. Since 2005 he has also focused on how to disseminate evidence-based psychological treatments within the English National Health Service (NHS) and international healthcare systems. He is an architect of the Improving Access to Psychological Therapies (IAPT) programme, which currently provides a course of psychological therapy to over 670,000 people with depression and/or anxiety disorders each year and records the outcomes of almost everyone (99%). He has received Distinguished Scientist / Lifetime Achievement Awards from the British, Dutch, Canadian and American Psychological Associations. The latter described his work as “pure genius with a real-world application”.



DR. DAVID GOLDBLOOM

Dr. Goldbloom was born in Montreal and raised in Quebec and Nova Scotia. He completed an honours degree, majoring in Government, at Harvard University and then attended the University of Oxford as a Rhodes Scholar where he obtained an M.A. in Physiological Sciences. He trained in medicine and psychiatry at McGill University and is a Professor Emeritus of Psychiatry at the University of Toronto.

Dr. Goldbloom's activities have been recognized and awarded by his peers and students. He has authored numerous scientific articles and book chapters and has provided talks and lectures to student, professional and public audiences.

He is the editor of two textbooks in psychiatry and co-author with Dr. Pier Bryden of the best selling book “How Can I Help? A Week in My Life as a Psychiatrist” (2016), now also available in French and Mandarin. His latest book is “We Can Do Better: Urgent Innovations to Improve Mental Health Access and Care” (2021).

He was the founding Physician-in-Chief at the Centre for Addiction and Mental Health and subsequently Senior Medical Advisor there until his retirement from clinical practice in 2022.

He served as Vice-Chair and then Chair of the Board of the Mental Health Commission of Canada from 2007 to 2015. He is a member of the Boards of the Graham Boeckh Foundation and The Daymark Foundation.

In addition to his professional activities, Dr. Goldbloom is a member of the Board of Directors of the Royal Conservatory of Music, the Board of Trustees of the Canadian Museum of Immigration at Pier 21 and a past Chair of the Board of Governors of the Stratford Shakespeare Festival of Canada. He is an Officer of the Order of Canada.

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DR. DERRICK KLAASSEN

Derrick Klaassen, Ph.D., R. Psych. is a Registered Psychologist in British Columbia and Associate Professor of Clinical Psychology at Adler University (Vancouver). For the past 20+ years, Dr. Klaassen has been involved in the study and practice of existential psychotherapy. He is a founding member and former board chair of the Existential Analysis Society of Canada and serves as a clinical trainer in Canada and internationally. Dr. Klaassen is also active in private practice with Limina Psychology, a general practice psychology clinic in the Vancouver area that specializes in existential psychotherapy. He has developed a specialty in working with clients who have survived traumatic injuries or are dealing with chronic illnesses. As a professor, he teaches graduate courses in the history of psychology, professional ethics, psychopathology, research design, and grief counselling, and provides clinical and research supervision to graduate students. Dr. Klaassen's scholarship focuses on existential and spiritual issues in psychology and psychotherapy. He is active with the Canadian Psychological Association, serves as a peer reviewer for numerous journals, and collaborates frequently with students and colleagues on professional publications and presentations.



DR. FJOLA HELGADOTTIR

Dr. Fjola Helgadottir holds four degrees in psychology and won an innovation award for her PhD at the University of Sydney, where she designed and wrote a computer program that has received numerous large research grants. She continued dissemination work when she worked as a Senior Researcher at the University of Oxford. In 2012, Dr. Helgadottir founded AI-Therapy, which now has three products: Overcome Social Anxiety, Overcome Fertility Stress, and Overcome Death Anxiety. Dr. Helgadottir is a registered psychologist in British Columbia, with previous registrations as a clinical psychologist in Australia, Iceland, and Oxford, UK. She directs AI Therapy, a fully automated online therapy platform that has been tested in randomized controlled trials (RCTs) at Universities around the globe. In addition to running a private practice in British Columbia, she consults on artificial intelligence and ethics in mental health. Dr. Helgadottir is the President-Elect of the Canadian Association of Cognitive Behavioral Therapy and her passion is the usage of technology in the dissemination of evidence-based therapies.



DR. IAN NICHOLSON

Dr. Nicholson is a psychologist in London Ontario. He was OPA President from 2000 to 2001 and was an active member of our Ethics and Policy Committee from 2002 until 2013, including 6 years as chair, and a member of our Political Action Lobby from 1988 to 1999 and our Advocacy Committee from 1994 until 1999. He received the OPA Award of Merit in 2002 and our Barbara Wand Award for excellence in professional ethics and standards in 2008. He was also president of the Canadian Psychological Association from 2019 to 2020 and received the Excellence in Hospital and Healthcare Psychology Award from the CPA Section of Psychologists in Hospitals and Healthcare.

2024 SPEAKER BIOS



DR. JEFFREY E. BARNETT

Jeffrey E. Barnett, Psy.D., ABPP is a Professor in the Department of Psychology at Loyola University Maryland and a licensed psychologist who is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. Among his many professional activities, Dr. Barnett is a past chair of the ethics committees of the American Psychological Association, the American Board of Professional Psychology, and the Maryland Psychological Association. He previously served on the Maryland Board of Examiners of Psychologists and has been a consultant to licensing boards across a range of health professions. He has published 13 books and over 250 articles and book chapters and has given over 500 presentations and continuing education workshops, each of which focus on ethics, legal, and professional practice issues for mental health professionals, to include on self-care, the prevention of burnout, and the promotion of wellness, individually and in organizational settings. Dr. Barnett is a recipient of the APA's outstanding ethics educator award among many other recognitions for his contributions to the profession.



DR. JUDITH BECK

Judith S. Beck, PhD, is President of the Beck Institute for Cognitive Behavior Therapy (beckinstitute.org), a nonprofit organization that provides state-of-the-art training in Cognitive Behavior Therapy (CBT) and Recovery-Oriented Cognitive Therapy (CT-R). The Beck Institute also offers certification in CBT, and online courses on a variety of topics, in addition to conducting research and providing CBT resources around the world. Dr. Beck is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania. She has written over 100 articles and chapters, workbooks, pamphlets for professionals and nonprofessionals, and 7 books, including *Cognitive Behavior Therapy: Basics and Beyond*, 3rd Edition (2021) and *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*. She has made hundreds of presentations nationally and internationally on various applications of CBT and is the primary developer of the Beck Institute's on demand CBT training courses, which have been taken by more than 28,000 health and mental health professionals in over 130 countries. Dr. Beck also provides supervision and treats clients.



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. She was also awarded multiple grants to fund research projects and program activities. She has 10 peer-reviewed publications, in addition to book chapters and conference presentations.



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2024 SPEAKER BIOS



DR. MAUREEN WHITTAL

Dr. Whittal is a private practice psychologist and co-founder of the Vancouver CBT Centre. She is also Clinical Associate Professor in the UBC Department of Psychiatry and adjunct faculty in the UBC Department of Psychology. In the mid 1980s she was extremely fortunate to begin her career in psychology as a research assistant for Dr. Jack Rachman. Jack remained a mentor and friend for 35 years. In 1999 along with Dr. Peter McLean she co-founded AnxietyBC, now Anxiety Canada where she is co-chair of the Scientific Advisory Committee. More recently, along with two long-time colleagues, Drs. Roz Shafran and Melisa Robichaud, Maureen founded Bespoke Mental Health Canada, an online evidence-based training company. Maureen's research and clinical focus has long been obsessive-compulsive disorder (OCD). She ran three randomized clinical trials developing and testing cognitively-focused treatments for OCD and now primarily treats OCD and spectrum conditions in her private practice.



DR. MARTIN ANTONY

Dr. Martin M. Antony is Professor and Chair in the Department of Psychology at Toronto Metropolitan University and provincial clinical and training lead for the Ontario Structured Psychotherapy Program. Previously, he was founding director of both the Anxiety Treatment and Research Clinic and the Psychology Residency Program at St. Joseph's Healthcare Hamilton. He is a fellow of the Royal Society of Canada, and a past president of the Canadian Psychological Association and the Association for Behavioral and Cognitive Therapies. He has published 34 books and over 300 scientific articles and chapters in areas related to cognitive behavior therapy and anxiety-related disorders. He has given more than 425 presentations to audiences across four continents, and has been interviewed, featured, or quoted more than 450 times in various print, radio, television, and online media outlets, including BBC News, CBC, Chatelaine Magazine, CNN, CTV, the Globe and Mail, National Post, New York Times, O (Oprah) Magazine, Prevention Magazine, Reader's Digest, Scientific American Mind, Toronto Star, USA Today, Washington Post, and many others.



DR. MICHAEL BEST

Dr. Michael Best is a clinical psychologist and Assistant Professor in the Graduate Department of Psychological Clinical Science at the University of Toronto. He is director of both the Therapeutic Interventions for Psychosis Lab and the Clinical Research and Evaluation Center at the University of Toronto. He also holds appointments as an affiliate scientist at Ontario Shores Center for Mental Health Sciences and as a collaborator scientist at the Centre for Addiction and Mental Health. Dr. Best's research focuses on cognitive mechanisms underlying experiences of psychosis and innovating cognitive treatments for psychosis. He has co-developed a novel cognitive treatment for internalized stigma, called BOOST, that focuses on helping people with a first-episode of psychosis overcome internalized stigma. He has also developed novel methods for measuring schemas in psychosis to inform cognitive conceptualization. Dr. Best has been awarded over \$4 million in research funding to improve psychosocial treatments for psychosis and has published over 50 peer reviewed research articles and book chapters on psychotic disorders. Currently, Dr. Best is conducting clinical trials examining remotely delivered individual CBTp, mechanisms of change during CBTp, and effective CBTp training methods. Dr. Best is a steering committee member for the North American CBTp Network.

2024 SPEAKER BIOS



DR. NICK CARLETON

R. Nicholas Carleton, Ph.D. is a Professor of Clinical Psychology and a registered clinical psychologist in Saskatchewan. His work is focused on supporting the mental health of first responders and other public safety personnel. He served as founding Scientific Director for the Canadian Institute for Public Safety Research and Treatment until 2024. He has published 260+ peer-reviewed articles and book chapters exploring the fundamental bases of anxiety- and trauma-related disorders. He has completed more than 500 national and international conference presentations. He also serves as an active member of several national and international professional associations. As principal or co-principal investigator he has been awarded more than \$72M in competitive external funding. He has received several prestigious awards and recognitions, including induction to the Royal Society of Canada's College and as a Fellow of the Canadian Academy of Health Sciences, and he was awarded the 2023 Saskatchewan Health Research Foundation Mid-Career Award and the 2020 Royal-Mach-Gaensslen Prize for Mental Health Research. He is principal investigator for the RCMP Longitudinal PTSD Study and the associated extension study for Saskatchewan public safety personnel, and co-investigator on the Federal Internet Cognitive Behavioral Therapy Program for public safety personnel.



DR. PETER FARVOLDEN

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 also acts as an advisor and consultant to start ups in the mental health space. Previously he has worked as a researcher, clinician, and leader in a variety of inpatient and outpatient settings. The focus of his career has been on using technology to scale evidence-based assessment and treatment. He was a founder of Mindbeacon, which was successfully taken to an IPO on the TSX. In his research he has also focused on basic processes in personality and psychopathology as well as the pharmacological and psychological treatment of mood and anxiety disorders. He has worked as a clinician in the context of disability management for over 20 years and is passionate about promoting psychological health and safety in the workplace. He was the Clinic Head of the Psychological Trauma Program at the Centre for Addiction and Mental Health. He has held appointments at the University of Toronto, University of Waterloo, and Toronto Metropolitan University.



DR. RANDI MCCABE

Dr. Randi McCabe is a clinical psychologist and Interim Vice President of the Mental Health and Addictions Program at St. Joseph's Healthcare Hamilton with over 20 years of experience in the field as a clinician, educator, researcher and healthcare leader. She is also a Full Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and the Provincial Clinical Lead for Depression and Anxiety Related Disorders for the Mental Health and Addictions Centre of Excellence at Ontario Health. Dr. McCabe's research has focused on anxiety disorders assessment including the development of the Diagnostic Research Assessment Tool (DART) as well as the development and evaluation of novel cognitive behavioural therapy (CBT) interventions for a range of disorders. She has published over 220 peer reviewed papers and chapters as well as nine books disseminating CBT to consumers and practitioners on a global level, with translations in many languages. In 2023, Dr. McCabe received the Award for Distinguished Contributions to the Profession of Psychology from the Canadian Psychological Association. Her contributions are highlighted in her paper Actualizing the Psychologist Role in an Academic Health Sciences Centre: Reflections on the Journey published in Canadian Psychology (McCabe, 2024).



Helping children and youth with complex needs achieve better life outcomes.

Kinark Autism Services, a division of Kinark Child and Family Services, has worked in partnership with children and youth (ages 2 – 18) diagnosed with autism and their families for more than 20 years. We are proud of our history of providing exceptional, evidence-based and individualized services to thousands of families across southern and central Ontario.

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2024 SPEAKER BIOS



DR. RICHARD ZEIFMAN

Richard Zeifman, Ph.D. is a Canadian Institutes of Health Research (CIHR) postdoctoral fellow in the NYU Grossman School of Medicine. He completed his Ph.D. in Clinical Psychology at the Toronto Metropolitan University and his clinical psychology internship at the Centre for Addiction and Mental Health (CAMH). Richard's research focuses on testing the safety and efficacy of integrating psychotherapies with novel pharmacological agents (e.g., psilocybin and MDMA) and their mechanisms of change. He is currently a co-investigator and study therapist on several psychedelic-assisted psychotherapy trials, including a multi-site randomized controlled trial examining psilocybin-assisted psychotherapy for cancer-related anxiety.



DR. SHIRI SADEH-SHARVIT

Dr. Shiri Sharvit is a clinical psychologist, an Associate Professor of Research at Palo Alto University, and the Chief Clinical Officer of Eleos Health. Her research develops strategies to integrate technology into behavioral healthcare. Focused on optimizing psychological interventions through innovative therapist-technology collaboration, her work addresses critical gaps in traditional therapy settings, emphasizing real-world applications. With a grant-supported exploration of digital tools, including mobile apps and screening methods, Dr. Sharvit strives to enhance accessibility, engagement, and efficacy in mental health assessment and therapy while reducing stigma. Her contributions include research on early screening apps, incorporating technology with therapy sessions, and the ongoing exploration of advanced artificial intelligence tools within treatment protocols.



DR. TATIJANA BUSIC

Dr. Tatijana Busic, Ph.D., is a licensed organizational and clinical psychologist with nearly two decades of experience. She has dedicated her career to enhancing resilience and emotional intelligence in individuals, both personally and professionally. Her organizational work focuses on developing values-driven and purpose-driven cultures by transforming leadership from the inside out. Dr. Busic also provides trauma-informed psychological services to individuals, with a mission to help people heal and thrive through difficult experiences. Her life's mission is to cultivate greater well-being in our world by empowering people to inspire change in themselves, their relationships, careers, and organizations. She holds a Ph.D. in Applied Psychology and Human Development from the University of Toronto and has been featured in several media outlets, including the Harvard Business Review and CBC.

2024 SPEAKER BIOS



DR. TIFFANY HUNT

Dr. Hunt has devoted her career to the health and wellness of her patients and clients, with over 15 years of counselling and integrative, trauma-informed treatments. She has been a trusted guide to many Veterans, police officers, firefighters, and first responders.

Her personal and professional experience in mental health, informed by her own struggles with depression, leverage her background as a registered Clinical and Health Psychologist, adjunct professor, instructor, researcher, published author, sound therapist, and breathwork facilitator working with clients of diverse experiences and needs.

In her current role as the Service Psychologist for the Niagara Regional Police Service, Dr. Hunt helps to administer and oversee the Psychological Wellness Programs for their members. She also continues to offer breathwork and sound sessions in collaboration with various wellness facilities in the community.



DR. WENDY GREENSPUN

Wendy Greenspun, PhD, is a clinical psychologist who serves on the leadership team of the Climate Psychology Alliance- North America. She is on faculty at the Manhattan Institute for Psychoanalysis, where she teaches a course on Psychoanalysis and the Climate Crisis. She has published articles and presented nationally and internationally on climate psychology and psychoanalysis, including at the 2022 UN Psychology Day, and provides trainings and courses for mental health professionals on ways to work with climate distress and grief. She provides workshops on building emotional resilience for climate activists, artists, high school and university students, and trains facilitators of climate cafes (climate-emotion processing groups). She is in private practice on the unceded territory of the Lenape people, currently known as New York City.



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