

# Parky Hansen Lau

Curriculum Vitae

## Contact Information

Department of Psychology  
Toronto Metropolitan University  
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## Education

**Postdoc. Stanford University** Sep 2024 - Present  
Role: Clinical Postdoctoral Fellow  
Department of Psychiatry and Behavioral Sciences, Stanford Medicine  
Advisor: Dr. Rachel Manber and Dr. Norah Simpson

**Ph.D. Toronto Metropolitan University** 2020 - 2024  
Department of Psychology (CPA Accredited)  
Dissertation Advisor: Colleen E. Carney, Ph.D., C Psych  
Dissertation title: Evaluation of an evidence-based self-management web-based app for sleep disturbances to support sleep health in adolescents

**M.A. Toronto Metropolitan University** 2018 - 2020  
Department of Psychology (CPA Accredited)  
Thesis Advisor: Colleen E. Carney, Ph.D., C Psych  
Thesis title: *Self-focused rumination as a potential cognitive risk factor in stress-related disturbed sleep*

**B.A. University of British Columbia** 2012 - 2017  
Department of Psychology  
*Directed Studies Supervisor:* Susan A.J. Birch, Ph.D.

## Peer-Reviewed Research Grants

**Lau, P.H.** *Knowledge Translation of a Transdiagnostic Web-Based App for Sleep Disturbance in Youth.* Knowledge translation grant received from the Canadian Sleep Society, July, 2022. Role: principal investigator. Award name: Canadian Sleep Society/Canadian Sleep and Circadian Network World Sleep Day Trainee Grant. Total amount, \$1,500 over 12 months 2022

**Lau, P.H.** *Coaching Mental Health Providers and Adults to Achieve Optimal Sleep.* Funding received from Mitacs, September, 2021. Role: technology lead. Award name: Mitacs Accelerate Fellowship. Total amount, \$15,000 over 4 months. 2021

- Lau, P.H.** *Rumination, life stress, and insomnia symptoms: An ecological momentary assessment study.* Doctoral funding received from the Social Sciences and Humanities Research Council of Canada (SSHRC), May, 2020. Role: principal investigator. Award name: Joseph-Armand Bombardier CGS – Doctoral Award. Total amount: \$105,000 over 3 years. 2020
- Seko, Y., Malik, A., & **Lau, P.H.** *Solution-focused approach to graduate supervision: Designing a community of practice.* Operating grant received from the Centre for Excellence in Learning and Teaching, April, 2020. Role: collaborator. Total amount: \$11,973 over 2 years. 2020
- Lau, P.H.** & Carney, C.E. *Self-Focused Rumination as a Cognitive Risk Factor in Chronic Sleep Disturbance.* Operating grant received from the Institute for Stress and Wellbeing Research, March, 2020. Role: principal investigator. Total amount: \$2,500 over 2 years. 2020
- Lau, P.H.** *Separating Fatigue and Sleepiness in the Etiology and Maintenance of Insomnia: A Cognitive Model.* Operating grant received from the Social Sciences and Humanities Research Council of Canada (SSHRC), April, 2019. Role: principal investigator. Award name: Joseph Armand Bombardier Canada Graduate Scholarship-Master's. Total amount: \$17,500 over 1 year. 2019

## Funding

- Toronto Metropolitan University** 2018  
TMU Graduate Fellowship, \$9,000
- University of British Columbia** 2017  
Quinn Research Assistantship, \$2,870

## Awards and Recognitions

- National Register of Health Service Psychologists** 2023  
Morgan T. Sammons Doctoral Student Award, \$5,000
- Toronto Metropolitan University Learning & Teaching Office** 2020  
Teaching Development TA/GA Award, \$500
- Canadian Psychological Association** 2019  
Clinical Section Student Travel Award, \$300
- The Canadian Association of Cognitive and Behavioural Therapies** 2019  
Student Travel Award, \$500
- University of British Columbia** 2016

Trek Excellence Scholarship, \$1,500

University of British Columbia  
Provincial Scholarship Award, \$1,000

2012

## Publications

### PUBLISHED/IN PRESS

1. **Lau P.H.** & Carney, C.E. (2024). Mapping out adolescent sleep patterns in Canadian private high schools: A mixed methods approach. *Canadian Journal of Behavioural Sciences*. Advance online publication.
2. **Lau, P.H.**, Kumar, K., Starick, E., & Carney, C.E. (2024). Comparing patients treated with CBT for insomnia with healthy sleepers and past poor sleepers on dimensions of sleep health. *Sleep Health: Journal of the National Sleep Foundation*.
3. **Lau, P.H.**, Amestoy, M. E., Roth, M., & Monson, C. (2024). Patient-related factors associated with patient retention and non-completion in psychosocial treatment of borderline personality disorder: A systematic review. *Personality and Mental Health*, 1–23.
4. **Lau, P.H.**, & Carney, C.E. (2024). Implementation of a teen sleep app in Canadian high schools: Preliminary evidence of acceptability, engagement, and capacity for supporting healthy sleep habits. *Journal of Sleep Research*, e14199.
5. **Lau, P.H.**, Starick, E., & Carney, C.E. (2024). Anxiolytic impact of cognitive behavioural therapy for insomnia in patients with comorbid insomnia and generalized anxiety disorder. *Behavioural and Cognitive Psychotherapy*, 524(4), 456-460.
6. **Lau, P.H.**, Marway, O.S., Carmona, N.E., Starick, E., Iskenderova, I., & Carney, C.E. (2023). An investigation of further strategies to optimize early treatment gains in brief therapies for insomnia. *Behavioural Sleep Medicine*, 22(2), 140-149.
7. Patel, A., Daros, A.R., Irwin, S.H., **Lau, P.H.**, Hope, I.M., Perkovic, S.J.M., Husain, M.I., Laposa, J.M., Kloiber, S., Quilty, L.C. (2023). Associations between rumination, depression, and distress tolerance during CBT treatment for depression in a tertiary care setting. *Journal of Affective Disorders*, 339(15), 74-81.
8. Seko, Y., Malik, A., **Lau, P.H.**, & Neri, D. (2023). Toward solution-focused graduate supervision: Developing a research-based live simulation for graduate supervisors. *Innovations in Education and Teaching International*, 1-13.
9. Marway, O.S., **Lau, P.H.**, Carmona, N.E., & Carney, C.E. (2023). What are patients completing Cognitive Behavioural Therapy for insomnia telling us with their post-treatment Insomnia Severity Index scores? *Sleep Medicine*, 103, 187-194

10. **Lau, P.H.**, Marway, O.S., Carmona, N.E., & Carney, C.E. (2022). Examining whether changes in sleep habits predict long-term sustainment of treatment gains in individuals remitted from insomnia after CBT-I. *Behavioural Sleep Medicine*, 21(4), 1-12.
11. **Lau, P.H.**, Carney, A.E., Marway, O.S., Carmona, N.E., Amestoy, M.E., & Carney, C.E. (2022). Investigating the antidepressant effects of CBT-I in those with major depressive and insomnia disorders. *Journal of Affective Disorders Reports*. 9, 1-8.
12. Seko, Y., **Lau, P.H.** (2021). Solution-focused approach in higher education: A scoping review. *Higher Education Research & Development*, 1-17
13. Amestoy, M., **Lau, P.H.** (2020). The 2019 novel coronavirus: A sleep and mood perspective. *Mind Pad*. 9(2), 39-43
14. Kutana, S., **Lau, P.H.** (2020). The impact of the 2019 coronavirus disease (COVID-19) pandemic on sleep health. *Canadian Psychology/Psychologie Canadienne*. 62(1), 12-19.
15. **Lau, P.H.**, Birch, S.A.J. (2018). Modern pathways to education: Interactive technology and learning in children. *Mind Pad*. 7(1), 8-12.
16. Haddock, T., **Lau, P.H.**, Ghrear, S., Birch, S.A.J. (2017). What happens at home: How family discourse fosters social perspective taking in children with autism spectrum disorder. *Acta Psychopathologica*.3(6), 1-8.

#### UNDER REVIEW

1. **Lau, P.H.**, Levitan, R.D., Quilty, L.C., Kloiber, S. Zai, G., & Laposa, J.M. (in review). The relationship between chronotype and treatment time of day on post-treatment depression symptom severity for depressed patients receiving cognitive behavioural therapy.
2. **Lau, P.H.** & Carney, C.E. (in review). Stakeholder perspectives on managing the adolescent sleep crisis using a transdiagnostic self-management app for sleep disturbances: a qualitative follow-up study.

#### BOOK CHAPTERS/LONG POSTS

1. **Lau, P.H.**, Marway, S., Carney, C.E. (2024). Insomnia Disorder. In S. Hupp & D.F. Tolin. *Science-Based Psychotherapy: Raising the Bar for Empirically Supported Treatments*. Cambridge University Press.
2. Carney, C.E., **Lau, P.H.**, & Kutana, S. (2023). Insomnia. In S. Hupp & C. Santa Maria. *Pseudoscience in Psychotherapy: A Skeptical Field Guide*. Cambridge University Press.
3. **Lau, P.H.**, Rootman, J. M., Robinson, J., & Lutes, L. (2019). Applying to Graduate Programs in Clinical Psychology: A Guide for Prospective Students, Advisors, and Faculty. The Noba Project: <https://nobaproject.com/>.

## Presentations

### CONFERENCE PROCEEDINGS: ORAL PRESENTATIONS/SYMPOSIA

1. Starick, S., **Lau, P.H.**, Carney, C.E. (2023, June). Evaluating the effects of cognitive behavioral therapy for insomnia on duration of total sleep and wake times: A longitudinal follow-up study. Paper presented at the 84<sup>th</sup> CPA Annual National Convention, Toronto, ON
2. Seko, Y., Malik, A., & **Lau, P.H.** (Co-presented; 2023, May). Solution-focused graduate supervision: A parallel community of practice for graduate students and supervisors. Paper presented at Toronto Metropolitan University Learning and Teaching Conference. Toronto, ON.
3. **Lau, P.H.**, Marway, O.S., & Carney, C.E. (2022, June). Changes in sleep beliefs and habits in individuals remitted from insomnia after cognitive behavioural therapy at post-treatment and one-year follow-up. Paper presented at the 83rd CPA Annual National Convention, Calgary, AB.
4. Seko, Y., Malik, A., **Lau, P.H.**, Neri, & D., Courtnage, A. (2021, May). Solution-focused graduate supervision: Developing a community of practice. Paper presented at the 2021 Learning and Teaching Conference, Toronto, ON.
5. **Lau, P.H.**, Woodard, S.R., Severson, R.L., & Birch, S.A.J. (2018, May). Children's context-dependent interpretations of confidence cues. Paper presented at the 2018 Development Conference, St. Catharines, ON.
6. **Lau, P.H.** (2017, March). East - West attitudinal similarities and differences in sexuality: The role of implicit cognition. Paper presented at the Multidisciplinary Undergraduate Research Conference, Vancouver, BC.

### INVITED TALKS/PRESENTATIONS

1. **Lau, P.H.** (2023, February). Sleep Smart! Learning how to sleep better in youths. Presentation at Royal St. George's College.
2. **Lau, P.H.** (2022, March). Chronic insomnia: Evidence-based practices for better sleep and less fatigue. Presentation at the Employment and Social Development Canada, virtual format.
3. Dionne, M., Bermister, K., & **Lau, P.H.** (Co-Presenters; 2021, November). Graduate school application information session Fall 2021. Presentation at Ryerson University, virtual format.

4. **Lau, P.H.** (2021, May). Sleep health during the pandemic: Evidence-based practices to better sleep. Presentation at the Employment and Social Development Canada, virtual format.
5. **Lau, P.H.** & Provost-Walker, O. (2020, July). Common factors in psychotherapy. Presentation at the Li Ka Shing Knowledge Institute, St Michael's Hospital of Toronto.
6. Carmona, N. & **Lau, P.H.** (Co-Presenters, 2019, March). Sleeping like a good sleeper. Presentation at the Life Institute, Ryerson University of Toronto.

#### CONFERENCE PROCEEDINGS: POSTER PRESENTATIONS

1. Marway, O. S., **Lau, P. H.**, Kumar, K., & Carney, C. E. (2023, May 9-11). *Exploring fear of insomnia recurrence in individuals receiving cognitive behavioural therapy for insomnia*. [Poster presentation]. Canadian Association of Cognitive and Behavioural Therapies 14th Annual Conference, Toronto, Ontario, Canada.
2. **Lau, P.H.**, Levitan, R.D., Quilty, L.C., Kloiber., S., Zai, G., & Laposa, J.M. (2023, May 9-11) *Associations between chronotype and treatment time of day on post-treatment depression symptom severity for patients receiving cognitive behavioural therapy*. [Poster presentation]. Canadian Association of Cognitive and Behavioural Therapies 14th Annual Conference, Toronto, Ontario, Canada.
3. Kumar, K., Starick, E., **Lau, P.H.**, & Carney, C.E. (2023, November 16-19). *Do people complete sleep diaries? Investigating rates and predictors of adherence to sleep diary completion in patients receiving CBT-I*. [Poster Presentation]. Association to be presented at Cognitive and Behavioural Therapies 57th Annual Convention, Seattle, WA.
4. Starick, S., **Lau, P.H.**, Carney, C.E. (2023, June). Treatment expectations as a predictor of sleep-related outcomes following cognitive behavioural therapy for insomnia. Poster presented at the 84<sup>th</sup> CPA Annual National Convention, Toronto, ON.
5. Marway, O. S., **Lau, P. H.**, Kumar, K., Usyatynsky, A., & Carney, C. E. (2023, May 4-6). Investigating insomnia identity and its implications for CBT-I treatment outcome. [Poster presentation]. Canadian Association of Cognitive and Behavioural Therapies 13th Annual Conference, Halifax, Nova Scotia, Canada.
6. Kumar, K., **Lau, P.H.**, Marway, O.S., & Carney, C.E. (2023, May 4-6). Early treatment response in CBT-I predicts post-treatment remission of insomnia. [Poster presentation]. Canadian Association of Cognitive and Behavioural Therapies 13th Annual Conference, Halifax, Nova Scotia, Canada.
7. **Lau, P.H.**, Marway, O.S., & Carney, C.E. (2022, November). Predictors of early remission and response in people with insomnia treated with cognitive behavioural insomnia therapy. Poster to be presented at the Association for Behavioural and Cognitive Therapies Behavioural Sleep Medicine Special Interest Group 56<sup>th</sup> Annual Convention, New York, NY.

8. **Lau, P.H.**, Carmona, N.E., Bertler, L., Starick, S., & Carney, C.E. (2022, October). Investigating the transdiagnostic aspect of a self-management web-based app for sleep disturbance in adolescent and young adults. Poster presented at the AACAP/CACAP 2022 Annual Meeting, Toronto, ON.
9. Amestoy, M. & **Lau, P.H.** (2022, June). Effects of perceived stress on insomnia: The moderating role of repetitive negative thinking. Poster presented at the 83rd CPA Annual National Convention, Calgary, AB.
10. Amestoy, M. & **Lau, P.H.** (2022, June). A systematic review of factors influencing patient retention and treatment non-completion in psychosocial treatment for borderline personality disorder. Poster presented at the 83rd CPA Annual National Convention, Calgary, AB.
11. **Lau, P.H.** & Carney, C.E. (2021, November). CBT-I is not a 'life-sentence': Changes in sleep beliefs and habits in individuals remitted from insomnia. Poster presented at the Association for Behavioural and Cognitive Therapies Behavioural Sleep Medicine Special Interest Group 55<sup>th</sup> Annual Convention, New Orleans, LA.
12. Amestoy, M., **Lau, P.H.** (2021, June). The effects of the COVID-19 pandemic on psychological and sleep-related symptoms in self-defined good and poor sleepers. Poster presented at the CPA's 82<sup>nd</sup> Annual National Convention (Virtual).
13. **Lau, P.H.**, Meiorin, T., Kutana, S., & Carney, C.E. (2021, March). Efficacy of cognitive behavioural insomnia therapy in depressed patients: A comparison of therapist-rated adherence, drop-out rate, and insomnia recovery. Poster presented at the 2021 Anxiety and Depression Virtual Conference.
14. **Lau, P.H.**, Amestoy, M., & Carney, C.E. (2020, November). An investigation of medication use on dysfunctional beliefs and treatment recovery in cognitive behavioural insomnia therapy. Poster presented at the Association for Behavioural and Cognitive Therapies Behavioural Sleep Medicine Special Interest Group 54<sup>th</sup> Annual Convention, Philadelphia, PA.
15. **Lau, P.H.**, Amestoy, M., Marway, O.S., Carney, A.E., & Carney, C.E. (2020, November). Characteristic profiles of treatment responders and nonresponders after cognitive behavioural insomnia therapy: An exploratory study. Poster presented at the Associations for Behavioural and Cognitive Therapies 54<sup>th</sup> Annual Convention, Philadelphia, PA.
16. Carney, A.E., **Lau, P.H.**, Marway, O.S., Bogouslavsky O., & Carney, C.E. (2020, May 21-23). A preliminary investigation of cognitive reactivity and insomnia relapse after cognitive behavioural insomnia therapy [Poster Presentation]. 10th Annual Canadian Association of Cognitive and Behavioural Therapies Conference, Halifax, Nova Scotia, Canada. (Conference cancelled)
17. Marway, O. S., **Lau, P. H.**, Carney, A. E., Bogouslavsky O., & Carney, C. E. (2020, May 21-23). Investigating the mechanism underlying the antidepressant effect of cognitive behavioural therapy for insomnia [Poster Presentation]. 10th Annual Canadian Association of Cognitive and Behavioural Therapies Conference, Halifax, Nova Scotia, Canada. (Conference cancelled)

18. Kutana, S., **Lau, P.H.**, Carney, C.E. (2019, November). Prospective relationship between symptom-focused rumination and sleep disturbance. Poster presented at the 72nd Annual Ontario Psychological Association Conference, Toronto, ON.
19. **Lau, P.H.** & Carney, C.E. (2019, November). An examination of self- and symptom-focused rumination in cognitive behavioural therapy for insomnia. Poster presented at the Association for Behavioural and Cognitive Therapies 53<sup>rd</sup> Annual Convention, Atlanta, GA.
20. **Lau, P.H.** & Carney, C.E. (2019, September). Sleep effort as a predictor of treatment outcome and relapse in cognitive behavioural insomnia therapy. Poster presented at World Sleep 2019, Vancouver, BC.
21. **Lau, P.H.**, Carmona, N.E., Usyatynsky, A., Bogouslavsky, O., & Carney, C.E. (2019, May). Dysfunctional beliefs about sleep and treatment efficacy in cognitive behavioural therapy for insomnia. Poster presented at the Canadian Psychological Association 80<sup>th</sup> Annual National Convention, Halifax, NS.
22. **Lau, P.H.** & Carney, C.E. (2019, May). A preliminary investigation of the relationship between subjective reports of insomnia severity and sleep efficiency in cognitive behavioural therapy for insomnia. Poster presented at the 2019 Canadian Association of Cognitive and Behavioural Therapies 9<sup>th</sup> Annual Conference, Montréal, QC.
23. **Lau, P.H.**, Bogouslavsky, O., Carmona, N.E., Usyatynsky, A., & Carney, C.E. (2018, November). Relationship between age and treatment efficacy in self-report insomnia and depression in a clinical sample. Poster presented at the Ontario Psychological Association 71st Annual Conference, Toronto, ON.
24. **Lau, P.H.** & Birch, S.A.J. (2018, October). Children's assessment of confidence cues between subject domains: Evidence of a context-specific evaluation. Poster presented at the 2018 Psychology Graduate Student Association Symposium, Toronto, ON.
25. Wilson, J., Ip, E., **Lau, P.H.**, & LeMoult, J. (2018, April). Elucidating the cognitive control bias that best predicts rumination: experience sampling of rumination and depressive symptoms to a naturalistic stressor. Poster presented at the 2018 Anxiety and Depression Conference, Washington, DC.
26. Severson, R.L., **Lau, P.H.**, Li, V., Birch, S.A.J. (2017, October). Sometimes hesitancy is key: Effects of moral deliberations on children's interpretation of credibility cues. Poster presented at the 2017 Cognitive Development Society Conference, Portland, OR.
27. Owens, R. L., Motl, T. C., Kopperson, C., McDaniel, M., **Lau, P.H.**, Regehr, R., Betka, M., Sun, A., Ahmadian, S., & Woolgar, S. (2017, August). A content analysis of counseling psychology's core values in flagship journals: Do we walk the walk? Poster presented at the 125<sup>th</sup> Annual Convention of the American Psychological Association, Washington, DC.
28. Kopperson, C., Owens, R. L., Sun, A., **Lau, P.H.**, Cheung, W., & Ahmadian, S. (2017, July). You Had Mail: A comparison of reflecting on positive and negative emails. Poster presented at the 5th World Congress on Positive Psychology, Montreal, QC.



29. **Lau, P.H.**, Li, V., Birch, S.A.J. (2017, April). Sometimes hesitance is key: Effects of moral dilemmas on children's interpretation of cues to credibility. Poster presented at the Making Waves 2017: Undergraduate Psychology Research Conference, Victoria, BC.
30. **Lau, P.H.**, Baimel, A., Birch, S.A.J. (2017, April). Exploring a novel approach to study perspective-taking in children: A theory of mind task. Poster presented at the 19<sup>th</sup> Psychology Undergraduate Research Conference, Vancouver, BC.
31. **Lau, P.H.**, Lefebvre, A., Liu, J., Samra, T. (2017, March). The role of personality and internalized homonegativity on predicting sensation seeking and sexual risk-taking among men who have sex with men. Poster presented at the Multidisciplinary Undergraduate Research Conference, Vancouver, BC.

## Research Positions

<b>Research Coordinator</b> School of Professional Communication, Toronto Metropolitan University Principal Investigator: Yukari Seko, Ph.D.	2019 - 2020
<b>Research Assistant</b> Depression, Anxiety, and Stress Laboratory, University of British Columbia Principal Investigator: Joelle LeMoult, Ph.D.	2017 - 2018
<b>Lab Coordinator</b> K.I.D. Studies Centre, University of British Columbia Principal Investigator: Susan Birch, Ph.D.	2016 - 2018
<b>Research Assistant</b> SHINE Research Team, University of British Columbia Principal Investigator: Rhea Owens, Ph.D.	2016 - 2018
<b>Studies Coordinator</b> Sexual Psychophysiology and Psychoneuroendocrinology Lab, University of British Columbia Principal Investigator: Boris Gorzalka, Ph.D.	2015 - 2017

## Teaching Experience

<b>Course Instructor (PSYC 335: Clinical Psychology)</b> The G. Raymond Chang School of Continuing Education at Toronto Metropolitan University	Summer 2024
<b>Course Instructor (PSYC 335: Clinical Psychology)</b>	Winter 2024

The G. Raymond Chang School of Continuing Education at Toronto  
Metropolitan University

<b>Teaching Assistant (PSYC 215: Psychology of Addictions)</b> Instructor: Dr. Jessica Jeong	Winter 2023
<b>Teaching Assistant (PSYC 102: Introduction to Psychology I)</b> Instructor: Dr. Jessica Jeong	Fall 2021
<b>Teaching Assistant (PSYC 315: Psychological Disorders)</b> Instructor: Dr. Naomi Koerner	Winter 2021
<b>Teaching Assistant (PSYC 214: Psychopharmacology)</b> Instructor: Dr. Todd Girard	Fall 2020
<b>Teaching Assistant (PSYC 682: Sleep)</b> Instructor: Dr. Colleen Carney <b>Guest Lecturer – Dreams and Dreaming</b>	Winter 2020
<b>Guest Lecturer: Insomnia Disorder</b> Instructor: Dr. Colleen Carney ( <b>PSYC315: Psychological Disorders</b> )	November 2019
<b>Teaching Assistant (PSYC 214: Psychopharmacology)</b> Instructor: Dr. Todd Girard	Fall 2019
<b>Teaching Assistant (PSYC 535: Gender Issues in Psychology)</b> Instructor: Dr. Tanya Karam-Zanders	Winter 2019
<b>Teaching Assistant (PSYC 315: Psychological Disorders)</b> <b>Guest Lecturer – Depressive Disorders and Bipolar Disorders</b> Teacher Evaluation Rating: 2.95/3.00 Instructor: Dr. Naomi Koerner	Winter 2019
<b>Teaching Assistant (PSYC 202: Introduction to Psychology II)</b> <b>Guest Lecturer – Schizophrenia and Related Disorders</b> Teacher Evaluation Rating: 3.00/3.00 Instructor: Dr. Meagan Mackenzie	Fall 2018

## Supervision/Consulting Experience

<b>Peer Supervisor</b> Psychological Assessment II (PS8310) – Instructor Dr. Martin Antony	Winter 2023
<b>Writing Consultant</b> Writing and Language Support, Toronto Metropolitan University	2021-2023

## Students Supervised

<b>Irene Iskenderova</b> <i>Subsequent position:</i> Graduate student at Adler University (Clinical Psychology)	2022-2023
<b>Elisha Starick</b> <i>Subsequent position:</i> Graduate student at Toronto Metropolitan University (Clinical Psychology)	2022-2023
<b>Samlau Kutana</b> <i>Subsequent position:</i> Graduate student at Memorial University of Newfoundland (Experimental Psychology)	2020-2021
<b>Maya Amestoy</b> <i>Subsequent position:</i> Graduate student at University of Toronto Scarborough (Clinical Psychology)	2020-2021

## Clinical Experience

### CLINICAL POSITIONS

<b>Psychology Resident</b> The Centre for Addiction and Mental Health Mood and Anxiety Ambulatory Services and Borderline Personality Disorders Service Supervisors: Kathleen Tallon, PhD, C.Psych & Shelley McMain, PhD, C.Psych	2024
<b>Doctoral Psychology Associate</b> Forward Thinking Psychological Services Supervisor: Marlene Taube-Schiff, PhD C.Psych	2023 - Present
<b>PhD Clinical Practicum Student</b> Centre for Addictions and Mental Health Supervisor: Lena C. Quilty, PhD C.Psych	2021
<b>PhD Clinical Practicum Student</b> St. Joseph's Healthcare Hamilton: Women's Health Concerns Clinic Supervisor: Sheryl M. Green, PhD C.Psych	2020
<b>CBT Student Assessor/Therapist</b> Sleep and Depression Laboratory, Toronto Metropolitan University Supervisor: Colleen E. Carney, PhD C.Psych	2019 - 2023
<b>MA Practicum Student Clinician</b> Department of Family and Community Medicine and St. Michael's Academic Family Health Team Supervisors: Michael K. Cheng, PhD C.Psych and Karen Milligan, PhD C.Psych	2019

SELECTED WORKSHOPS/CLINICAL TALKS ATTENDED**Structural Racism & Sleep Health Disparities**

Toronto Metropolitan University, 1 day talk

**Clinical Suicidology**

National Register Associate Certificate Program

**Integrating Motivational Interviewing into CBT**

Toronto Metropolitan, 1 day workshop

**Dialectical Behaviour Therapy with Adolescents and Emerging Adults**

Toronto Metropolitan, 2 day workshop

**Mindfulness-Based Interventions in Healthcare**

UQAM University, 1 day workshop

**Overcoming Resistance to Change:  
How Motivational Communication Approaches Can Help**

UQAM University, 1 day workshop

**Service**COMMUNITY**Journal Reviewer**

2019-Present

Canadian Psychological Association (CPA) Mind Pad; Sleep Health: Journal of the National Sleep Foundation

**CPA Mentor**

2018

Canadian Psychological Association (CPA) Mentorship Program

**Mentees:** Béry Mohammediyan (2020-2021); Anastasia Shao (2019-2020);  
Francesca Samen (2018-2019)**Support Worker (Child & Youth Services)**

2017 - 2018

Strive Living Society

**Social Visitor**

2016 - 2018

Three Links Care Society

**Patient Services Intern**

2015

Leukemia and Lymphoma Society of Canada

TORONTO METROPOLITAN UNIVERSITY**PhD Clinical Representative**

2022

Psychology Graduate Student Association

**Student Member** 2021  
Clinical Program Committee

**Graduate Student Reviewer** 2020  
Research Ethics Board (REB)

**Academic Integrity Council Member** 2018  
Academic Integrity Council

**Elected Student Representative (Masters)** 2018  
Yeates School of Graduate Studies (YSGS) Council

**Graduate Supervision Guideline Review Committee** 2018  
Yeates School of Graduate Studies (YSGS)

UNIVERSITY OF BRITISH COLUMBIA

**Analysis of Behavioural Data Tutor** 2017  
UBC Tutoring Pool

## **Affiliations/Membership**

World Sleep Society

The Canadian Association of Cognitive and Behavioural Therapies

Canadian Psychological Association

Psi Chi, the International Psychology Honor Society

Ontario Psychological Association

## References

Colleen E. Carney, Ph.D., C. Psych  
Professor, Department of Psychology  
Toronto Metropolitan University  
350 Victoria Street, Toronto, Ontario M5B 2K3, Canada  
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Lena C. Quilty, Ph.D., C. Psych  
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