

ROBERT VALELA, R. PSYCH., M.ED., B.COM., Lt (N) (HON. DISCH.)

Curriculum Vitae

CONTACT INFORMATION

www.robertvalela.org

Email: contact@robertvalela.org

1303, 5328 Calgary Trail NW

Edmonton, AB T6H 4J8

CLINICAL WORK

- 2023 – Pres. **Director and Registered Psychologist**
RV Services Group
- 2023 – Pres. **Registered Psychologist**
Nellie Health Inc.
Founder: Candice M. Monson, Ph.D., C. Psych.
- 2023 – 2026 **Registered Psychologist**
The Centre for Posttraumatic Stress & Anxiety Treatment Ltd. (CPSAT)
Directors: David Paul, Ph.D., R. Psych., Kimberly Buchanan Ph.D., R. Psych.

CLINICAL LICENSURE

- 2025 – Pres. **Registered Psychologist**
College of Alberta Psychologists
Registration #7470
- 2023 – 2025 **Registered Provisional Psychologist**
College of Alberta Psychologists
Registration #P7470
Supervisors: David Paul, Ph.D., R. Psych., Kimberly Buchanan Ph.D., R. Psych., Joshua Dunn, Ph.D., R. Psych.

EDUCATION

- M.Ed.** **University of Alberta, Edmonton, AB**
2021 – 2023 Master's of Education in Counselling Psychology
Supervisors: Kevin Wallace, Ph.D., R. Psych., and Phillip R. Sevigny, Ph.D., R. Psych.
Capstone Project: Barriers and Facilitators to Electronic Mental Health Care Services for Veterans with Posttraumatic Stress Disorder
Advisors: Alexander O. Crenshaw, Ph.D., C. Psych., and Gwendolyn D. Villebrun Ph.D., R. Psych.
- Cert.** **Toronto Metropolitan University, Toronto, ON**
2020 – 2021 Certificate in Mental Health and Addictions
- Cert.** **Toronto Metropolitan University, Toronto, ON**
2019 – 2020 Certificate in Psychology
Independent Project: Changing Emotions: Assessing the Enduring Impact of Cognitive Reappraisal on Emotional Responses
Advisor: Ravi Thiruchselvam, Ph.D.
- Cert.** **The Canadian Forces School of Military Intelligence (CFSMI), Québec, QC**
2019 – 2019 Certificate of Military Achievement in Military Intelligence
Major: Maritime Intelligence

B.Com. 2016 – 2019	Toronto Metropolitan University , School of Management, Toronto, ON Bachelor of Commerce in Business Management Graduated with Distinction <i>Major: Human Resources, Minor: Psychology</i>
Adv. Dip. 2011 – 2014	George Brown College , Toronto, ON Advanced Diploma in Business Administration <i>Major: Human Resources</i>

HONOURS AND AWARDS

Lloyd and Daphne Chin-Loy Award in Mental Health and Addictions	2020
Royal Bank of Canada Future Launch Scholarship	2020
CFSMI Chit (Recognition) for Academic Leadership	2019
Business and Professional Association Education Foundation Award	2017
Ontario First Generation Award	2017
Nomination, Royal Bank of Canada's Student of the Term Award	2017

PEER-REVIEWED PUBLICATIONS AND MANUSCRIPTS

MANUSCRIPTS PUBLISHED / IN PRESS

- Fitzpatrick, S., Crenshaw, A.O., **Valela, R.**, Samonas, C., Earle, E.A., Goss, S., Hernandez, K.M., Bushe, J., Varma, S., Proctor, D., Wagner, A.C., Goenka, K., Luxor, O., Collins, A., Morland, L., Shields, N., Roth, M., Doss, B.D., Schumm, J., & Monson, C.M. (2025). A randomized controlled trial testing Couple HOPES: An online, self-help couples' intervention for posttraumatic stress disorder. *Journal of Consulting and Clinical Psychology*. [doi](#)
- Xiang, A., Monson, C.M., Crenshaw, A.O., Fitzpatrick, S., Wagner, A.C., **Valela, R.**, Collins, A., Whitfield, K. M., Earle, E., Bushe, J., Mensah, D.H., Ip, J., Samonas, C., Siegel, A., Donkin, V., Varma, S., Landy, M.S.H., Morland, L., Doss, B.D., & Crenshaw, A.O. (2024). Partner Outcomes of Accommodation in Intimate Couples with Posttraumatic Stress Disorder. *Couple and Family Psychology: Research and Practice*. [doi](#)
- Morland, L. A., Wachsman, T., Webster, K., Fitzpatrick, S., **Valela, R.**, Crenshaw, A. O., Monson, C. M., & Knopp, K. C. (2023). A pilot of Couple HOPES within the US Veterans Affairs Healthcare System: PTSD and relationship outcomes in veteran couples. *Psychological Services*. [doi](#)
- Crenshaw, A.O., Whitfield, K.M., Collins, A., **Valela, R.**, Varma, S., Landy, M.S.H., Ip, J., Donkin, V., Earle, E., Siegel, A., Samonas, C., Bushe, J., Mensah, D.H., Xiang, A., Doss, B.D., Morland, L., Wagner, A.C., Fitzpatrick, S., & Monson, C.M. (2022). Partner outcomes from an uncontrolled trial of Couple HOPES: A guided online couple intervention for PTSD and relationship enhancement. *Journal of Traumatic Stress*. [doi](#)
- Monson, C. M., Wagner, A. C., Crenshaw, A. O., Whitfield, K. M., Newnham, C. M., **Valela, R.**, Varma, S., Di Bartolomeo, A. A., Fulham, L., Collins, A., Donkin, V., Mensah, D. H., Landy, M. S. H., Samonas, C., Morland, L., Doss, B. D., & Fitzpatrick, S. (2022). An uncontrolled trial of couple HOPES: A guided online couple intervention for PTSD and relationship enhancement. *Journal of Family Psychology*. Advance online publication. [doi](#)

Fitzpatrick, S., Wagner, A. C., Crenshaw, A. O., Varma, S., Whitfield, K. M., **Valela, R.**, Di Bartolomeo, A. A., Fulham, L., Martin-Newnham, C., Mensah, D. H., Collins, A., Landy, M. S. H., Morland, L., Doss, B. D., & Monson, C. M. (2021). Initial Outcomes of Couple HOPES: A Guided Online Couple Intervention for PTSD and Relationship Enhancement. *Internet Interventions, 25*, 100423. [doi](#)

Monson, C. M., Fitzpatrick, S., Wagner, A. C., **Valela, R.**, Whitfield, K. M., Varma, S., Landy, M. S. H., Di Bartolomeo, A. A., Crenshaw, A. O., Fulham, L., Morland, L., Knopp, K., Proctor, D. W., Toller, A., Webster, K., & Doss, B. D. (2021). The development of Couple HOPES: A Guided Online Intervention for PTSD and Relationship Enhancement. *European Journal of Psychotraumatology, 21*(1), 1917879. [doi](#)

MANUSCRIPTS UNDER REVIEW / IN PREPARATION

Varma, S., Whitfield, K. M., Ip, J., Monson, C. M., Wagner, A. C., Crenshaw, A. O., **Valela, R.**, Collins, A., Donkin, V., Earle, E. A., Samonas, C., Siegel, A., Bushe, J. Landy, M. S. H., Morland, L., Doss, B. D., Fitzpatrick, S., (under review). Couple HOPES, an online, guided self-directed intervention for PTSD and relationship enhancement: A case report.

MANUSCRIPTS PEER REVIEWED

Peer Reviewer, *Family Process* — 2025

Invited expert reviewer for a manuscript examining evidence-based online service delivery models for trauma-focused couples therapy.

CONFERENCE PRESENTATIONS

Crenshaw, A. O., Fitzpatrick, S., Valela, R., Whitfield, K. M., Goss, S., Bushe, J., Varma, S., Collins, A., Proctor, D., Wagner, A. C., Samonas, C., Goenka, K., Luxor, O., Morland, L., Doss, B. D., Monson, C. M. (2024, November). *Increasing Access to PTSD Interventions and Expanding their Benefits to Partners: Two randomized controlled trials of an online, self-help couples intervention for PTSD* [Symposium]. 58th Annual Association for Behavioral and Cognitive Therapies (ABCT) Convention, Philadelphia, PA.

Whitfield, K. M., Crenshaw, A., Collins, A., Donkin, V., Ip, J., Varma, S., Samonas, C., Valela, R., Martin-Newnham, C., Di Bartolomeo, A. A., Fulham, L., Mensah, D. H., Landy, M.S.H., Morland, L., Doss, B. S., Wagner, A. C., Fitzpatrick, S., & Monson, C. M. (2023, June 23-25). *A preliminary examination of the effects of partner mental health on Couple HOPES outcomes, an online self-help couple intervention for posttraumatic stress disorder*. [Submitted poster presentation]. Canadian Psychological Association's 84th Annual National Convention, Toronto, ON.

Whitfield, K. M., Crenshaw, A., Donkin, V., Collins, A., Valela, R., Ip, J., Varma, S., Martin-Newnham, C., Di Bartolomeo, A. A., Fulham, L., Mensah, D. H., Landy, M.S.H., Samonas, C., Morland, L., Doss, B. S., Wagner, A., Fitzpatrick, S., & Monson, C. M. (2022, November). *A Preliminary Examination of the Effects of Baseline Relationship Satisfaction on Couple HOPES Outcomes: An Online Self-Help Couples Intervention for PTSD* [Presentation]. 56th Annual Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.

Varma, S., Fitzpatrick, S., Ip, J., Whitfield, K.M., Siegel, A., Earle, E., Samonas, C., Donkin, V., Collins, A., Bushe, J., Valela, R., Crenshaw, A., Martin-Newnham, C., Fulham, L., Di Bartolomeo, A.A., Mensah, D.H., Landy, M.S.H., Morland, L., Doss, B.S., Wagner, A.C., & Monson, C. (2022, November). *Couple HOPES, an online, guided self-directed intervention for PTSD and relationship enhancement: A case study presentation* [Poster presentation]. 56th Annual

Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.

Xiang, A., Monson, C. M., Fitzpatrick, S., Wagner, A. C., Valela, R., Collins, A. M., Whitfield, K. M., Earle, E. A., Bushe, J., Mensah, D. H., Ip, J., Samonas, C., Siegel, A. N., Donkin, V. L., Varma, S., Martin-Newnham, C., Landy, M. S. H., Morland, L., Doss, B. S., & Crenshaw, A. O. (2022, November). *Accommodation in Intimate Couples with Posttraumatic Stress Disorder: Outcomes in Accommodating Partners* [Poster presentation]. 56th Annual Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.

Collins, A., Crenshaw, A.O., Wagner, A.C., Whitfield, K.M., Valela, R., Varma, S., Earle, E., Di Bartolomeo, A.A., Martin-Newnham, C., Ip, J., Fulham, L., Siegel, A.N., Xiang, A., Donkin, V., Mensah, D.H., Bushe, J., Landy, M.S.H., Samonas, C., Morland, L., Doss, B.S., Fitzpatrick, S., & Monson, C.M. (2022, November). *The effect of an online, guided self-help couple intervention on the well-being of intimate partners of people with PTSD: Couple HOPES* [Poster presentation]. 56th Annual Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.

Fitzpatrick, S., Crenshaw, A. O., Valela, R., Whitfield, K. M., Varma, S., Collins, A., Mensah, D. H., Earle, E., Donkin, V., Samonas, C., Goss, S., Martin Newnham, C., Landy, M. S. H., Siegel, A., Ip, J., Bushe, J., Xiang, A., Schumm, J. A., Morland, L., Doss, B. D., Wagner, A. C., Monson, C. M. (2022, November). Coming through pandemic PTSD together: A randomized controlled trial of an online, self-help couples intervention for COVID-related PTSD. In D. Kaysen (Chair), *Development of Novel mHealth Interventions to Address COVID-19 Related Mental Health Impacts: Opportunities to Leverage Technology to Increase Access to Care* [Symposium]. 56th Annual Association for Behavioral and Cognitive Therapies (ABCT) Convention, New York, NY.

Varma, S., Whitfield, K., Crenshaw, A. O., Wagner, A. C., Valela, R., Di Bartolomeo, A. A., Fulham, L., Martin-Newnham, C., Mensah, D. H., Collins, A., Landy, M. S. H., Morland, L., Knopp, K., Proctor, D. W., Toller, A., Webster, K., Doss, B. D., Monson, C. M., & Fitzpatrick, S. (2021, November). *Harnessing relationships and broadening access to treat posttraumatic stress disorder: The initial feasibility, acceptability, and efficacy of Couple HOPES, an online, self-help couple intervention* [Poster presentation]. 37th Annual International Society for Traumatic Stress Studies Convention, Virtual Forum.

Fulham, L., Monson, C. M., Wagner, A. C., Crenshaw, A. O., Varma, S., Whitfield, K. M., Valela, R., Di Bartolomeo, A. A., Martin-Newnham, C., Mensah, D. H., Collins, A., Landy, M. S. H., Morland, L., Knopp, K., Proctor, D. W., Toller, A., Webster, K., Doss, B. D., & Fitzpatrick, S. (2021, November 5). *The efficacy of a self-help couples intervention for PTSD delivered online: Preliminary outcomes for partners* [Presentation]. 37th Annual International Society for Traumatic Stress Studies Convention, New Orleans, LA.

Whitfield, K. M., Wagner, A. C., Crenshaw, A. O., Valela, R., Martin-Newnham, C., Fulham, L., Di Bartolomeo, A. A., Varma, S., Collins, A., Donkin, V., Mensah, D. H., Landy, M. S. H., Samonas, C., Morland, L., Doss, B. D., Fitzpatrick, S., & Monson, C. M. (2021, October 5). *Preliminary efficacy of Couple HOPES in improving the mental health and well-being of intimate partners* [Poster presentation]. Canadian Institute for Military and Veteran Health Research Virtual Forum 2021, Virtual.

Valela, R., Monson, C. M., Wagner, A. C., Crenshaw, A. O., Whitfield, K., Fulham, L., Di Bartolomeo, A. A., Varma, S., Martin-Newnham, C., Mensah, D. H., Collins, A., Landy, M. S. H., Donkin, V., Samonas, C., Morland, L., Doss, B. D., & Fitzpatrick, S. (2021, October 5). *The power of two: Initial efficacy of Couple HOPES, a guided online couple intervention, preliminary outcomes for*

individuals with PTSD [Poster presentation]. Canadian Institute for Military and Veteran Health Research Virtual Forum 2021, Virtual.

Fitzpatrick, S., Wagner, A., Valela, R., Whitfield, K., Varma, S., Doss, B., Knopp, K., Morland, L., Toller, A., Landy, M. S. H., & Monson, C. M. (2020, November 17-22). Couple HOPES: An uncontrolled trial of a self-help, online couple intervention for PTSD. In K. Knopp (Chair), *Tech for Two: Utilizing Technology to Improve Access to Effective Couples' Interventions* [Symposium]. 54th Annual Association for Behavioral and Cognitive Therapies (ABCT) Virtual Convention, Philadelphia, PA.

RESEARCH EXPERIENCE

IMPACT Lab, Toronto Metropolitan University	2019 – 2023
Canadian Institutes of Health Research Operating Grant	2020 – 2023
Expanding a Randomized Controlled Trial of a Couple Internet-Delivered PTSD Intervention to Reach Military Members, Veterans, and First Responders with COVID-19-Related Trauma (\$200,000)	
<i>PI:</i> Skye Fitzpatrick, Ph.D.	
<i>Role(s):</i> Co-Project Manager, Research Consultant	
Centre of Excellence on Post-Traumatic Stress Disorder, The Royal	2020 – 2022
Mobilizing Couple HOPES to Clinical Practice for Canadian Veterans (\$357,610)	
<i>PI:</i> Candice Monson, Ph.D.	
<i>Role:</i> Co-Project Manager	
Canadian Institute for Military and Veterans Health Research	2020 – 2022
Initial Testing of a Guided, Internet-delivered Couple Intervention for Posttraumatic Stress Disorder (PTSD) and Relationship Enhancement: Couple HOPES (\$100,000)	
<i>PI:</i> Candice M. Monson, Ph.D.	
<i>Role:</i> Project Manager	
Canadian Department of National Defence (IDEaS_CP-0971)	2019 – 2021
Further Development of an Online PTSD and Relationship Intervention for CAF Members and Their Partners: Couple HOPES (\$741,854.44)	
<i>PI:</i> Candice M. Monson, Ph.D.	
<i>Role(s):</i> Project Manager, Project Coordinator, Research Assistant	
SPP Lab, Toronto Metropolitan University	2019
Impression Management Processes on the Sharing of False News on Social Media	
<i>Supervisor:</i> Arvin Jagayat, Ph.D. Candidate	
<i>Role:</i> Research Assistant	

PSYCHOLOGICAL AND PARAPROFESSIONAL COACHING EXPERIENCE

Psychological Assessment Trainee	2023
<i>Supervisor:</i> Phillip R. Seigny, Ph.D., R. Psych. Clinical Services Centre, University of Alberta	
Counselling Therapist Trainee	2021 – 2022
<i>Supervisor:</i> Kevin Wallace, Ph.D., R. Psych. Clinical Services Centre, University of Alberta	
Paraprofessional Couples Coach, Couple HOPES	2020 – 2022
<i>Supervisors:</i> Skye Fitzpatrick, Ph.D., C. Psych., and Candice M. Monson, Ph.D., C. Psych.	

IMPACT Lab, Toronto Metropolitan University

Crisis and Supportive Counsellor, Volunteer 2019 – 2021
Supervisor: Nadia Seepersaud, M.D.
Distress Centres of Greater Toronto and Crisis Services Canada

PROFESSIONAL EXPERIENCE

Business and Research Consultant – (Director of) RV Services Group 2021 – Pres.
Lieutenant (Navy) – Intelligence Officer, Canadian Armed Forces ^(RESERVIST, HON. DISCH.) 2017 – 2024
Previous Posting: Canadian Forces Intelligence Command, Intelligence Researcher
HMCS Nonsuch: Intelligence Divisional Officer
Assistant Test Administrator & Proctor, University of Toronto 2015 – 2021
Innovation & Partnership Program Support, Toronto Metropolitan University 2017 – 2018
Office of the Vice President of Research and Innovation
Technology & Operations Recruitment Coordinator, Royal Bank of Canada 2017
Human Resources & Quality Coordinator, GMC Software Technology Inc. 2014 – 2015
Human Resources Administrator, GMC Software Technology Inc. 2014

INVITED PRESENTATIONS AND PANELS

Monson, C. M., Fitzpatrick, S., **Valela, R.**, Shields, N., Proctor, D. (2021, May 10). *Couple HOPES, A Self-Help Online Couple Intervention for PTSD and Relationship Enhancement*. Understanding and Assessing PTSD, Defence Research and Development Canada. Ottawa, ON.
Valela, R. (2021, April 8). *Leveraging Continuing Education, Pathways to Your Educational Goals*. Panelist for the Toronto Metropolitan University. Toronto, ON
Valela, R. (2021, January 18). *Effective Study Methods for Online Learning*. New Student Orientation Panelist for the Toronto Metropolitan University. Toronto, ON.
Valela, R. (2017, September 25). *Artificial Intelligence and its Impact on Recruitment*. Presentation for RBC's Recruiters Unite, Recruitment Department, Royal Bank of Canada. Toronto, ON.

PROFESSIONAL ACTIVITIES

PROFESSIONAL AFFILIATIONS

College of Alberta Psychologists (CAP) 2023 – Pres.
Psychologists' Association of Alberta (PAA) 2021 – Pres.
Canadian Psychological Association (CPA) 2019 – 2021
Association for Behavioural and Cognitive Therapies (ABCT) 2020 – 2021
International Society for Traumatic Stress Studies (ISTSS) 2020 – 2021
Canadian Military Intelligence Association (CMIA) 2019 – 2021

WORKSHOPS & COURSES ATTENDED

Cognitive Processing Therapy for Posttraumatic Stress Disorder (PTSD) 2020, 2024, 2025
Candice Monson, Ph.D., C. Psych. & Phil Shnaider, Ph.D., C. Psych.
Interpersonal Considerations in PTSD Treatment–Intervention Strategies to Enhance Outcomes 2025
Steffany Fredman, Ph.D. & Candice Monson, Ph.D., C. Psych.

Couple Therapy for Borderline Personality Disorder, Suicidality, & Emotion Dysregulation (Sage)	2024, 2025
Skye Fitzpatrick, Ph.D., C. Psych. & Rachel Liebman, Ph.D., C. Psych., Nellie Health Inc.	
Using Case Conceptualization to Identify Evidence-Based Approaches for “Complex PTSD”	2025
Dr. Michele Todd, Dr. Gordana Eljdupovic, and Tabitha Beynen, Atlas Institute	
The Psychiatric Management of PTSD — For Non-Prescribing Professionals	2025
Dr. J Don Richardson M.D., FRCPC, Atlas Institute	
Interpersonal Considerations in PTSD Treatment, Case Conceptualization and Assessment	2025
Steffany Fredman, Ph.D. & Candice Monson, Ph.D., C. Psych.	
Advanced Cognitive Behavioural Conjoint Therapy for Posttraumatic Stress Disorder (PTSD)	2025
Candice Monson, Ph.D., C. Psych. & Steffany Fredman, Ph.D.	
Addressing Clients’ Sexual Concerns	2025
E. Sandra Byers, Ph.D., L. Psych., Canadian Council of Professional Psychology Programs	
Cognitive Processing Therapy for Posttraumatic Stress Disorder (PTSD) Group Adaptation	2024
Phil Shnaider, Ph.D., C. Psych. & Candice Monson, Ph.D., C. Psych.	
Professional Development Event – Supervision	2024
College of Alberta Psychologists	
Socratic Dialogue in the Treatment of Posttraumatic Stress Disorder: Putting it into Practice	2024
Candice Monson, Ph.D., C. Psych. & Phil Shnaider, Ph.D., C. Psych.	
Restoring Intimacy After an Affair: An Integrative Approach	2024
Douglas K. Snyder, Ph.D., LMFT., Nellie Health Inc.	
Cognitive Behavioural Therapy for Generalized Anxiety Disorder (GAD)	2024
Melisa Robichaud, Ph.D., C. Psych., The Centre for Posttraumatic Stress & Anxiety Treatment Ltd.	
Implementing Alternative Forms of Cognitive Processing Therapy (CPT)	2024
Patricia Resick, Ph.D., ABPP. & Candice Monson, Ph.D., C.Psych.	
Sex Therapy for Couples and Relationships	2024
Caroline Maykut, Ph.D., C. Psych. & Morag Yule, Ph.D., C. Psych., Nellie Health Inc.	
Update on the Cognitive Processing Therapy (CPT) for PTSD Comprehensive Manual, 2nd Ed.	2024
Candice Monson, Ph.D., C. Psych.	
Cognitive Behavioural Conjoint Therapy for Posttraumatic Stress Disorder (PTSD)	2020 & 2024
Candice Monson, Ph.D., C. Psych. & Steffany Fredman, Ph.D.	
Prolonged Exposure (PE) Therapy for Posttraumatic Stress Disorder (PTSD)	2024
David Paul, Ph.D., R. Psych., Center for the Treatment and Study of Anxiety, University of Pennsylvania	
Couple Therapy for Borderline Personality Disorder, Suicidality, & Emotion Dysregulation (Sage)	2024
Skye Fitzpatrick, Ph.D., C. Psych. & Rachel Liebman, Ph.D., C. Psych., Nellie Health Inc.	
Interview and Negotiation Development, Innovation Bridge Series	2022
University of Alberta	
Building a Team for Success, Innovation Bridge Series	2022
University of Alberta	
Entrepreneurship and New Venture Creation, Innovation Bridge Series	2022
University of Alberta	
Performance and Development: Objective Setting Conversations for Leaders	2021
Toronto Metropolitan University	
Preparing and Managing Academic Budgets	2021
Toronto Metropolitan University	
Intercultural and Transcultural Perceptions in Large Group Dialogue (Course)	2021

Cornelia Muth, Ph.D., Bielefeld University & Marie-Eve Morin, Ph.D., University of Alberta	
PORTFOLIO, Communication and Design (Course)	2021
Toronto Metropolitan University	
Dialectical Behaviour Therapy for Borderline Personality Disorder (BPD): Initial Overview	2020
Skye Fitzpatrick, Ph.D., C.Psych., Ashley Boca Mindfulness Foundation	
Borderline Personality Disorder (BPD): What is it & how do we treat it?	2020
Skye Fitzpatrick, Ph.D., C.Psych., Ashley Boca Mindfulness Foundation	
Identifying and Assessing Intimate Partner Violence	2020
Investigating Methods to Prevent, Assess and Care for Trauma (IMPACT) Lab	
Identifying and Assessing Suicidality	2020
Treating & Understanding Life-Threatening Behaviour & Posttraumatic Stress (TULiP) Lab	
Crisis Intervention and Supportive Counselling Training	2019
Distress Centres of Greater Toronto	
CERTIFICATIONS	
Military First Aid Certification in partnership with St. John Ambulance, Canadian Armed Forces (CAF)	2023
Introduction to Indigenous Cultures, Canadian Armed Forces (CAF)	2022
Gender-Based Analysis Plus, Women and Gender Equality Canada (GBAPLUS), CAF	2022
TCPS 2: CORE Course on Research Ethics	2021
Mental Health First Aid, Mental Health Commission of Canada	2017
Recruiter Certification, Royal Bank of Canada	2017
CANADIAN MILITARY QUALIFICATIONS	
Military Intelligence Officer Qualification	2019
Individual Battle Task Standards – Negotiate and Investigate & Information Security	2018
Naval Environmental Support Officer Qualification	2018
Basic Military Officer Qualification	2018
Military Primary Leadership Qualification	2018