

Curriculum Vitae

Monica Vermani, C. Psych.

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EDUCATION

Clinical Psychologist, C. Psych.

College of Psychologists of Ontario Registration #4998

Certified Eye Movement Desensitization & Reprocessing (EMDR) Therapist/Consultant

Association of Canada (EMDRAC) & International Association (EMDRIA) (2016)

Certified Coach Practitioner

Certified Coaches Federation (CCF) (2009)

Reiki

Level I, II, III & Master Level (2009)

Certified Breath~Body~Mind Meditation Therapist/Teacher (2004)

Doctor of Psychology in Clinical Psychology Degree (Psy.D.)

Adler School of Professional Psychology (2007)

Mindfulness Professional Training Certification Levels 1,2,3

University of Toronto, Social Work Program (2006)

Masters in Counselling Psychology Degree (M.A.)

Adler School of Professional Psychology (1999-2001)

Assaulted Women's & Children's Counselor/Advocate Program **(AWCCA Diploma)**

George Brown College (1997-1999)

Honours Bachelor of Science Degree (B.Sc.)

University of Toronto (1993-1997)

(Speciality/Majors: Psychology, Sociology & Criminology, Women's Studies)

PROFESSIONAL EXPERIENCE

Sept. 2018
to present.

Start Living Corporate Wellness – Vitaodyssey Incorporation Founder, Speaker, Executive Coach Consultant and Clinical Psychologist

Responsibilities:

- Facilitate Corporate Wellness programs for mental health awareness and treatment
- Corporate Wellness Consultant
- Speaking engagements for a variety of platforms/populations: *Centre for Addictions and Mental Health (CAMH), College of Naturopathy, Anokhi Vibe, Ayurvedic Rituals Spa - Food for Mood 12-week Group Therapy, Empowerment and Learning from Friends ELF Women's Group, GTAA – Toronto Pearson Safety GTAA, FESTI Fire Services, BELL Canada, Breath~Body~Mind, SS Television, News Talk Sauga 960am, E Baba Ent., Badge of Life Canada, UHN – Lunch and Learns for Nurses*
- Educating groups and individuals on mental health and treatment options Facilitating Lunch and Learn Talks, Seminars, Workshops, Retreats
- Crisis Intervention in workplaces
- *Train the Trainer* Workshops
- Q&A for small employee groups, addressing mental health and wellness questions
- Psycho-education and Awareness on Coverage within Benefits
- Self-care for the Self-care Provider - Caregiver wellness (for nurses)
- Creation of an Online Platform for Self Help: *Life Lessons - A Deeper Wellness* for ongoing continuous help for employees and their family members

Oct. 2014
to present.

Registered Clinical Psychologist Dr. Monica Vermani, C. Psych. MV Psychological Services, Dr. Vermani Balanced Wellbeing Private Practice (Toronto)

Responsibilities:

- Conducting Psychological Assessments: interviewing/diagnosing patients, note taking, administering, scoring & interpreting test protocols & writing assessment reports and relaying results to patients and relevant clientele
- Adminstrating Psychological, Vocational, Forensic, & Neuropsychological psychometric tests/measures
- Providing individual, couples, family and group psycho-educational training and psychotherapy/counselling

- Therapist: Providing Crisis Intervention, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization Reprocessing (EMDR), Mindfulness Meditation (Mindfulness-based Stress Reduction MBSR & Mindfulness Based Cognitive Therapy MBCT), Breath~Body~Mind Trauma relief and Stress Reduction to patients presenting with trauma, addictions/substance abuse, attention (ADD/ADHD), mood and anxiety disorders
- Training & Supervising students/volunteers
- Presenting data/research/symposiums at conferences and hospital research rounds
- Organizational Psychology – Facilitating Psychoeducation and Restructuring and training seminars to employers/employees in corporations & small businesses
- Professional Psychological Executive Coaching

June 2019
to present

College of Psychologists of Ontario – Peer Reviewer
Clinical Psychologist Dr. Monica Vermani, C. Psych.

Responsibilities:

- Co-Facilitate Peer Reviews for the College of Psychologists of Ontario

Aug. 2014
to June 2019

Clinical Psychologist
Toronto Rehabilitation Institute TRI - Lyndhurst Centre
Brain and Spinal Cord Injury Unit

Responsibilities:

- Performed Crisis Intervention and Suicide/Pain/Mood & Anxiety Management with brain and spinal cord injury patients
- Performed psychological assessments/consultations
- Facilitated individual and group treatments
- Performed Psychoeducation Sessions, Cognitive Behavioural Therapy, Psychotherapy, EMDR, and Supportive Counselling
- Facilitated Mindfulness Meditation (MBSR, MBCT, and Breath~Body~Mind) Individual and Group Therapy
- Provided supervision and workplace team education and management
- Facilitated patient case planning meetings
- Wrote case notes and provide case management and treatment recommendations of inpatient/outpatient patient populations and their families

Nov. 2012
to Jan. 2015

Clinical Psychologist
Correctional Services of Canada (PS-03) Part-Time
Fenbrook Institution & Beaver Creek Institution

Responsibilities:

- Crisis Intervention and Suicide Management
- Perform psychological/forensic psychometric testing
- Facilitate treatment groups
- Perform individual psychotherapy with a forensic population
- Attend supervision- patient case planning meetings
- Write case notes, offender treatment assessment reports

Oct. 2012
to present

Breath~Body~Mind Group Therapy Teaching Assistant
Teaching Assistant for Military Workshops at Fort Drum.
Work alongside with Dr. Richard Brown and Dr. Pat Gerbarg

Responsibilities:

- Assisting in teaching the Breath~Body~Mind Course for the Military population

Sept. 2002
to present

Breath~Body~Mind Group Therapy Teaching Assistant
New York City & Watertown, NY—Serving Those That Serve Us (STWS).
Work alongside Dr. Richard Brown and Dr. Pat Gerbarg

Responsibilities:

- Assisting/Co-Facilitating Breath~Body~Mind Course for 9/11 Responders in NYC and War Veterans populations.

Apr. 2008
to Oct.2014

Clinical Psychologist
Stress, Trauma, Anxiety, Rehabilitation and Treatment (START)
Clinic for Mood and Anxiety Disorders (Toronto)

Responsibilities:

- Administering the Structural Clinical Interview for DSM-IV (SCID-IV) to patients referred to the tertiary care center presenting with mood, anxiety, substance abuse, psychotic and somatoform disorders

- Performing Psychological Assessments: interviewing patients, note taking, administering, scoring & interpreting test protocols & writing assessment reports and relaying results to patients and relevant clientele
- Administrating Psychological, Vocational, Forensic & Neuropsychological psychometric tests/measures
- Providing individual and group psycho-educational training
- Counselling Individuals and Couple/Family Units
- Therapist: Providing Cognitive Behavioral Therapy (CBT) to patients presenting with Panic Disorder (with or without Agoraphobia), Social Phobia, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, and Specific Phobia
- Training & Supervising Students/Volunteers
- Presenting clinical cases to clinic staff for supervision and discussion
- Supervising Research Coordinators on clinical research trials:
 - Undertaking the initiation of the study
 - Preparing protocols and ethics submission
 - Financial management of clinical trials
 - Designing advertisements
 - Recruiting, screening & determining eligibility of subjects
 - Addressing adverse events
 - Completion of the clinical assessment packages
- Analyzing research data (using SPSS), interpreting results, and preparing manuscripts for publication
- Conducting literature searches & selecting research review articles
- Conducting research and writing clinical reports/papers for journal submissions
- Presenting data/research at conferences, symposia and research rounds

Jan. 2009
to Sept 2013

Adjunct Professor

Lakehead University - Faculty of Department of Psychology

Responsibilities:

- Co-facilitating Psychology Courses
- Supervising Students

Nov. 2008
to Jun. 2009

Adjunct Professor
Humber Institute of Technology & Advanced Learning
School of Social & Community Services
Faculty of Community and Justice Services Program

Responsibilities:

- Teaching Counselling Courses

Oct. 2003
to Apr. 2008

Therapist & Research Coordinator
Stress, Trauma, Anxiety, Rehabilitation and Treatment (START)
Clinic for Mood and Anxiety Disorders (Toronto)

Responsibilities:

- Administering the Structural Clinical Interview for DSM-IV (SCID-IV) to patients referred to the tertiary care center presenting with mood, anxiety, substance abuse, psychotic and somatoform disorders
- Administering the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) to thoroughly assess patients with Obsessive Compulsive Disorder
- Therapist: Providing Cognitive Behavioral Therapy (CBT) to patients presenting with Panic Disorder (with or without Agoraphobia), Social Phobia, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, and Specific Phobia
- Presenting clinical cases to clinic staff for supervision and discussion
- Coordinating clinical research trials
- Analyzing research data (using SPSS), interpreting results, and preparing manuscripts for publication
- Conducting literature searches & selecting research articles for review
- Conducting research and writing clinical reports/papers for journal submissions
- Presenting data/research at conferences, symposia and research rounds

Jul. 2000
to June 2005

Research Coordinator/Psychometrist
Center for Addiction & Mental Health CAMH
METFORS – Queen Street Site, Clarke
Institute of Psychiatry (Toronto) – Mood and
Anxiety Disorders Clinic

Responsibilities:

- Administering the Structural Clinical Interview for DSM-IV (SCID-IV) to patients referred to the tertiary care center presenting with mood, anxiety, substance abuse, psychotic and somatoform disorders
- Administering the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) to thoroughly assess patients with Obsessive Compulsive Disorder
- Therapist: Providing Cognitive Behavioral Therapy (CBT) to patients presenting with Panic Disorder (with or without Agoraphobia), Social Phobia, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, and Specific Phobia
- Presenting clinical cases to clinic staff for supervision and discussion
- Coordinating clinical research trials
- Analyzing research data (using SPSS), interpreting results, and preparing manuscripts for publication
- Conducting literature searches & selecting research articles for review
- Conducting research and writing clinical reports/papers for journal submissions
- Presenting data/research at conferences, symposia and research rounds

Dec. 1997
to Jul. 2002

Psychometrist
Dr. Giorgio E. Ilacqua, Clinical Psychologist

Responsibilities:

- Performing psychological assessments: note taking, administering & scoring test protocols & writing draft reports
- Administering Psychological, Vocational, Forensic, & Neuropsychological psychometric tests/measures (see appendix for comprehensive list)
- Provided supervised individual and group psycho-educational groups
- Supervised Individual and Couple/Family Counselling
- Driving Desensitization Therapy sessions
- Providing assessment & treatment to Hindi & Punjabi speaking clients

Dec. 1997
to Sept. 1998

Treatment Group Facilitator
Vanier Centre for Women - Psychology Department
Ministry of Correctional Services CSC

Responsibilities:

- Facilitated the Anti-Fraud and Substance Abuse treatment groups to the adult residents
- Evaluated and provided certificates to residents at the completion of course
- Wrote reference letters & brief reports to the parole board commenting on the resident's motivation and performance
- Handled complex, emotional situations in a confident, empathetic manner
- Provided crisis intervention and counselling to residents
- Administered & scored psychological, vocational, forensic and neuropsychological psychometric tests
- Effectively worked with a diverse cultural spectrum of individuals
Built trusting relationships, supporting residents

INTERNSHIP & PRACTICA

Sept. 2005
to Oct. 2007

Psychology Doctoral Internship Student (1200 Hours)
Stress, Trauma, Anxiety, Rehabilitation and Treatment (START)
Clinic for Mood and Anxiety Disorders (Toronto)
Supervisors: Dr. Henny Westra & Dr. Martin Katzman

Responsibilities:

- Administering the Structural Clinical Interview for DSM-IV (SCID-IV) to patients referred to the tertiary care center presenting with mood, anxiety, substance abuse, psychotic and somatoform disorders
- Administering the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) to thoroughly assess patients with Obsessive Compulsive Disorder
- Therapist: Providing Cognitive Behavioral Therapy (CBT) to patients presenting with Panic Disorder (with or without Agoraphobia), Social Phobia, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, and Specific Phobia
- Presenting clinical cases to clinic staff for supervision and discussion
- Coordinating clinical research trials:

- Undertaking the initiation of the study
- Preparing protocols and ethics submission
- Financial management of clinical trials
- Designing advertisements
- Recruiting, screening & determining eligibility of subjects
- Completion of the clinical assessment packages.
- Supervise medication dispensation
- Analyzing research data (using SPSS), interpreting results, and preparing manuscripts for publication
- Conducting literature searches & selecting research articles for review
- Conducting research and writing clinical reports/papers for journal submissions
- Presenting data/research at conferences, symposia and research rounds

Jul. 2004
to May 2005

Psychology Doctoral Internship Student (1200 Hours)
Correctional Services of Canada CSC
Supervisors: Dr. Jeff Abracen & Dr. Robin Wilson

Responsibilities:

- Performed psychological testing to resistant & difficult criminal offenders
- Administered and scored various computerized psychological tests to a forensic psychiatric inpatient/outpatient population
- Co-facilitate two Sex Offender Treatment Groups
- Performed Individual Psychotherapy with a forensic population
- Attended supervision - patient case planning meetings
- Wrote Case Notes, Sex Offender Treatment Assessment Reports, and Group Progress Reports
- Performed research assistant duties
- Researched and analyzed various articles for court purposes (included within a literature review for a research study)

Sept. 2003
to Jun. 2004

Psychology Doctoral Practicum Student (1200 Hours)
Lakeridge Mental Health Centre
Adult Outpatient Services & Child, Youth & Family Services
Supervisors: Dr. Deborah Azoulay & Dr. Lorne Sugar

Responsibilities:

- Performed psychological testing with Adult and Children Outpatients
- Administered and scored various psychological tests
- Performed Individual Counselling with adult patients with anxiety disorders
- Facilitated Child Anxiety Disorder Group Treatment Programs.
- Performed individual and family counselling
- Attended supervision - patient case planning meetings
- Facilitated an educational session teaching the basics of Anxiety Disorders

Sept. 1998
to Aug. 1999

Research Assistant/Psychology Extern (600 Hours)
Metropolitan Toronto Forensic Services METFORS - CAMH
Center for Addictions and Mental Health – Queen Street Site
Supervisors: Dr. David Nussbaum & Dr. Piercy Wright

Responsibilities:

- Dealt with and performed psychological testing to resistant & difficult criminal offenders
- Administered and scored various computerized psychological tests to a forensic psychiatric inpatient population
- Attended supervision - patient case planning meetings
- Designed SPSS database - Input METFORS patient information and test results into the SPSS database system
- Performed research assistant duties for Dr. David Nussbaum (Senior Psychologist)
- Researched and analyzed over 80 articles for court purposes (included within a literature review for a research study)
- Attended various seminars on assessment techniques (incl. Fitness to stand trial questionnaire, personality assessment inventory, etc.)

Oct. 1997
to Sept. 1998

Student Placement (600 Hours)
Vanier Centre for Women - Psychology Department
Ministry of Correctional Services CSC

Responsibilities:

- Lead Anger Management, Anti-Fraud, Effective Problem Solving, and Substance Abuse Control treatment classes for adult residents and young offenders
- Conducted one-to-one counselling
- Administered psychometric tests under supervision
- Wrote letters and draft assessment reports to the parole board
- Devised 'Stress Management' and 'Survivors of Abuse' treatment programs for adult residents and young offenders
- Trained students and volunteers in the delivery of psychological treatment services to difficult residents
- Gained employment on a part-time contract to teach the Anti-Fraud and Substance Abuse Control treatment classes

ADDITIONAL EXPERIENCE - VOLUNTEER

Nov. 2012
to 2018

Health Care Provider/Crisis & Rehabilitation Worker
Team/Equipe Canada Healing Hands (Haiti) www.tchh.org

Responsibilities:

- Providing health/crisis/rehabilitation care to people in need
- Worked in a children's orphanage, disabled school for children and patient outreach clinics

Jan 2005
To 2015

M.E.T.R.A.C. Board Member
Metropolitan Action Committee on Violence Against
Women & Children
www.metrac.org

Responsibilities:

- The Board of Directors participates in making key decisions for METRAC and takes a lead role in setting the organization's direction
- Active in a variety of METRAC committees, working groups, and community events

May 1993
to 1999

Crisis Intervention Volunteer
Distress Centre Peel (United Way)
(Completed 460 Hours)

Responsibilities:

- Telephone be-friending & providing adequate care through identifying individual needs
- Provided referrals for professional assistance
- Involved in crisis intervention and suicide intervention
- Attended informative workshops and ongoing training seminars
- Trained & supervised new volunteers
- Participated in workshops for public education within the community
- Raised over \$600 through various social activities and programs

Oct. 1997
to Jun. 1998

7 Steps Group Therapy Facilitator
Ontario Seventh Step Society
Vanier Centre for Women

Responsibilities:

- Lead a self-help, peer support program to assist people in conflict with the law become honest with themselves and enable them to successfully re-integrate back into the community
- Provided referrals and information
- Prepared informative sessions concerning topics of interest to the residents (topics included: financial aid, low-income housing, racism, discrimination, etc.)
- Helped others understand themselves by coming to terms with and facing their negative criminal behaviour
- Successfully provided encouragement to residents by focusing on their strengths and positive qualities

Sept. 1995
to Apr. 1998

Support Worker
Interim Place Women's Shelter

Responsibilities:

- Organized social & recreational activities for the women and children
- Facilitated workshops on physical and emotional self-care
- Displayed compassion, support & encouragement to victims of abuse

- Assisted assaulted women with integrating themselves into the community as independent persons
- Provided information and referrals to women seeking further assistance
- Involved in the Violence Against Women campaign

Sept. 1996
to Aug. 1997

Peer Support Counselor
University of Toronto Women's Centre

Responsibilities:

- Performed peer counselling and provided referrals when required
- Coordinated community projects
- Prepared and presented educational workshops on issues affecting students
- Provided support for students feeling isolated as they dealt with personal issues including family conflict, abuse, pregnancy, AIDS, disability, racism, homophobia, and other forms of discrimination
- Organized training workshops on effective phone-line counselling for staff

PUBLISHED BOOKS

- Vermani, Monica. *The PCMAD (Primary Care Mood and Anxiety Diagnoser)*. LAP LAMBERT Academic Publishing, May 29, 2011.
- Vermani, Monica. *A Deeper Wellness – How to heal your past, deal with your present and take control of your future – Self Help Life Lessons*. Publication in process, 2021.

PUBLISHED JOURNAL ARTICLES

- Carter J, Gerbarg PL, Brown RP, Ware RS, D'Ambrosio C, Anand L, Dirlea M, Vermani M, Katzman MA. Multi-component Yoga Breath Program for Vietnam veteran Post Traumatic Stress Disorder: randomized controlled trial. *J Trauma Stress Disorder Treat* 2013; 2(3): 1-10.
- Khamba B, Aucoin M, Lytle M, Vermani M, Maldonado A, Iorio C, Cameron C, Tsirgielis D, D'Ambrosio C, Anand L, Katzman M. Efficacy of acupuncture treatment of sexual dysfunction secondary to antidepressants. *J Altern Complement Med*. 2013 Jun 21.
- Katzman MA, Vermani M, Gerbarg PL, Brown RP, Iorio C, Davis M, Cameron C, Tsirgielis D. A multicomponent yoga-based, breath intervention program as adjunctive treatment in patients suffering from Generalized Anxiety Disorder (GAD) with or without comorbidities. *International Journal of Yoga* 2012; 5(1): 57-65.

- Khamba BK, Katzman MA, Aucoin M, Tsirgielis D, Copeland A, Vermani M, Cameron C, Szpindel I, Laidlaw B, Epstein I. Effectiveness of Vitamin D in the treatment of mood disorders: A literature review. *JOM* 2011; 26:125-1
- Marcus M, Westra HA, Katzman MA, Vermani M. Patient Predictors of Detection of Depression and Anxiety Disorders in Primary Care. *Journal of Participatory Medicine* 2011; 3(15).
- Szpindel I, McIntyre I, Copeland A, Tsirgielis D, Epstein I, Vermani M, Cameron C, Khamba B, Gorsky K, Katzman MA. Usage Trends of ADHD medication by bipolar patients with attentional deficits 3rd International Congress of ADHD. *ADHD Attention Deficit and Hyperactivity Disorders Journal*. June 2011; 3 (2), p. 156.
- Kennedy CE, Moore PJ, Peterson R, Katzman MA, Vermani M, Chermak WD. What Makes People Anxious about Pain? How Personality and Perception Combine to Determine Pain Anxiety in Clinical and Non-Clinical Populations. *Anxiety, Stress & Coping: An International Journal* 2011; 24(2) 179 – 200.
- Vermani M, Marcus M, Katzman MA. Rates of Detection of the Mood and Anxiety Disorders in Primary Care. *Primary Care Companion for CNS Disorders* 2011;13:e1-e10.
- Moore PJ, Chung E, Peterson RA, Katzman MA, Vermani M. Information integration and emotion: How do anxiety sensitivity and expectancy combine to determine social anxiety? *Emotion and Cognition* 2009; 23(1): 42-68.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L, & Gendron A. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: A flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-1486.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M. The PCMAD (Primary Care Mood & Anxiety Diagnoser): Noteworthy Briefs From the Field. PCMAD: A Self-Report Scale for Improved Detection of Mood and Anxiety Disorders. May 2008 15:5, 26-27.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: a flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-6.
- Rosenthal J, Kong BY, Jacobs L, Vermani M, Katzman MA. Did a switch to a generic antidepressant cause relapse? *Journal of Family Practice* Feb 2008; 57:2.
- Katzman MA, Jacobs L, Marcus M, Vermani M, Logan AC. Weight gain and psychiatric treatment: Is there a role for green tea and conjugated linoleic acid? *Lipids in Health and Disease* 2007; 6:14.

- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. A flexible dose, open-label trial evaluating the efficacy and safety of quetiapine (Seroquel^(R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. Accepted for publication in Depression and Anxiety Conference Abstract.
- Wilson RJ, Cortoni F, Vermani M (2007). *Circles of Support & Accountability: A national replication of outcome findings*. [Research Report R-185] Ottawa, ON: Correctional Service of Canada.
- Katzman MA, Struzik L, Vivian LL, Vermani M, McBride J. Pharmacotherapy of post-traumatic stress disorder: a family practitioner's guide to management of the disease. *Expert Review of Neurotherapeutics* 2005; 5(1):129-139.
- Chung E, Moore PJ, Peterson RA, Katzman MA, Vermani M. Psychosocial determinants of pain anxiety in laboratory and field settings: The integration of disposition and expectancy. *Journal of Basic and Applied Social Psychology* 2005, 27:317-327.
- Vermani M, Milosevic I, Smith F, Katzman MA. Herbs for mental illness: effectiveness and interaction with conventional medicines. *Journal of Family Practice* Sep 2005;54(9):789-800.
- Struzik L, Vermani M, Duffin J, McBride JJ, Katzman MA. Anxiety Sensitivity as a Predictor of Panic Attacks. *Psychiatry Research* 2004;129(3): 273-278.
- Struzik L, Vermani M, Coonerty-Femiano, Katzman MA. A Review of Treatments for Generalized Anxiety Disorder. *Expert Review of Neurotherapeutics* 2004; 4(2): 285-294.
- Katzman M. Cornacchi S. Coonerty-Femiano A. Hughes B. Vermani M. Struzik L. Ross BM. Methyl nicotinate-induced vasodilation in generalized social phobia. *Neuropsychopharmacology* 2003; 28:1846-51.
- Struzik L, Duffin J, Vermani M, Katzman MA. Effects of Tryptophan Depletion on Central and Peripheral Chemoreflexes in Man. *Journal of Respiratory Physiology & Neurobiology* 2002; 133(3); 183-195.

MEDIA PUBLICATIONS

- Relationship Advice from Dr. Monica V. (Fall 2008). *Anokhi VIBE Magazine*. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Summer 2008). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Spring 2008). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Winter 2008). *Anokhi VIBE Magazine*. pp. 118-120. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Fall 2007). *Anokhi VIBE Magazine*. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Summer 2007). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Monica V. (Spring 2007). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2007). *Anokhi VIBE Magazine*. pp. 118-120. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2006). *Anokhi VIBE Magazine*. pp. 118-120. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2006). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Stigma in social anxiety disorder. *Social Phobia Support Group of Toronto Newsletter*, 6. Hassan, S., Son, G., Teskey, S., Jacobs, L., Vermani, M., & Katzman, M.A. (2006, Summer).
- *Summertime SAD?* Hassan, S., Vermani, M., & Katzman, M.A. (2006, Summer). *Moods*, 23-24.
- Relationship Advice from Monica V. (Spring 2006). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2006). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.

- Relationship Advice from Monica V. (Fall 2005). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2005). *Anokhi VIBE Magazine*. pp. 94-95. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Spring 2005). *Anokhi VIBE Magazine*. pp. 94-95. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2005). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2004). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2004). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Spring 2004). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2004). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2003). *Anokhi VIBE Magazine*. pp. 183-195. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2003). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Spring 2003). *Anokhi VIBE Magazine*. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Combating Anxiety* (January 2003). *Anokhi VIBE Magazine*. Vol. 2, pp. 183-195. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2003). *Anokhi VIBE Magazine*. Vol. 4, pp. 183-195. Monica Vermani B.Sc., M.A.
- *Meeting of the Minds: The interface between Naturopathy and Psychiatry*. Monica Vermani B.Sc., M.A., Fraser Smith N.D., & Martin Katzman B.Sc., MD., FRCPC. Ontario Psychiatric Association (OPA) Dialogue. (June 2002), pp.16-19

PREPARED MANUSCRIPTS IN SUBMISSION

- Vermani, Monica. *A Deeper Wellness – How to heal your past, deal with your present and take control of your future – Self Help Life Lessons*. In Publication Process. 2021.
- *Effects of mindfulness-based cognitive therapy on depression and role impairment in a heterogeneous psychiatric population*. Welch A, Kitchen K, Rose M, Hallett D, Vermani M, Davis M, Katzman MA.
- *Psychosocial determinants of pain anxiety in laboratory and field settings: The integration of disposition and expectancy*. Chung E, Moore PJ, Peterson RA, Katzman MA, Vermani M
- *Natives and Non-Natives Relative Risk of Parental Loss Due to Marital Breakdown; The Roles of Family background Characteristics and Parental Behaviour*. De Wit M, Sahota M, Vermani M.
- *Resource Availability in the Forensic Mental Health System in Ontario; A Context, Review and Analysis*. Nussbaum D, Schneider R, Vermani M.
- *A Comprehensive Approach to Violent Risk Assessment for the Forensic Program; Centre for Addictions and Mental Health*. Nussbaum D, Wright P, Vermani M.

PUBLICATIONS IN PREPARATION

- *The role of intolerance of uncertainty in social anxiety disorder*. Iorio C, Davis M, Cameron C, Vermani M, Tsirgielis D, D’Ambrosio C, Katzman MA.
- *The impact of mindfulness-based cognitive therapy on symptom state and community functioning in co-morbid mood and anxiety disorders*. Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA.
- *Use of alternative treatments in patients referred to a tertiary care anxiety disorder clinic*. Lytle M, Khamba B, Aucoin M, Tsirgielis D, Vermani M & Katzman MA.
- *Use of Acupuncture to treat SSRI/SNRI induced sexual dysfunction*. Lytle M, Khamba B, Aucoin M, Tsirgielis D, Vermani M & Katzman MA.
- *Breath-Body-Mind Workshop as adjunctive treatment in patients suffering from Generalized Anxiety Disorder (GAD) with or without comorbidity*. Katzman MA, Vermani M, Gerbarg PL, Brown RP, Tsirgielis D, D’Ambrosio C.
- *Weight and thickness of the chart as a diagnostic tool for the mood and anxiety disorders*. Unger T, Furtado M, Vermani M, Anand L, Corbett BA, Katzman MA

- *Marital Discord and its Relation to Anxiety*. Anand L, D'Ambrosio C, Tsirgielis C, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw R, Armata S, Mohamed M, Sternat T, Furtado M, Katzman MA..
- *Examining the Prevalence of Psychiatric Features within a Chronic Pain Population*. Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA .
- *Detecting Attention Deficit Hyperactive Disorder (ADHD) in Patients suffering with Major Depressive Disorder*. Sternat T¹, Mohamed M, Anand L, D'Ambrosio C, Epstein I, Szpindel I, Cameron C, Vermani M, Katzman MA.

ABSTRACT & CONFERENCE PRESENTATIONS

- Anand L, D'Ambrosio C, Tsirgielis C, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw R, Armata S, Mohamed M, Sternat T, Furtado M, Katzman MA. Marital Discord and its Relation to Anxiety. Canadian Psychiatric Association Conference Ottawa 2013.
- Sternat T, Mohamed M, Anand L, D'Ambrosio C, Epstein I, Szpindel I, Cameron C, Vermani M, Katzman M. Detecting Attention Deficit Hyperactivity Disorder (ADHD): Examining Predictive Factors. 4th World Congress on ADHD. Milan, June 2013.
- Anand L, D'Ambrosio C, Tsirgielis D, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw B, Khamba B, Armata S, Mohamed M, Iorio C, Sternat T, Katzman M. Presentation of anxiety correlates and their relationship to marital discord. Anxiety Disorders of America Association, Annual Conference. La Jolla, April 2013.
- Khamba B, Aucoin M, Lytle M, Vermani M, Maldonado A, Iorio C, Cameron C, Tsirgielis D, D'Ambrosio C, Katzman MA. Acupuncture: efficacy as a treatment option for sexual dysfunction secondary to antidepressants. Canadian Interdisciplinary Network for Complementary & Alternative Medicine Research Symposium, Toronto, November 2-4, 2012.
- Khamba B, Aucoin M, Tsirgielis D, Copeland A, Vermani M, Cameron C, Szpindel I, Laidlaw B, Epstein I, D'Ambrosio C. Effectiveness of vitamin D in the treatment of mood disorders: A review. Canadian Interdisciplinary Network for Complementary & Alternative Medicine Research Symposium, Toronto, November 2-4, 2012.

- D'Ambrosio C, Tsirgielis D, Vermani M, Epstein I, Cameron C, Khamba B, Szpindel I, Wood W, Ross B, Katzman M. Efficacy of escitalopram in a socially phobic population. Anxiety Disorders of America Association Conference, Arlington, April 13-15, 2012.
- Katzman MA, Epstein I, Vermani M, Szpindel I, Khamba B. Diagnosis and management of complicated and comorbid anxiety disorders. Canadian Psychiatric Association Conference, Vancouver, October 13-15, 2011.
- Szpindel I, McIntyre R, Copeland A, Tsirgielis D, Epstein I, Vermani M, Cameron C, Khamba B, Gorsky K, Katzman MA. Usage trends of ADHD medication by bipolar patients with attention deficits. 3rd International Congress on ADHD, Berlin, Germany. May 26-29, 2011.
- Katzman MA, Tsirgielis D, Copeland A, Mohamed M, Dirlea M, Vermani M, Cameron C, Khamba B, Szpindel I, Laidlaw B, Epstein I. Effects of intolerance to uncertainty, anxiety sensitivity and severity on marital dissatisfaction in patients who present with anxiety disorders. 20th World Congress for Sexual Health, Glasgow, UK. June 12-16, 2011.
- Katzman MA, Tsirgielis D, Copeland A, Mohamed M, Dirlea M, Vermani M, Cameron C, Khamba B, Szpindel I, Laidlaw B, Epstein I. Presentation of anxiety disorders and their relationship to marital dissatisfaction, intolerance to uncertainty, anxiety sensitivity and anxiety severity. CACBT Conference Ryerson University. Toronto, May 5-6, 2011.
- Katzman M, Vermani M, Epstein I, Szpindel I, Cameron C. Management of the comorbidities existing with depression. Ontario Psychiatric Association. Toronto, April 14-15, 2011.
- Epstein I, Katzman MA, Vermani M, Szpindel I, Tsirgielis D, Copeland A. Management of complicated anxiety disorders. Anxiety Disorders Association of Canada Symposium. New Orleans, March 26, 2011.
- Vermani M, Epstein I, Katzman MA. Complicated anxiety disorders: Diagnosis and treatment_Canadian Psychiatric Association. Toronto, September 23-26, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. Examining the Prevalence of Psychiatric Features within a Chronic Pain Population. Canadian Psychiatric Association Conference. Toronto, September 23-26, 2010.

- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Correlations between perfectionism, coping and Intolerance of Uncertainty in the Development of Anxiety Disorders. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Relationship between perfectionism coping strategies as seen through measures of anxiety sensitivity and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Adjustment in romantic relationships and potential correlation with anxiety sensitivity, and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. The Prevalence of Psychiatric Features within a Chronic Pain Population. The Canadian Pain Society Conference May 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. The development of anxiety disorders, perfectionism, coping and intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Marital discord and its relationship with anxiety sensitivity anxiety severity and intolerance to uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Perfectionism and its relationship between coping strategies, degree of anxiety sensitivity and the correlation to the degree of intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba B, Katzman M. The relationship between the degree of intolerance to uncertainty and subtypes of perfectionism and coping strategies. Anxiety Disorders Association of America (ADAA), Annual Conference. Baltimore, March 4-7, 2010.

- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba, Katzman M. Perfectionism and its correlations between coping strategies, degree of anxiety sensitivity, and its relationship to the degree of intolerance to uncertainty. Anxiety Disorders Association of America (ADAA), Annual Conference. Baltimore, March 4-7, 2010.
- Lytle M, Vermani M, Khamba Grewal Baljit, Maldonado A, Jacobs L, Iorio C, Pawluk E, Katzman MA. The Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunction: A Pilot Study. Canadian Psychiatric Association. St. Johns, Newfoundland August 27-29, 2009.
- Vermani M, Westermeyer J, Stone M, Marcus M, Fikre Merid M, Pawluk E, Iorio C & Katzman MA. Rates of Detection of The Mood and Anxiety Disorders in Primary Care. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Lytle M, Vermani M, Jacobs L, Iorio C, Maldonado A, Cameron C & Katzman MA. Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunction. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Katzman M, Vermani M, Gerbarg P, Brown RP, Iorio C, Jacobs L, Davis M, Cameron C. Art of Living Course (SKY) as Adjunctive Treatment in GAD. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Brown RP, Gerbarg PL, Vermani M, Katzman MA. Clinical trial of Breathing, Movement, and meditation Practices for relief of Symptoms of Post-Traumatic Stress Disorder, Depression, and Anxiety Related to September 11th New York City World Trade Center Attacks. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Lytle M, Vermani M, Maldonado A, Jacobs L, Iorio C, Cameron C & Katzman MA. Efficacy Of Acupuncture Treatment in Secondary Sexual Dysfunction. Integrative, Complementary and Alternative Medicine (ICAM) and Mental Health Conference. Toronto, May 23-25, 2008.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of America (ADAA), Annual Conference. Savannah, Georgia, March 6-9, 2008.
- Marcus, M., Westra, H., Vermani, M., & Katzman, MA. Predictors of Detection and Disclosure of Depression and Anxiety Disorders in Primary Care. Annual Meeting of the Association for Behavioral and Cognitive Therapists (ABCT), Nov. 2007.

- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect/Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Jacobs L, Hassan S, Vermani M, Iorio, C, Cameron, Katzman MA. Does Behavioural Inhibition predict the intensity in the intolerance of uncertainty in a population suffering with anxiety disorders. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Iorio, C, Hassan S, Jacobs L, Vermani M, Cameron, Katzman MA. Intolerance of uncertainty in social anxiety disorder. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Iorio, C, Hassan S, Jacobs L, Vermani M, Cameron, Katzman MA. Behavioural Inhibition as a predictor of anxiety sensitivity and poor coping. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Marcus M, Westra H, Vermani M, Katzman MA. Predictors of detection and disclosure of depression and anxiety disorders in primary care. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Vermani M, Westermeyer J, Stone M, Marcus M, Katzman MA. The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Collegium Internationale Neuro-Psychopharmacologicum (CINP). Chicago, July 9-13, 2006.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. An open-label trial evaluating quetiapine (Seroquel^(R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. Collegium Internationale Neuro-Psychopharmacologicum (CINP). Chicago, July 9-13, 2006.
- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Coping Strategies Within Major Depressive Disorder. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Intolerance of Uncertainty and Emotional-Oriented Coping. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.

- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Correlation Between Intolerance of Uncertainty and Perfectionism. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. An open-label trial evaluating quetiapine (Seroquel^(R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. A flexible dose, open-label trial evaluating the efficacy and safety of quetiapine (Seroquel^(R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. ADAA March 2006 Miami, Fla.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. The impact of mindfulness-based cognitive therapy on symptom states and impairment in com-morbid mood and anxiety disorders. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning. American Psychiatric Association (APA), Annual Conference. San Francisco, May 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning in co-morbid mood, anxiety and substance-related disorders: A pilot study. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Katzman MA, Vermani M, Moore PJ, Peterson RA. How Anxiety Sensitivity and Event Expectancy combine to determine social anxiety among mental health clinic patients. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Struzik L, Duffin J, Vermani M, Katzman MA Effects of Serotonergic Modulation on Respiratory Control in Man. Experimental Biology. New Orleans, April 2002.
- Struzik L, Duffin J, Vermani M, Hegadoren K, Katzman MA. Effects of Deficient Serotonergic Modulation on Chemoreflex Control of Breathing in Man. Anxiety Disorders Association of America (ADAA), Annual Conference. Austin, March 2002.

- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2001.
- Katzman MA. Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. American Psychiatric Association (APA), Annual Conference. New Orleans, May 2001.
- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Anxiety Disorders Association of America (ADAA), Annual Conference. Atlanta, March 2001.

CLINICAL RESEARCH STUDIES UNDERWAY

- *Effects of treatment on brain metabolism*
- *Efficacy of Acupuncture in the treatment of sexual dysfunction*
- *A study of St. John's Wort in the treatment of social anxiety disorder*
- *A diagnostic assessment of patients presenting to a tertiary care cardiac center with Supraventricular Tachycardia*
- *Testing a Cognitive Model of control anxiety*
- *Mindfulness-Based Cognitive Therapy and life role functioning in co-morbid anxiety disorders: A Pilot Study*

CLINICAL RESEARCH STUDIES & WORKSHOPS

2006

Stress Reduction Breath~Body~Mind Workshops

World Trade Center 9/11 Community and First Responders with Serving Those Who Serve (non-profit)

- Breath~Body~Mind workshops – teaching psychiatrists, other physicians, hospital staff, yoga teachers, military veterans, psychiatric patients, cancer patients, brain and spinal cord injury patients and others

2005

Breath~Body~Mind Practices Workshops

Professional conferences, service projects, mass disasters, professional caregiver stress, and workshops

- START Clinic funding – The Effectiveness of the Art of Living Course as an Adjunctive Treatment in Patients Suffering from GAD with or without Co-morbidities

Nov. 2009

Research Study

The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman

- **Role:** Co-investigator

March 2009

Research Study

The goal was to study a program of breathing, movement and meditation practices as an intervention for individuals suffering with generalized anxiety disorder with comorbidity. An open pilot trial of breathing and meditation practices with 6-week follow-up was performed in 40 subjects. Martin A. Katzman, BSc., MD, F.R.C.P.(C), Monica Vermani, Psy.D., C. Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD

- **Role:** Co-investigator
- START Clinic funding – Study 2: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 11th New York City World Trade Centre Attacks

October 2008

Research Study

The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman

- **Role:** Co-investigator
- START Clinic funding – Pilot Study: Trial of Meditation and Breathing Practices for Relief of Symptoms of Generalized Anxiety Disorder with Comorbidity.

February 2007

Pilot Research Study

The goal was to do a pilot study of the effect of a multi component yoga program on measures of anxiety in 40 patients with treatment resistant generalized anxiety disorder and other comorbidities. Martin A. Katzman, BSc., MD, F.R.C.P.(C), Monica

Vermani, Psy.D., C. Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD,

- **Role:** Co-investigator
- START Clinic funding – Study 1: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 11th New York City World Trade Centre Attacks.

INVITED PRESENTATIONS

- *Abuse: Physical, Emotional, Sexual, Financial & Social; An Overview and Exploration of Available Treatments.* George Brown College, March 1998.
- *An Overview of the Phenomenology, Epidemiology and Management of Anxiety Disorders.* Centennial College, November 2000.
- *The Spectrum of Mood & Anxiety Disorders.* Centennial College, November 2001.

EDUCATIONAL/PROFESSIONAL DEVELOPMENT

- *Research Ethics Course*, Franco J. Vaccarino, June 2001 at the Centre for Addiction & Mental Health
- *Advances in the Assessment & Treatment of Chronic Pain*, Dennis C. Turk Ph.D., April 2000 at the Clinician's Institute for Training & Education
- Psychometric training workshop for: *WAIS III, SASSI, Dot Counting Test (malingering)*
Centre for Addiction & Mental Health – Queen Street Site (1998)
- Centre for Addiction & Mental Health – Queen Street Site (1998). Attended Informative Seminars on: *Fitness to Stand Trial*
Criminal responsibility
Assessing sexual Offenders
Assessing Dangerousness
- Workshops at the Centre for Addiction & Mental Health – Queen Street Site (1998).
Personality Assessment I (focused on MMPI-2 and MMPI-A)
Personality Assessment II (focused on Axis II, SCID, TCI, PAI)
Intellectual Assessment (focused on NART-R, SILS, Ravens, WAIS III), &
Neuropsychological Assessment (focused on Memory, WMS III, MASI, Frontal Lobes, Visual Motor)

PROFESSIONAL MEMBERSHIPS

- Ontario Association of Consultants, Counselors, Psychometrists & Psychotherapists (OACCPP), (2000 - present)
- Ontario Psychological Association (OPA), (2000 – present)
- Canadian Psychological Association (CPA), (2000—present)
- Canadian Register for Health Service Providers in Psychology
- Eye Movement Desensitization & Reprocessing Association of Canada (EMDRAC)
- Eye Movement Desensitization & Reprocessing International Association (EMDRIA)
- Anxiety Disorders Association of America (ADAA), (2000 – present)
- Anxiety Disorders Association of Canada (ADAC), (2000 – present)
- American Psychological Association (APA), (2000—present)
- American Psychiatric Association (APA), (2000 – present)