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10th Critical Multicultural & Diversity Counselling & Psychotherapy Conference

Ontario Institute for Studies in Education (OISE), University of Toronto
252 Bloor St W, Toronto, ON M5S 1V6
June 20 ±23, 2023

ABSTRACT BOOKLET

As of June 19, 2023

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PRESENTED ABSTRACTS

Tuesday, June 20, 2023

[redacted]

Keynote Address

Cross-Cultural Psychology: Past, Present, Future

Dr. Edwin J. Nichols (Founder of Association of Black Psychologists)

: Dr. Lana Stermac

[redacted]

qualitative stories of the participants, ultimately highlight the importance of providing culturally adapted and resilience-based resources for MENA individuals facing challenges with sexual identity.

PosterPresentation

Career Human Agency Theory and Career Progression of Women in Healthcare

Jessica Ilton

The purpose of the current poster is to propose career counselling strategies that can be used for working with women in healthcare. Women make up the majority of global front-line healthcare workers, however they continue to be notably under-represented in leadership positions. Women face multi-layered external barriers in achieving leadership positions in healthcare. Furthermore, women of colour, women with disabilities, and LGBTQ+ women experience compounded marginalization, resulting in even fewer minority women being represented among senior leaders and executive roles. In addition to policies and organizational strategies that focus on closing this gap, there is a need to support women themselves in navigating these barriers. Career theories can be K H O S I X O L Q G H Y H O R S L Q J F D U H H U F R X Q V H O O L Q J V W U D W H J L Career Human Agency Theory (CHAT) is a new meta

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Post game 2, participants were interviewed about their gameplay experience. : 5 participants from varied racial backgrounds were recruited. The difference in quiz scores was not statistically significant. Thematic analysis revealed that SERIES helped them reflect on personal experiences and gain a deeper understanding of psychosis symptoms. : SERIES is a valuable psychoeducational tool. : SERIES can inform youth (particularly from racialized backgrounds) about care pathways and encourage help-seeking.

Keynote Panel

Dr. Andre Marseille, Dr. Bryan R. Ellis, Carla Grey

Dr. Roy Moodley
OISE Library
: 12:45 ±2:00PM (Wednesday, June 21, 2023)

KeynotePresentation
Dr. Andre Marseille

This segment of the presentation focuses on Dr. Clemmont Vontress and evolution as an Existentialist. Dr. Marseille will talk about his path to existentialism through his 18 year relationship with Dr. Vontress. Also, he will talk about how his relationship with Dr. Vontress has impacted his professional interests, career and personal life choices. Finally, Dr. Marseille will talk about a book chapter that he wrote based on Vontress work in multicultural theory.

KeynotePresentation
Living His Existential Philosophy: Drg ETQq ests, caree

[redacted]

could b H X V H G W R Q D Y L J D W H O L I H ¶ V F K D O O H Q J H V , Q W K L V S U
especially during his latter years, and wisdom he shared to help me navigate my own life.

KeynotePresentation

Carla Grey

As early as 1962, African American psychologist and researcher Dr. Clemmont E. Vontress began publishing papers on the impact of racism and social structures on the psychotherapeutic relationship between the therapist and racialized clients in general and black males in particular (Vontress, 1962). Sixty years later, for the very first time, the American Psychiatric Association published a statement stating mental health practitioners need to direct attention to culture, racism and discrimination in the Diagnostic Statistical Manual ±5 ±TR (DSM 5 TR).
' U 9 R Q W U H V V ¶ H Q G X U L Q J O H J D F \ W R S V \ F K R W K H U D S \ D Q G
effect of racism and socioeconomic inequalities on clients in their psychotherapeutic interactions with therapists.
This presentation will address the following questions: 1) How do Black male psychotherapists work with Black men? 2) What are the issues, concerns and experiences that Black men bring to psychotherapy? 3) What kind of therapeutic interventions do

peer counsellors and assist others who have suffered a similar loss. These peer counsellors play an important part in suicide postvention. This talk will provide a brief overview of the literature on postvention efforts in different parts of the world and, drawing on qualitative research with Canadian suicide survivors, elaborate on the role of peer counselling in suicide bereavement in the Canadian context. The path from suicide survivor to peer counsellor as well as the rewards and challenges associated with supporting others in the aftermath of suicide loss will be discussed.

KeynotePresentation

Bereavement & Suicide – An Autistic Person's Story (Personal Experience & Research)

Kai Forcey-Rodriguez

Grief and loss of all forms are part of all of our lives just as much happiness, triumphs, and my profound lust for cheese. This presentation will discuss my own experience as an autistic person and research about bereavement and suicide utilizing four significant tragic events in my life (losing my

Dr. Sophie Yohani
12-199
: 2:00 ±3:15 PM (Wednesday, June 21, 2023)

Discussing chapters from the new *DisAppearing: Encounters in Disability Studies,* the four presenters will show how the self is composed in tension with cultural understandings of disabled subjectivity.

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diminish oppression and support fairness, equality, and justice. Liberation Psychology draws attention to collective healing instead of giving too much attention to the individual. Critical thinking in Liberation Psychology is the key component to describe the process of learning and increasing awareness of the sociopolitical context and taking action to challenge oppression. As per Liberation Psychology, critical thinking is rooted in creative solutions, and promoting liberation from oppression.

Parallel Paper Session
Lisa Chinchamie, Mercedes Umana Garcia, Gia (Gaayathri) Geetha

Dr. David Paul Smith
Room 9-105
: 9:00 ±10:00 AM (Thursday, June 22, 2023)

Research Paper Presentation
Racial Trauma, Spirit Injury and the Deskilling of Foreign Educated Racialized Immigrant Women (FERIW) in Canada
Lisa Chinchamie

[redacted]

How do the *Locals*

[redacted]

Career Counselling for Individuals with ADHD using Career Self-Determination Theory Framework

Sarah Colton

The proposed poster will present various career counseling strategies to address the unique vocational needs of individuals with Attention-Deficit/Hyperactivity Disorder (ADHD). ADHD is a neurodevelopmental disorder characterized by a persistent pattern of inattention and/or hyperactivity- impulsivity that interferes with functioning in several life domains. Despite robust Canadian workplace legislation, individuals with ADHD report discrimination in the hiring process. Once on the job, individuals with ADHD are at a higher risk for adverse work events, including underemployment and workplace injuries. The poster presentation will detail how career counselors can attune themselves to the unique needs of individuals with ADHD. The poster will propose that career counselors apply the theoretical framework of Career Self-Determination Theory (CSDT). CSDT posits that people have an innate desire for autonomy, competence, and relatedness in their careers. When all are established, an individual is said to achieve career self-actualization. The poster will propose counseling strategies to promote career self-actualization for individuals with ADHD for each of the three components of CSDT. The poster will also identify accommodations and support strategies career counselors can apply to reduce the number of adverse career events experienced by individuals with ADHD.

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health globally during the pandemic(s) that we face today.

Research Paper Presentation

Race, Animality and Violence in Fanon and Coetzee

Jonathan Russell

This paper will explore the elements of race, animality, and violence primarily in the post-apartheid works

[redacted]

In this essay, I discuss key issues of diversity, social justice, and critical multiculturalism with a clear intention of bringing to awareness the crucial elements of professional clinical practice. In the mental health field, there is inadequate awareness of identity as intersectional, relational, dynamic, and LQIRUPHG E\ V\VWHPV RI SRZHU V\VWHPV ZKLFK GR QRW EH This lack of understanding is responsible for much of the harm done to clients in relation to diversity

: 4:00 ±5:00 PM (Thursday, June 22, 2023)

Research Paper Presentation

Self-Care Practices & Motives in Practicing Therapists

Shasha Oosthuizen

The current study sought to explore the self-care practices that practicing therapists engage in and their motives for engaging in these practices. Participants were twelve therapists who completed an interview about the self-care practices they engage in and the motives that underlie their self-care SUDFWLFHV , XVHG JURXQGHG WKHRU\ WR DQDO\]H WKH GD linked to conceptualizing self-care, self-care practices, and motives underlying self-care practices. Participants defined self-care as an ongoing process that involves creating time for oneself and ensuring good physical and mental health. Participants took care of themselves by engaging in psychological, physical, professional, social, and spiritual self-care practices. They reported having psychological, social, physical, professional, and spiritual motives for self-care. These results provide insight into the types of self-care practices and motives that may be most beneficial to consider when developing self-care interventions for therapists to prevent burnout and ensure ethical clinical practice.

Case Study / Paper Presentation

The Rashomon Effect and Social Identity in the Clinic

Naseem Rine-Reesha, Sara Azarshahi, Hayley Mangotich

,Q UHFHQW GHFDGHV UHVHDUFK KDV VORZO\ DPDVVHG WKD describe its implications for various disciplines. Professions related to psychotherapy have already received some attention in said research. This work focuses on the Rashomon effect as occurring between individuals; that is, it tends to regard situations wherein a practitioner and client or trainee and supervisor give differing accounts of the same interpersonal exchange. Meanwhile, psychologists and psychotherapists have become increasingly attuned to intersectionality ² the notion that individuals each hold multiple intersecting social identities ² HVSHFLDOO\ VLQFH 3¶

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Interactive Experiential Workshop

Elizabeth Evans, Lisa Bertin-Fabian

Room 12-199
: 4:00 ±5:00 PM (Thursday, June 22, 2023)

There is a plethora of research espousing the health disparities between BIPOC (Black, Indigenous, People of Colour) and their white counterparts (Farook, 2018). Within the profession of psychology, attention to culture as a variable in clinical practice was first mentioned at the Vail Conference of 1973 (Arredondo & Perez, 2006). Since then, Multicultural Guidelines and Competencies have been infused throughout the profession via guiding bodies such as the American Psychological Association (APA) and the Canadian

Friday, June 23, 2023

Keynote Panel

Sandra Osazuwa, Dr. David Paul Smith, Dr. Njoki N. Wane

Dr. Alex L. Pieterse
OISE Library
: 9:15 ±10:30 AM (Friday, June 23, 2023)

KeynotePresentation

'If We Build It, Will They Come?': Exploring Perspectives Towards Culturally Integrative Therapeutic Treatment Among Canada's African Community

Sandra Osazuwa

Multiculturalism discourses have sparked interest in addressing health equity concerns among ethnic minority communities in applied psychology practice and scholarship. Often underserved and subjected to excessive pathologizing, there is a growing focus on developing culturally sensitive treatments to enhance the well-being and outcomes of ethnic communities historically marginalized within Western societies. One proposed solution involves incorporating traditional healing systems from various cultures with Western modalities through culturally integrative psychotherapeutic interventions. Although the (re)emergence of these ancestral systems can foster a newfound sense of awareness and appreciation of such approaches within contemporary contexts, it is essential to acknowledge the impact of cultural hegemony and Anti- 720n 720n

Flourishing Souls through "Savoring" Pain: Applying the wisdom of traditional healing practices as therapeutic "Delicious Moments" in life and practice
Dr. Mami Yanai

Through savoring the experience of pain in tragedy, rituals in traditional healing practices are often highly aesthetic and transcendently therapeutic because they induce multidimensional and multi-sensorial experiences. In this presentation, the theoreti F D O E D F N J U R X Q G R I ³ ' H O L F briefly explained followed by the actual exercise for the audience to actually feel the process and learn the essence that can be applied into their clinical practices as well as daily life to promote therapeutic ³ ' H O L F L R X V 0 R P H Q W V ´ W R I O R X U L V K R Q H ¶ V V R X O

KeynotePresentation
Chinese traditional healing: A philosophical and holistic view of mental health
Yaoxin Zhang

Mainstream psychological knowledge is challenged for being only based on European and American cultures and more and more scholars support the decolonizing perspective in psychology which makes space for indigenous knowledge and stresses enormous diversity in cultures. An in-depth understanding of healing traditions in other culture is necessary for the development of global psychology in the context of multiculturalism. Chinese healing traditions rooted in its collectivistic society and philosophical traditions, which is largely influenced by Confucianism, Buddhism, and Taoism. These philosophical schools delineate three states of self: the relational self, the non-self and the authentic self. Chinese healing traditions provide a holistic way to conceptualize and treat mental health issues. The presentation will explore possible ways to integrate Chinese healing traditions into counselling and psychotherapy.

KeynotePresentation
The Role of South Asian Traditional Healers in Counselling
Aanchal Rai

7 K H F X U U H Q W V W X G \ ¶ V D L P Z D V W R H [S O R U H traditional healers P H Q residing in Toronto as it has been observed that South Asians tend to approach these traditional healers for assistance with their physical, psychological and spiritual distresses. These healers were interviewed about their background, training, the South Asian traditional healing processes and their thoughts on collaboration with Western Mental Health practitioners. The data was analyzed using Grounded Theory. The results revealed that these traditional healers closely followed the South Asian traditional healing theories and cultural norms in their practices. The healing processes reflected the ideas of holism, planetary effects and religious healing. The traditional healers also expressed eagerness to associate with the Western Mental Health care services to benefit their clients. The findings suggest that South Asian traditional healers play a major role in the lives of South Asians.

Research Paper Presentation
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Keynote Panel

Dr. Josephine Etowa, Dr. Alex L. Pieterse

Dr. Rob Bedi
OISE Library
: 2:45 ±4:00 PM (Friday, June 23, 2023)

KeynotePresentation
Fostering Inclusivity in healthcare practice through action on unconscious bias
Dr. Josephine Etowa

Over the past three years, the pandemic, and its disproportionate impact on the African, Caribbean and Black (ACB) communities and other troubling events such as the death of George Floyd have led to a movement of self-examination and needed actions on racism, diversity, inclusion, and equity around the world. In health care, it is well documented that health care organizations are not inclusive in client care, health workforce and in the overall cultures of health care organizations. Creating inclusive workforce environments fosters more responsive interactions between individuals of diverse backgrounds, and promotes increased commitment and motivation, increased productivity, job satisfaction, and greater success.
In this paper, I will discuss the meaning and the significance of inclusivity in healthcare practice serving ACB communities in Canada based on our current studies. I will discuss associated challenges and conclude with strategies to improve inclusivity.

KeynotePresentation
Understanding the Role of Racism in the Construction of Mental Illness: An Anti-Racist and Decolonial Critique
Dr. Alex L. Pieterse

The diagnosis of mental illness has been critiqued for relying too heavily on epistemological approaches that are largely influenced by European and North American ways of knowing. Indeed, some have viewed the widespread use of US based mental illness diagnostic criteria (i.e., DSM) as a type cultural imposition and as an extension of practices associated with colonization. Furthermore, there is evidence to support the notion that the construction of mental illness as informed by European/North American criteria, has been utilized as a powerful form of racial oppression, and a tool to support notions of white Supremacy. As such, the current presentation will highlight the utility of employing anti-racist and decolonial approaches to the understanding of mental illness. These approaches move beyond the dismantling of oppression within psychology and psychiatry; however, they also allow for a more complete understanding of psychological functioning through the removal of racial hierarchies, through centering culture and indigeneity, and through challenging capitalist approaches to the facilitation of healing and the reduction of mental distress.

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mindfulness-based practices, interventions, and programs to infuse at critical junctures across the lifespan.

, EdD, is an Assistant Professor (Teaching Stream) at the Ontario Institute For Studies in Education (OISE), University of Toronto. She has been a therapist for the past 24 years. She has extensive experience providing individual and group therapy using evidence-based approaches. Her role as a therapist is informed by her community engagement and research practices focusing on the

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Counseling Psychology at the University of Toronto's Ontario Institute for Studies in Education. Esther gained practical experience as a psychotherapist during her practicum at Nanjing University's Counseling Centre in China.

is a graduate student in the MSc Counselling Psychology Program at the University of Calgary. Farah is passionate about researching the determinants of psychosocial well-being in marginalized populations and aspires to mobilize this knowledge to impact positive change for equity deserving groups at institutional and systemic levels.

[redacted]

Education Award from Division 44, the Society for the Psychological Study of Lesbian, Gay, Bisexual, and Transgender Issues of the American Psychological Association. He is also one of the two representatives of the Canadian Psychological Association to the International Network on Lesbian, Gay, Bisexual Concerns, and Transgender Issues in Psychology.

is entering the first year of his MA in OISE's Counselling and Clinical Psychology program. He completed his undergrad in psychology at UofT, with research interests in critical psychology, queer theory, and psychoanalysis. Outside of class, he runs the UofT Jungian Association, writes poetry, and frequents caf s and jazz bars.

(he/him) is currently an undergraduate psychology student (thesis stream) at Toronto Metropolitan University. He holds a General Bachelor of Arts with a Minor in Communications, an Honours BA in English and Philosophy, an MA in Philosophy, and a Certificate in Psychology. Jan has also undertaken training in CBT, DBT, MBSR, MBCT, TIDES, mindfulness, and philosophical counselling. His core research interests include autism, attention-deficit/hyperactivity GLVRUGHU DQ[LHW\ DQG KHDOWK HTXLW\ -DQ¶V FXUUHQW UHVHD Treatment Lab, the Autism, NeurodiversityG[(pr)4(o)-5(g)9(ra.7:-4(ca)[(d)6(e-8(m)-7(ic)5(g)9(ra.7:-26(h)-8(Geve

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, PhD, RN, FWACN, FAAN, FCAN, FCAHS, is a Professor at the University of 2WWDZD 2+71 &KDLU LQ %ODFN :RPHQ¶V +,9 3UHYHQWLRQ DQG &D inequities in health and healt K F D U H L Q F O X G L Q J Q X U V H V ¶ Z R U N O L I H D Q G W K H K Black (ACB) Canadians using critical race theory and intersectionality lens.

(They/Them) is an autistic recent graduate from OISE with a Master of Education in Developmental Psychology and Education (APHD) specializing in Special Education and Mental Health. As a long-time advocate for social justice, and equity, and working to ensure diverse communities feel heard, seen, and have their needs met, Kai served as Equity, Diversity, and Inclusion Officer for the APHD Student Association and part of the leadership team for the APHD Racialized Student Group supporting students in a mental health or advocacy capacity using their field training in mental health support provision, 3 years of experience as a special ed. and ELL teacher, fluency in eight ODQJXDJHV H[WHQVLYH LQWHUFXOWXUDO NQRZOHGJH DQG DGYR accomplishments so far are: becoming one of the first Autistic people of his generation to co-lead workshops for both faculty and students in the field of education and psychology about Autism, autistic mental health, and inclusion including having guest lectured on this topic. Kai is also the sole author of a groundbreaking publication in the Canadian Journal of Autism Equity entitled, "The Risk Factors and Preventative Methods of Self-Harm and Suicidality for Autistic People" released in April 2023.

, PhD, was born and raised in Japan and first came to Canada as an international student. She received her BA in Human Relations from Concordia University. She went on to pursue MA and PhD in Counselling Psychology at McGill University, where she gained clinical experience at a high school, university counselling/mental health services, and community and hospital outpatient clinics. She also taught both undergraduate and graduate courses as a part-time instructor at Concordia and McGill. In 2016, she joined Werklund School of Education at the University of Calgary, where she teaches graduate courses on career counselling, professional ethics, and assessment.

EdD, is a Registered Psychotherapist at Women's College Hospital in the Reproductive Life Stages department. Keisha has been a practicing clinician for 9 years and recently moved from providing community mental health and addictions care in the Jane/Wilson and -DQH)LQFK FRPPXQLWLHV RI 7RURQWR WR :RPHQ V &ROOHJH +RV Keisha continues to provide specialized care to racialized clients. Keisha has many years of experience providing clinical care to racialized communities and is aware of the differences that racialized individuals face in navigating their day-to-day experiences, particularly around mental health. Keisha completed her MA in Counselling and Clinical Psychology at McGill University and recently completed her doctorate in Clinical and Counselling Psychology from the University of Toronto. Keisha holds a past and present awareness of anti-Black racism that informs her approach to working with clients who present with racial trauma.

, MD, is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network. He is Professor and Director of Global Mental Health with the Department of Psychiatry, University of Toronto. His research, teaching, and clinical interest include both cultural psychiatry and psychotherapy, especially Acceptance and

Commitment Therapy (ACT), CBT, and mindfulness, with projects and collaborations in China, Hong Kong, and South Korea. He conducts community-based research and projects in stigma, resilience, mental health promotion, trauma, caregivers for children with ASD, immigrant and refugee mental health, and pandemic response

recently completed a Honours Bachelor of Science degree at McMaster University, majoring in Psychology, Neuroscience and Behaviour. Kimberly is very interested in the investigation of risk and resilience factors, and am passionate about implementing early intervention and tailored programs to protect at risk children and youth from negative health outcomes. Kimberly has experience working as a developmental service worker and a daycare assistant teacher. Currently, Kimberly works as an ABA Therapist for children with autism, and a Research Assistant at the George Hull Centre for Children and Families, supporting a school-based social emotional learning project and the CASTER (Child and Adolescent Screener for Traumatic Events and Response) pilot project, amongst others. Kimberly is also a volunteer Research Assistant at the POWERinYOUTH Lab at OISE, assisting Dr. Linda Iwenofu with a systematic review about the health effects of anti-Black racism on Black children and youth.

, PhD, is Professor of Counselling and Clinical Psychology in APHD at the University of 7RURQWR 3URIHVVRU 6WHUPDF¶V UHVHDUFK IRFXVHV EURDGO\ RQ violence against women. She served recently as an advisory member on the Presidential and Provostial Committee on Prevention and Response to Sexual Violence at the University of Toronto and as a member of the Expert Panel on Education and Prevention of Sexual Violence (2017). She has consulted on these topics to various agencies and is currently collaborating with scholars across Canada and internationally. Professor Stermac received the 2018 Distinguished Contributions to Women and Psychology award from the Canadian Psychological Association. Professor Stermac's research is supported by the Social Sciences and Humanities Research Council (SSHRC) and the Canadian Institutes of Health Research (CIHR).

, PhD, C.Psych, LV DQ $VVLVWDQW 3URIHVVRU LQ 2,6(¶V 'HSDUW and Human Development. Her research program is focused on understanding and mitigating race-based mental health inequities among Black young people. She is also a registered Clinical Psychologist ZLWK \HDUV FOLQLFDO DQG VFKRODUO\ H[SHULHQFH LQYROYLQJ

, MSW, BASc, RSW, is a Social Worker, Psychotherapist with the Intensive Support and Supervision Program (ISSP) at Durham Family Court Clinic (DFCC). Since 2015, Lisa has been working specifically in providing support and counselling for children engaging in concerning sexualized behaviours, youth engaging in sexually abusive behaviours, and their families. She has also

is a PhD student in the Department of Social Justice Education, OISE. / L V D ¶ V research explores the interconnections of neo-colonialism, globalization, structural violence and the marginalization and disposability of racialized, immigrant/migrant populations.

is a PhD candidate in disability studies and is influenced and guided by childhood studies, phenomenology and interpretive sociology. She studies at the University of Toronto in the Social Justice Education department at the Ontario Institute for Studies in Education (OISE).

, ND, is a passionate integrative medicine practitioner and business consultant, promoting the authentic wellness and flourishing of female healthcare professionals in Japan, combining the essence of psychotherapy, meditation, Japanese traditional aesthetics and Naturopathic Medicine. Her approach is based on a therapeutic concept "Delicious Moments" which she has developed with Dr. Ted Lo, the pioneer in cultural psychiatry and together practiced at the Integrative Mental Health Centre of Toronto in clinical, educational and vocational settings. Experiential dining events of "Delicious Moments" have been highly praised at various conferences and meetings around the world. She is also a founder of an initiative called "inochi no ie - a home of flourishing lives," where people can gather to share an experience of witnessing, grieving and savoring the true beauty of their lives. She has been an active member in the Flourishing Network at the Harvard Human Flourishing Program.

, PhD, is a Psychologist and Assistant Professor in the Graduate Program in Counselling Psychology at the Faculty of Education at Western University. Her research interests include critical multiculturalism and the integration of culturally responsive and anti-oppressive practices in counselling and education.

, PhD, is a Senior (Tenure Track) Assistant Professor at the University of Verona, where she is involved in research and educational consulting at the Center for Intercultural Studies headed by prof. Agostino Portera. She was visiting scholar at the Ontario Institute for Studies in Education (OISE) of the University of Toronto, Canada (2011) and her research interests are focused on intercultural education, especially on the development of intercultural competence at school. She is also member of the Cooperative Learning Study-Training-Research Group, where she works as a vocational training expert both nationally and internationally.

is a first-year student in the MEd Counselling & Psychotherapy program at the University of Toronto and an aspiring educator and Psychotherapist. His experiences as a Latinx refugee immigrant from South America have informed his academic and professional interests in existentialism, life transitions, and education and have inspired his passion for working closely with Latinx refugees, immigrants, and other marginalized groups.

knowledge translation. Mercedes has over 20 years of experience in design and delivery of training on anti-oppression and intersectionality, particularly in relation to mental health service provision with emphasis on inclusive and culturally competent service provision to diverse communities, specifically looking at the impact of factors and oppressions based on race, indigeneity, gender, gender identity, socio-economic status, age, sexual orientation, (dis)ability, and spirituality. Mercedes has extensive experience in program coordination, monitoring, and evaluation locally and transnationally. Mercedes Umana Garcia is currently completing doctoral studies in psychology at OISE University of Toronto.

, PhD, is a Professor at OISE (University of Toronto) who is interested in personal identity and how it develops in typical and atypical populations. This interest extends, in particular, to questions of personal wisdom, as an ideal aspiration of personal development. Dr. Ferrari is head of the Wisdom and Identity Lab, which explores personal wisdom in people of different ages (from children to the elderly) in different countries around the world. He led an international study of personal wisdom in Canada, the USA, Serbia, Ukraine, Iran, India, and China. His most recent project explores the relationship between wisdom and successful immigration to Canada among Iranian immigrants and Syrian Refugees.

is a graduate student in the MSc Counselling Psychology Program at the University of Calgary. As a second-generation Filipino immigrant with vast education and teaching experience, she aims to use her passion for social justice research to advocate with individuals and communities who have been marginalized.

is an Ed.D. candidate in Counselling Psychology at the University of Toronto. His research interests include critical multicultural counselling, integrative psychotherapy, psychoanalysis and analytical psychology, career/vocational counselling, and counsellor education and supervision. He works as a psychodynamic therapist in private practice.

MSc., RP, is an award-winning psychotherapist, consultant and director of Natacha Pennycooke Psychotherapy (a group practice prioritizing the mental health needs of racialized DQG PDUJLQDOL]HG SURIHVVLRQDOV ,Q KHU RYHU \HDUV RI SUD oppressive, healing focused, trauma informed, anti-Black racism and social justice lens, to unpack and challenge Euro- centric ideologies, systemic oppression and generational traumas that have been detrimental to racialized communities. Natacha, who graduated with a Masters in Counselling Psychology from the University of the West Indies, has presented at a number of international and national psychological conferences; and is sought after for her passionate speaking style and expertise on mental health, racial trauma, workplace and healing to speak at various corporate and community HYHQWV 1DWDFKD LV WKH UHFLSLHQW RI WKH %\%ODFNV 3HRSOH¶ 2020, and was also nominated for the award in 2021. Most recently, Natacha has been d for tha67ndia, andi-80044

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In 2019, he received the Chin-Loy Chang Award for First Generation Students while studying at Toronto Metropolitan University, as part of the President's Awards to Champion Excellence (PACE) initiative.

, PhD, is a Registered Psychotherapist at Humber College, an honorary associate researcher at the Centre for Diversity in Counselling and Psychotherapy (CDCP) at the University of Toronto, and an adjunct professor in the Master of Arts in Counselling Psychology program at Yorkville University. Her clinical interests are diverse with a focus on trauma and attachment, and the influence of race and culture on mental health. Her research interests include race and culture in interracial relationships and Caribbean healing practices.

, PhD, is an Educator and Writer. Her advocacy and activism focuses on access to education, women rights, and human rights. She currently works as an Educator, Writer and she is a published Author. She has completed a Bachelor's in Education with a History focus on Urban Education and a trained qualitative researcher and her research interests focuses on critical security studies, development education, access to education, decolonization, and anti-racism.
She is passionate about women's equality and dedicated to helping women in Sub-Saharan Africa. Her writing focuses on a wide-range of topics including politics, gender, self-help, mental health, and well-being.

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