



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

A little word about me and what I do:

I am very passionate about child psychology, notably the field of neuropsychology. During my most recent Master's degree at Wilfrid Laurier University, my research focused on the inclusive nature of mindfulness in the classroom, specifically evaluating beneficial outcomes in children according to their level of executive functioning. From this, I hope to establish a tailored mindfulness curriculum, complementing the one-size-does-not-fit-all nature of mindfulness. In September 2020, I will begin my Master's in Clinical Developmental Psychology (Neuropsychology Stream) at York University, where I will work toward becoming a clinical child neuropsychologist.

What does CCPA mean to me?

I am an incredibly firm believer in the importance of having strong peer and professional support systems within reach. As an aspiring professional, I view the Canadian Counselling and Psychotherapy Association as an essential component in the mental health industry. It is an opportunity for like-minded individuals to provide the mutual support, advocacy, networking opportunities, and overall professional development that is necessary to expand the knowledge and potential of all those involved.



Favorite author or musical artist:

Lately, I have been immersed in the incredible works of Mark Lewis; specifically, "Memoirs of an Addicted Brain". A close second would have to be Malcolm Gladwell. I thoroughly enjoyed both "Blink" and "Outliers".