



CANADIAN COUNSELLING AND  
PSYCHOTHERAPY ASSOCIATION  
L'ASSOCIATION CANADIENNE DE  
COUNSELING ET DE PSYCHOTHÉRAPIE

**Name and Title: Kaitlyn Butterfield**

A little word about me and what I do

I grew up in Ottawa, Ontario and now find myself in Ontario's capital as a graduate student at York University, where I am pursuing an MA-PhD in Clinical Development Psychology in the Neuropsychology Stream. My thesis examines the role of structure in performance-based measures of executive function alongside a novel, unstructured performance task. My research and career interests are in neurodevelopmental disorders and executive function, and I've been fortunate to pursue this field of research and clinical training in the Toplak Lab. My graduate research began in 2018 at Wilfrid Laurier University where I completed a Masters in Developmental Psychology and published my work on the role of executive function in mindfulness-based interventions for children.

What does CCPA mean to me?

I recognize the significance of strong peer and professional support systems within reach. Thus, I view the Canadian Counselling and Psychotherapy Association as an essential component to the mental health field. 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:

Jacob Banks has always been a top choice!

