

## 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 Counseling 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  
Specialty/Majors: Psychology, Sociology & Criminology, Women's Studies

## **PROFESSIONAL EXPERIENCE**

### **College of Psychologists of Ontario**

**Oral Examiner** – Toronto, ON | April 2024 – present

- *Responsibilities:*
  - Administering oral examinations to candidates seeking licensure with the CPO.
  - Assessing candidates' performance during oral examinations based on established criteria set by the CPO

### **HR.com**

**Mental Health Advisory Board** – Oakland, CA | March 2024 – present

- *Responsibilities:*
  - Keynote Speaker (March 5, 2024)
  - Round Table Speaker (March 6, 2024)
  - Corporate Wellness Advisor

### **Start Living Corporate Wellness**

**Vitaodyssey Incorporation** – Toronto, ON | 2018 – present

- Founder, Speaker, Executive Coach Consultant and Clinical Psychologist
- *Clients:*
  - Bell
  - Canadian Nuclear Laboratories
  - Canaccord Genuity
  - Fire and Emergency Services Training Institute
  - Toronto Fire Services
  - Greater Toronto Airports Authority
  - Toronto Regional Real Estate Board
  - Conscious Life
  - Badge of Life Canada
  - Empowerment and Learning from Friends
  - Employee Wellness
  - Ayurveda Rituals
- *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 people on mental health and treatment options Facilitating Lunch and Learn Talks, Seminars, Workshops, Retreats
  - Crisis Intervention at workplaces

- Train the Trainer Workshops
- Q&A for small employee groups to answer mental health and wellness questions
- Psychoeducation and Awareness on ones 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

**Registered Clinical Psychologist, Dr. Monica Vermani, C. Psych.**

**MV Psychological Services, Dr. Vermani Balanced Wellbeing Private Practice – Toronto, ON. |**  
 Oct. 2014 - present

- *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 Re- structuring and training seminars to Employers/Employees in Corporations/Small Businesses.
  - Professional Psychological Executive Coaching.

**Peer Reviewer**

**College of Psychologists of Ontario – ON. | June 2019 - present**

- Clinical Psychologist Dr. Monica Vermani, C. Psych.
- *Responsibilities:*
  - Co-Facilitate Peer Reviews for the College of Psychologists of Ontario

**Clinical Psychologist**

**Toronto Rehabilitation Institute (TRI) - Lyndhurst Centre Brain and Spinal Cord Injury Unit –**  
 Toronto, ON. | Aug. 2014 – June 2019

- *Responsibilities:*
  - 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.

### **Clinical Psychologist**

#### **Correctional Services of Canada (PS-03) | Nov. 2012 – Jan. 2015**

- Fenbrook Institution & Beaver Creek Institution, Part-Time
- *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.

### **Breath~Body~Mind Group Therapy Teaching Assistant**

#### **Military Workshops at Fort Drum. | Oct. 2012 - present**

- Worked alongside with Dr. Richard Brown and Dr. Pat Gerbarg.
- *Responsibilities:*
  - Assisting in teaching the Breath~Body~Mind Course for the Military population.

### **Breath~Body~Mind Group Therapy Teaching Assistant**

#### **Serving Those That Serve Us (STWS) - New York City & Watertown, NY | Sept. 2002 – present**

- Worked 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.

### **Clinical Psychologist**

#### **Stress, Trauma, Anxiety, Rehabilitation and Treatment (START) Clinic for Mood and Anxiety Disorders – Toronto, ON. | April 2008 – Oct. 2014**

- *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.

### **Adjunct Professor**

**Lakehead University - Faculty of Department of Psychology** – Thunder Bay, ON. | Jan. 2009 – Sept. 2013

- *Responsibilities:*
  - Co Facilitating Psychology Courses.
  - Supervising Students.

### **Adjunct Professor**

**Humber Institute of Technology & Advanced Learning School of Social & Community Services** – Toronto, ON. | Nov. 2008 – June 2009

- Faculty of Community and Justice Services Program
- *Responsibilities:*
  - Teaching Counselling Courses.

### **Therapist & Research Coordinator**

**Stress, Trauma, Anxiety, Rehabilitation and Treatment (START) Clinic for Mood and Anxiety Disorders** – Toronto, ON. | Oct. 2003 – Apr. 2008

- *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.

**Research Coordinator/Psychometrist**

**Center for Addiction & Mental Health CAMH METFORS** – Toronto, ON. | Jul. 2000 – June 2005

- Queen Street Site, Clarke Institute of Psychiatry – 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.

**Psychometrist**

**Dr. Giorgio E. Ilacqua, Clinical Psychologist** – Toronto, ON. | Dec. 1997 – July 2002

- *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.

### **Treatment Group Facilitator**

**Vanier Centre for Women** – Milton, ON. | Dec. 1997 – Sept. 1998

- 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 counseling 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 & PRACTICE**

### **Psychology Doctoral Internship Student** (1200 Hours)

**Stress, Trauma, Anxiety, Rehabilitation and Treatment (START) Clinic for Mood and Anxiety Disorders** – Toronto, ON. | Sept. 2005 – Oct. 2007

- 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.

### **Psychology Doctoral Internship Student** (1200 Hours)

**Correctional Services of Canada CSC** | July 2004 – May 2005

- 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.
  - Perform Individual Psychotherapy with a forensic population.
  - Attended supervision - patient case planning meetings.
  - Write 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).

### **Psychology Doctoral Practicum Student** (1200 Hours)

**Lakeridge Mental Health Centre** – Oshawa, ON. | Sept. 2003 – June 2004

- Adult Outpatient Services & Child, Youth & Family Services
- Supervisors: Dr. Deborah Azoulay & Dr. Lorne Sugar
- *Responsibilities:*
  - Performed psychological testing with Adults 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 counseling.
  - Attended supervision - patient case planning meetings.
  - Facilitated an educational session teaching the basics of Anxiety Disorders.



### **Research Assistant/Psychology Extern** (600 Hours)

**Metropolitan Toronto Forensic Services METFORS** – Queen Street Site, Toronto, ON. | Sept. 1998 – Aug. 1999

- CAMH Center for Addictions and Mental Health
- 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 (ex. Fitness to stand trial questionnaire, personality assessment inventory etc.).

### **Student Placement** (600 Hours)

**Vanier Centre for Women** – Milton, ON | Oct. 1997 – Sept. 1998

- Psychology Department Ministry of Correctional Services CSC
- *Responsibilities:*
  - Lead Anger Management, Anti-Fraud, Effective Problem Solving, and Substance Abuse Control treatment classes to adult residents and young offenders.
  - Conducted one-to-one counseling.
  - 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 the 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**

### **Health Care Provider/Crisis & Rehabilitation Worker**

**Team/Equipe Canada Healing Hands** [www.tchh.org](http://www.tchh.org) – Haiti | 2012-2018

- *Responsibilities:*
  - Providing health/crisis/rehabilitation care to people in need.
  - Worked in a children’s Orphanage, Disabled school for children and patient outreach

clinics.

### **M.E.T.R.A.C. Board Member**

**Metropolitan Action Committee on Violence Against Women & Children** [www.metrac.org](http://www.metrac.org) – Toronto, ON. | 2005–2015

- *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.

### **Crisis Intervention Volunteer**

**Distress Centre Peel (United Way)** – Mississauga, ON. | 1993-1999

- Completed 460 Hours
- *Responsibilities:*
  - Telephone be-friending & providing adequate care from 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.

### **7 Steps Group Therapy Facilitator**

**Ontario Seventh Step Society** – Milton, ON. | Oct. 1997 – Jun. 1998

- 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.

### **Support Worker**

**Interim Place Women's Shelter** – Toronto, ON. | Sept. 1995 – Apr. 1998

- *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.

### **Peer Support Counselor**

**University of Toronto Women's Centre** – Toronto, ON | Sept. 1996 – Aug. 1997

- *Responsibilities:*
  - Performed peer counseling 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 counseling 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, Conquering Stress, Mood, Anxiety, & Traumas – How to heal your past, deal with your present and take control of your future – Self Help Life Lessons*. Smith Publicity Inc. March 22, 2022.

### **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; 26:125-133

- 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, Charnak 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, Galaraga 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**

- *Breaking Bad: How to Break Up with Your Bad Habits*. (Spring 2023) Psychology Today.
- *Transforming Negative Thoughts: A Path to Personal Growth*. (Spring 2023) Toronto Guardian.
- *The Ripple Effect: The power of positivity, why our thoughts matter, and how to become a more positive Thinker*. (Spring 2023) I Am Unbreakable Magazine.

- *Breaking Bad: When overworking becomes problematic.* (Spring 2023) [Psychology Today](#).
- *Breaking Bad: Problematic Alcohol Consumption.* (Winter 2023) [Psychology Today](#).
- *Breaking Bad: Time to Get Smart About Smartphone Usage.* (Winter 2023) [Psychology Today](#).
- *Ask Dr. Vermani: I'm Afraid My Childhood Bully Will Be Back in My Life, What Do I Do?* (Winter 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: How Do I Create "Me Time" In My Demanding Life?* (Winter 2023) [Anokhi Life](#).
- *Breaking Bad: How to Break Up with The Bad Habit of Social Isolation.* (Winter 2023) [Psychology Today](#).
- *Breaking Bad: Revenge Bedtime Procrastination.* (Winter 2023) [Psychology Today](#).
- *Setting an Intention for Better Self-Care.* (Winter 2023) [I Am Unbreakable Magazine](#).
- *Understanding and Practicing Gratitude.* (Winter 2023) [Psychology Today](#).
- *Ask Dr. Vermani: How Do I Tell My Friend She's Taking My Emotional Support for Granted?* (Winter 2023) [Anokhi Life](#).
- *Breaking Bad: People Pleasing.* (Winter 2023) [Psychology Today](#).
- *Why Happiness Postponed is Happiness Lost.* (Winter 2023) [Toronto Waterfront Magazine](#).
- *Breaking Bad: Habitual Cannabis Use.* (Fall 2023) [Psychology Today](#).
- *Ask Dr. Vermani: Why Does Our Family Get Togethers Always End with A Fight?* (Fall 2023) [Anokhi Life](#).
- *Breaking Bad: Procrastination.* (Fall 2023) [Psychology Today](#).
- *Ask Dr. Vermani: How Do I Tell My Sis-In-Law to Stop Intruding in My Daughter's Wedding Plans?* (Fall 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: I'm On the Outs with My Friend Because I Supported Her Breakup, What Do I Do?* (Fall 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: How Do I Convince My Kids That My Granddaughter's Best Friend Is a Bully?* (Fall 2023) [Anokhi Life](#).

- *How To Become a More Positive Thinker.* (Fall 2023) [Psychology Today](#).
- *Why Our Negative Thoughts Are So Powerful.* (Fall 2023) [Psychology Today](#).
- *Ask Dr. Vermani: How Do I Tell My Sis-In-Law That Her Messy Dog Is Not Welcome at My House?* (Fall 2023) [Anokhi Life](#).
- *Where Our Negative Thoughts Come From.* (Fall 2023) [Psychology Today](#).
- *Ask Dr. Vermani: How Do I Tell My Friend to Stop Interrupting Me?* (Summer 2023) [Anokhi Life](#).
- *Positive or Negative, Our Thoughts Shape Our Lives.* (Summer 2023) [Psychology Today](#).
- *Ask Dr. Vermani: How Do I Trust My Husband After He Cheated on Me?* (Summer 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: How Do I Tell My Brother That His Cottage Rules Ruins All the Fun?* (Summer 2023) [Anokhi Life](#).
- *How Your social media Habits Are Damaging Your Relationships.* (Summer 2023) [Psychology Today](#).
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- *Understanding and Conquering Envy*. (Summer 2023) [Psychology Today](#).
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- *Ask Dr. Vermani: Help! My In-Laws Introduces Our Kids as Their “Adopted” Grandkids* (Spring 2023) [Anokhi Life](#).
- *Radical Acceptance: 7 Steps to Overcoming Resistance and Finding Emotional Freedom*. (Spring 2023) [Mind Journal](#)
- *Ask Dr. Vermani: Help! My Office Romance Wants to Keep Us a Secret*. (Spring 2023) [Anokhi Life](#).
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- *4 Rules for Navigating Interpersonal Conflicts*. (Spring 2023) [Psychology Today](#).
- *Ask Dr. Vermani: My Rude Friend Is Mortifying!* (Spring 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: I Had a Miscarriage and Our Family’s “Be Grateful” Sentiments Really Hurt*. (Spring 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: Help! My Underage Nephew Expects Me to Buy Booze For Him!* (Spring 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: My Boyfriend is Pressuring Me to Attend His Sister’s Wedding, but I Can’t Afford It*. (Spring 2023) [Anokhi Life](#).
- *Negotiating A Fair Share of Household Responsibilities*. (Spring 2023) [Psychology Today](#).
- *Ask Dr. Vermani: Help! My In-Laws Are Giving Me the Cold Shoulder!* (Spring 2023) [Anokhi Life](#).
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- *Understanding The Mental Health and Self-Care Connection*. (Winter 2023) [Psychology Today](#).
- *Ask Dr. Vermani: Help! I Need to Move Out of My Parents’ House*. (Winter 2023) [Anokhi Life](#).



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- *What's Self Love Got to Do with It?* (Winter 2023) [Psychology Today.](#)
- *Ask Dr. Vermani: Help! I Can't Stop Shopping!* (Winter 2023) [Anokhi Life.](#)
- *Ask Dr. Vermani: I Can't Say No to People Without Feeling Guilty.* (Winter 2023) [Anokhi Life.](#)
- *Let's Talk...About Your Relationship with You!* (Winter 2023) [Anokhi Life.](#)
- *Processing Pain and Dealing with Emotional Debris.* (Winter 2023) [Psychology Today.](#)
- *Dear Dr. Monica Vermani: Being Back in The Office Is Giving Me Anxiety.* (Winter 2023) [Anokhi Life.](#)
- *Understanding and Embracing Radical Acceptance.* (Winter 2023) [Psychology Today.](#)
- *How to Have a Happy and Healthy New Year.* (Winter 2022) [Psychology Today.](#)
- *Dear Dr. Vermani: Help! My Ex Tell His Friends His Cheating Is My Fault!* (Winter 2022) [Anokhi Life.](#)
- *Recognizing and Conquering Those Holiday Blues* (Winter 2022) [Psychology Today.](#)
- *Ask Dr. Vermani: Winter Depresses Me, What Do I Do?* (Winter 2022) [Anokhi Life.](#)
- *Ask Dr. Vermani: How Do I Tell My Parents I Don't Want to Go to Business School.* (Winter 2022) [Anokhi Life.](#)
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- *Ask Dr. Vermani: Her 5 Break Up Rules You Should Know.* (Fall 2022) [Anokhi Life.](#)
- *How to Deal with Difficult People.* (Fall 2022) [Psychology Today.](#)
- *How Much Alcohol or Cannabis Is Too Much?* (Fall 2022) [Psychology Today.](#)
- *Conquering SAD.* (Fall 2022) [Psychology Today.](#)
- *Make Happiness Your Choice.* (Fall 2022) [Psychology Today.](#)
- *Are Your Shopping Habits Problematic?* (Fall 2022) [Psychology Today.](#)

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- *The Importance of Compassion and Kindness in Today's World.* (Summer 2022) [Psychology Today](#).
- *What to Do When You're Ready to Forgive.* (Summer 2022) [Psychology Today](#).
- *Getting Back Out in the Dating World.* (Summer 2022) [Psychology Today](#).
- *Resilience, What It Is and Why We Need It.* (Summer 2022) [Psychology Today](#).
- *Why You're Not Getting Enough Sleep and What to Do About It.* (Summer 2022) [Psychology Today](#).
- *Understanding and Processing Anger.* (Summer 2022) [Psychology Today](#).
- *Building Boundaries.* (Spring 2022) [Psychology Today](#).
- *Putting the Past Where It Belongs.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *What Lies Beneath.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *Generalized Anxiety Disorder.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *What Goes up Must Come Down Part 2.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *What Goes Up Must Come Down Part 1.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *Putting Our Problems on the Table.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *Rest Up!* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *Too Much of a Supposedly Good Thing.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).
- *When Words Become Weapons.* (Spring 2022) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast](#).

- *Breaking Bad.* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Understanding Complex Post-Traumatic Stress Disorder.* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Understanding EMDR Therapy.* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Why Should We Care?* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *A Better Way to Break Up.* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *How to Stop Existing and Start Living.* (Spring 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *How to Support Someone with Depression or Anxiety.* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *The Most Valuable Lesson in Chemistry!* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Gaslighting!* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Raising Your EQ.* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *You...Unlimited.* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Making Our Faith Bigger Than Our Fear.* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Choosing to be Happy Now.* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Letting Go of What No Longer Serves You..* (Winter 2022) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *How About a New Year's Resolution Revolution!* (Winter 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Conquering the Holiday Blues.* (Winter 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.

- *Forgiveness.* (Winter 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Holding Space.* (Winter 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Dealing with Difficult People.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Making the Mind/Body Connection.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Understanding Greif and the Grieving Process.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Combatting SAD. (Seasonal Affective Disorder)* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Understanding Post-Traumatic Stress Disorder. (PTSD)* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Oh My GAD: Understanding Generalized Anxiety Disorder.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Coping with Social Anxiety Disorder in a Post-COVID World.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *How to Stop Existing and Start Living.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *What to Do When You Need Therapy.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Putting Your Problems on The Table.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *EQ and You.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *September Self-Care.* (Fall 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Nothing Personal.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Running on Empty.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani

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- *Choosing Happy!* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Our Obstacles Our Teachers.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Corporate Wellness - Team Cohesion.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *How to be Your Own Best friend.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *No More Numbing!* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Almost Valuable Lesson in Chemistry.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Putting Your Past Where It Belongs.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *You and Your Schemas.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Making Our Faith Bigger than Our Fear.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *The Purpose of Suffering.* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Mirror, Mirror!* (Summer 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
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- *The Ripple Effect..* (Spring 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Feeling, Healing and Growth.* (Spring 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Give From Your Overflow, Not From Your Well.* (Spring 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *Covid 19: Clinical Psychologist Dr. Vermani Shares Her Tips on How to Survive Through This Time.* (Spring 2020) Anokhi VIBE Magazine.
- *Relationship Advice from Dr. Monica V.* (Fall 2008). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
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- *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).
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- *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.
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- *Relationship Advice from Monica V.* (Fall 2003). Anokhi VIBE Magazine. pp. 183-195. Monica Vermani B.Sc., M.A.
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- *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.
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- *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.

## **MEDIA APPEARANCES**

- *Signs and Symptoms of Summer Sad.* (Spring 2023) Global News.
- *The Most Important Relationship You Have Is with Yourself.* (Winter 2023) Global News.
- *Breaking Bad Habits: Fighting Procrastination.* (Winter 2023) Global News.
- *Battling Seasonal Affective Disorder.* (Winter 2023) Global News.
- *How to Handle Holiday Stress.* (Winter 2023) Global News.
- *Your People Don't Suck, YOUR Program sucks!* (Fall 2023) Workers Comp Simplified.
- *How to Navigate Loneliness During the Holidays.* (Fall 2023) NewsMax.
- *Dealing With Holiday Stress by Practicing Gratitude: Clinical Psychologist.* (Fall 2023) NTD News.
- *Doctor Vermani, Clinical Psychologist, TEDX Talks speaker, and author of A Deeper Wellness...* (Fall 2023) Kifi Local News 8.



- *The Breakdown with Allison Dore – Seasonal Affective Disorder.* (Fall 2023) Sirius XM.
- *Leadership & Love Summit.* (Fall 2023) Empowered 360.
- *Dealing With Loneliness This Thanksgiving.* (Fall 2023) CTV News.
- *'Living Well' With Dr. Monica Vermani.* (Fall 2023) Anokhi Uncensored.
- *Conquering Stress, Anxiety and Trauma: A Journey to A Deeper Wellness.* (Fall 2023) I Am Unbreakable Podcast.
- *Dr. Monica Vermani: Stop Procrastinating.* (Fall 2023) Katu2 ABC.
- *Confidence From the Inside Out – 3 Year Celebration Episode.* (Fall 2023) Confidence from Within Podcast.
- *Break Free from Negative Thinking to Live Your Best Life.* (Summer 2023) TRREB Ready to Real Estate Podcast.
- *46: Monica Vermani, C Psych, PsyD – Clinical Psychologist, Author, Mindfulness and Mental-Health Expert Shares Her Journey and New Book A Deeper Wellness* (Spring 2023) Master's in Psychology Podcast.
- *The Medium's Editor and Chief Shines at TedXUofT.* (Winter 2023) The Medium.
- *Fighting Blue Monday.* (Winter 2023) CTV News.
- *Breaking Bad Habits.* (Winter 2023) Katu 2 ABC.
- *Managing Holiday Stress.* (Winter 2022) CTV Morning Live.
- *Seasonal Affective Disorder.* (Winter 2022) CTV Morning Live.
- *Is It the Most Wonderful or Overwhelming Time of The Year?* (Winter 2022) KKTV – News 11.
- *Buckmaster Show 12/07/2022: Coping with Holiday Stress.* (Winter 2022) The Voice 1030 – Buckmaster Show.
- *Techniques to Deal with Holiday Stress.* (Winter 2022) NECN LX's Current.
- *Dr. Vermani on The Break Down 167.* (Fall 2022) Canada Talks – The Break Down.
- *Spotlighting A Deeper Wellness Dr. Monica Vermani.* (Fall 2022) Warm 106.9.

- *Episode 8: A Deeper Wellness – Mental Health Matters.* (Fall 2022) Raising Your Vibes with Athena Bahri.
- *Transition Into Adulthood.* (Fall 2022) KMET 1490 AM – A Time of Insight with Arjang Abraham Zendehtdel.
- *Combating Negative Thoughts with Dr. Monica Vermani, Can You Tell Your Co-worker You Like Them, and Sick Burns.* (Fall 2022) Just Between Us.
- *Healthy Living – September 13, 2022.* (Fall 2022) CBN.
- *Hairs To You S1E2: Hair Loss and Our Mental Health Struggles Feat. Dr. Monica Vermani.* (Fall 2022) Hairs to You By Superhairpieces.
- *Back to School: Psychologist’s Tips to Handle Kids’ Fear, Uncertainty as They Return to Class.* (Fall 2022) CTV News Vancouver.
- *Back to School Worry and Anxiety – Aug 30, 2022.* (Summer 2022) KRDO News Radio – The Extra with Shannon Brinias.
- *Reaching Out a Big Step in Processing Trauma: Clinical Psychologist.* (Summer 2022) Global News Peterborough.
- *Clinical Psychologist Dr. Monica Vermani.* (Summer 2022) 105.9 The Region – The Wellness Prescription with Dr. Claudia.
- *Are You Being Gaslighted?* (Summer 2022) TV 6 KWQC - Paula Sands Live.
- *Make Faith Bigger Than Fear.* (Summer 2022) News Channel 8 – Bloom.
- *Are You Asking What If? Be Sure to Tune in Now!* (Summer 2022) City News - Ask the Experts with Faisal.
- *How Can Conquering Anxiety and Traumas Lead to A Deeper Wellness.* (Summer 2022) CHCH Morning Live.
- *Spotlighting A Deeper Wellness Dr. Monica Vermani.* (Summer 2022) Warm 106.9.
- *Toxic Relationships | Ten Oaks Project.* (Summer 2022) Newstalk 1010.
- *Toxic Relationships – How to Recognize Them and What to Do About It.* (Summer 2022) News Channel 8 – Bloom.

- *Everyday Solutions for Defeating Stress, Regulating Your Mood, and Working Toward Wellness with Dr. Monica Vermani [Episode 89].* (Summer 2022) The International Clinician: Psychology and Philosophy.
- *Guest: Dr. Monica Vermano – Getting Unstuck and Moving Forward.* (Summer 2022) KMET 1490 AM – A Time of Insight with Arjang Abraham Zendehtel.
- *Clinical Psychologist on Recognizing the Signs of Being Gaslighted.* (Spring 2022) 9&10 News – The Four.
- *Caregiver Burnout W/ Dr. Monica Vermani.* (Spring 2022) Traumagility.
- *Dr. Anthony La Delfa / Dr. Monica Vermani / Seneca College Student – Ukraine / ...* (Spring 2022) York Region’s New Magazine Show – The Feed with Ann Rohmer.
- *Stress Management Case Study of Women in the Workforce.* (Spring 2022) Women Who Rock with Success – Investigates.
- *Focus: Aired Live April 5, 2022.* (Spring 2022) TV Asia USA.
- *Get Rooted Radio with Erica Gifford Mills: Living It Up ~ Loving it Up ~ Letting it Go! How To Heal Your Past, Deal with Your Present, and Take Control of Your Future.* (Spring 2022) Transformation Talk Radio.
- *Episode 238: Gaslighting – You Can Set the Level of Respect Someone Gets To Treat You By Dr. Monica Vermani.* (Spring 2022) Mental – The Podcast to Destigmatise Mental Health.
- *Dr. Monica Vermani – Challenges are Opportunities for Growth. A Deeper Wellness.* (Spring 2022) Warm 106.9.
- *Gaslighting Can Happen in Any Close Relationship, Psychologist Says.* (Spring 2022) CTV News.
- *Dealing With High Levels of Anxiety.* (Spring 2022) CTV News.
- *Proven Strategies That Remove Limiting Beliefs & Allow You to Step into Your Full Potential Part 2.* (Summer 2021) The Open Chest Academy – The Transform Your Confidence Show.
- *Proven Strategies That Remove Limiting Beliefs & Allow You to Step into Your Full Potential Part 1.* (Summer 2021) The Open Chest Academy – The Transform Your Confidence Show.
- *Fireside Chat with Dr. Monica Vermani.* (Spring 2021) Fellowships of the Spirit.
- *Episode 24: Mental Health vs Illness: A Hidden Pandemic with Dr Monica Vermani.* (Summer

2020) [Anokhi Life Podcast](#).

## **EXPERT COMMENTARIES**

- *Mother Nature Is Giving Everyone Something To Talk About.* (Spring 2023) [Yahoo! Entertainment](#).
- *Is Someone Guilt-Tripping You? How To Identify and Respond to This Form of Emotional Manipulation.* (Spring 2023) [Well + Good](#).
- *How to find and pursue your perfect hobby.* (Spring 2023) [PureWow](#).
- *What is toxic 'breadcrumbing'? Experts share signs and how to address it?* (Spring 2023) [Newsweek](#).
- *Woman who demanded "Wicked" spectator stop 'sing along' applauded.* (Spring 2023) [Newsweek](#).
- *Is it possible for busy moms to earn a steady paycheck? We asked Experts.* (Winter 2023) [Little Things](#).
- *Three hacks to keep your house 'clean enough' to reap the benefits of an organized home.* (Winter 2023) [The Globe & Mail](#).
- *7 burnout symptoms to look out for, according to psychologists.* (Winter 2023) [Women's Health](#).
- *'My Life with the Walter Boys' is Netflix's latest hit. Why TikTok is obsessed with its love triangle.* (Winter 2023) [Yahoo! Entertainment](#).
- *5 Ways to Reduce Your Stress This Year.* (Winter 2023) [CNN Health](#).
- *What A Clinical Psychologist Says About Better Keeping New Year's Resolutions.* (Winter 2023) [Everything Zoomer](#).
- *Are You Using These "Therapy Speak" Terms Correctly? Experts Explain.* (Winter 2023) [AOL](#).
- *Are You Using These "Therapy Speak" Terms Correctly? Experts Explain.* (Winter 2023) [CNN Health](#).
- *Toxic Masculinity May Be Well Known to You, But Here Are 35 Different Forms of Toxic Femininity.* (Winter 2023) [Bored Panda](#).

- *9 Healing Plants to Always Have on Hand, According to Experts.* (Winter 2023) [Martha Stewart](#).
- *How Parents Can Help Support Children with Eating Disorders During the Holidays.* (Winter 2023) [Little Things](#).
- *From Chaos to Calm: Unpacking Holiday Stress with Dr. Monica Vermani.* (Winter 2023) [When Women Inspire](#).
- *What Is Toxic 'Breadcrumbing'? Experts Share Signs and How to Address It.* (Winter 2023) [Citizen Digital](#).
- *What is Breadcrumbing, The New Entrant on The Dating Scene.* (Winter 2023) [Firstpost](#).
- *7 Burnout Symptoms to Look Out For (And How to Prevent It) According to Psychologists.* (Winter 2023) [CNN Health](#).
- *What Is Toxic 'Breadcrumbing'? Experts Share Signs and How to Address It.* (Winter 2023) [CNN Health](#).
- *6 Tactics to Limit Family Stress This Holiday Season, According to Therapists.* (Fall 2023) [Fatherly](#).
- *Dr. Monica Vermani: Emotional Intelligence, What It Is, Why It Is So Essential, And How We Can Increase It.* (Fall 2023) [Authority Magazine](#).
- *Good For You.* (Summer 2023) [Hello Canada Magazine](#).
- *'Gaslighting' Is A Frequently Used Buzzword. Here's What It Really Means.* (Summer 2023) [Citizen Digital](#).
- *'Gaslighting' Is A Frequently Used Buzzword. Here's What It Really Means.* (Summer 2023) [WDSU News](#).
- *Does Ozempic Cause Depression?* (Summer 2023) [Inside Hook](#).
- *Gaslighting: What It Really Means and How to Address It.* (Summer 2023) [CNN Health](#).
- *10 Signs You May Want to Press Pause on Your Love Life.* (Summer 2023) [Women.com](#).
- *Opinion: Toxic Femininity in The Workplace.* (Summer 2023) [New Era Live](#).
- *How to Heal from A Toxic Partner.* (Summer 2023) [Bella Magazine](#).
- *Can Love at First Sight Actually Lead to a Real Relationship?* (Winter 2023) [Cosmopolitan](#)

## Middle East.

- *Pushing Out Self-Limiting Beliefs.* (Winter 2023) [Trinity Times.](#)
- *How to Cure the Monday Blues.* (Winter 2023) [BC Living.](#)
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- *Hangxiety Makes a Bad Hangover Ever Worse. Here's What to Do About It.* (Fall 2022) [POPSUGAR.](#)
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## PREPARED MANUSCRIPTS IN SUBMISSION

- *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, Aand 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.
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- 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.
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- 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.

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- 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.
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- 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.
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- 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.
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of Depression and Anxiety Disorders in Primary Care. Annual Meeting of the Association for Behavioral and Cognitive Therapists (ABCT), Nov. 2007.

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- Struzik L, Duffin J, Vermani M, Katzman MA Effects of Serotonergic Modulation on Respiratory Control in Man. Experimental Biology. New Orleans, April 2002.
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- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotine-induced vasodilation in patients with social phobia correlates with symptom severity. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2001.

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## 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

### **Stress Reduction Breath~Body~Mind Workshops | 2006**

#### **Serving Those Who Serve (non-profit)**

- World Trade Center 9/11 Community and First Responders
- 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.

### **Breath~Body~Mind Practices Workshops | 2005**

- 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 Comorbidities.

### **Research Study** | Nov. 2009

- 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

### **Research Study** | March 2009

- 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.

### **Research Study** | October 2008

- 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.

### **Pilot Research Study** | Feb. 2007

- 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.

## **TALKS AND SPEAKING EVENTS**

- *Healthy, Happy & Whole: Forging A Deeper Understanding, & A More Impactful Response To Mental Illness In The Workplace.* [HR.com](https://hr.com), March 2024.

- *Think About It!* TEDxUofT, Aug 2023.
- *Understanding Our Negative Thoughts and How To Break the Cycles That Lead to Fear and Self-Doubt.* 2023 TRREB Realtorquest - Toronto Regional Real Estate Board, May 2023.
- *International Women's Day.* GotStyle Women, March 2023.

## 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– 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) at Centre for Addiction & Mental Health – Queen Street Site (1998)
- Attended Informative Seminars at Centre for Addiction & Mental Health – Queen Street Site (1998) 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).

## HONORS & AWARDS

- *Businesswoman of The Year Nominee* Women Empowerment Awards Presented By Rogers. (Sept 2023)
- *The Outstanding Woman Award 2023 (Sports, Health and Fitness)* Waterfront Awards. (July 2023)
- *Cogeco Entrepreneur of the Year* Oakville Awards for Business Excellence, Cogeco & Oakville Chambers. (May 2023)
- *TD Business Achievement Awards Finalist* TD Business Achievement Awards Finalist. (June 2022)
- *RBC Best Business of the Year Award Winner* RBC Canadian SME National Business Awards-Best Business of the Year Award 2020. (April 2021)
- *RBC Canadian Woman Entrepreneur Nominee* RBC & Women Of Influence. (April 2021)