

Curriculum Vitae

Monica Vermani, C. Psych.

drvermani@mvpsychology.com | Tel. (416) 291.7373 | Fax. (416) 291.7375

www.mvpsychology.com | www.drmonicavermani.com

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

Certified Member of the Spiritualist Church of Canada
Spiritualist Church of Canada, Valid until December 31, 2026

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)
 - Panel Speaker (May 14, 2024)
 - Corporate Wellness Advisor

Start Living Corporate Wellness

Vitaodysey 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
 - The Linden School
 - Canaccord Genuity
 - ELF
 - Takeda
 - Davies Group
 - Timeless Radiance
 - India Autism Center

- Pure Studios
- Club Well
- *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.
 - Administering 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 – 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 – 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, Charmak WD. What Makes People Anxious about Pain? How Personality and Perception Combine to Determine Pain Anxiety in Clinical and Non-Clinical Populations. *Anxiety, Stress & Coping: An International Journal* 2011; 24(2) 179 – 200.
- Vermani M, Marcus M, Katzman MA. Rates of Detection of the Mood and Anxiety Disorders in Primary Care. *Primary Care Companion for CNS Disorders* 2011;13:e1-e10.
- Moore PJ, Chung E, Peterson RA, Katzman MA, Vermani M. Information integration and emotion: How do anxiety sensitivity and expectancy combine to determine social anxiety? *Emotion and Cognition* 2009; 23(1): 42-68.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L, & Gendron A. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: A flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-1486.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M. The PCMAD (Primary Care Mood & Anxiety Diagnoser): Noteworthy Briefs From the Field. *PCMAD: A Self-Report Scale for Improved Detection of Mood and Anxiety Disorders*. May 2008 15:5, 26-27.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: a flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-6.

- Rosenthal J, Kong BY, Jacobs L, Vermani M, Katzman MA. Did a switch to a generic antidepressant cause relapse? *Journal of Family Practice* Feb 2008; 57:2.
- Katzman MA, Jacobs L, Marcus M, Vermani M, Logan AC. Weight gain and psychiatric treatment: Is there a role for green tea and conjugated linoleic acid? *Lipids in Health and Disease* 2007; 6:14
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. A flexible dose, open-label trial evaluating the efficacy and safety of quetiapine (Seroquel (R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. *Accepted for publication in Depression and Anxiety Conference Abstract.*
- Wilson RJ, Cortoni F, Vermani M (2007). *Circles of Support & Accountability: A national replication of outcome findings*. [Research Report R-185] Ottawa, ON: Correctional Service of Canada.
- Katzman MA, Struzik L, Vivian LL, Vermani M, McBride J. Pharmacotherapy of post-traumatic stress disorder: a family practitioner's guide to management of the disease. *Expert Review of Neurotherapeutics* 2005; 5(1):129-139.
- Chung E, Moore PJ, Peterson RA, Katzman MA, Vermani M. Psychosocial determinants of pain anxiety in laboratory and field settings: The integration of disposition and expectancy. *Journal of Basic and Applied Social Psychology* 2005, 27:317-327.
- Vermani M, Milosevic I, Smith F, Katzman MA. Herbs for mental illness: effectiveness and interaction with conventional medicines. *Journal of Family Practice* Sep 2005;54(9):789-800.
- Struzik L, Vermani M, Duffin J, McBride JJ, Katzman MA. Anxiety Sensitivity as a Predictor of Panic Attacks. *Psychiatry Research* 2004;129(3): 273-278.
- Struzik L, Vermani M, Coonerty-Femiano, Katzman MA. A Review of Treatments for Generalized Anxiety Disorder. *Expert Review of Neurotherapeutics* 2004; 4(2):285-294.
- Katzman M. Cornacchi S. Coonerty-Femiano A. Hughes B. Vermani M. Struzik L. Ross BM. Methyl nicotinate-induced vasodilation in generalized social phobia. *Neuropsychopharmacology* 2003; 28:1846-51.
- Struzik L, Duffin J, Vermani M, Katzman MA. Effects of Tryptophan Depletion on Central and Peripheral Chemoreflexes in Man. *Journal of Respiratory Physiology & Neurobiology* 2002; 133(3); 183-195.

MEDIA PUBLICATIONS

- *Long Story Short: The Harm of Short-Form Online Content.* (Summer 2026) [Psychology Today](#)
- *Under Pressure on the Road: Understanding Road Rage.* (Summer 2026) [Psychology Today](#)
- *The Harm of Parental Alienation.* (Spring 2026) [Psychology Today](#)
- *Growing Concerns for Cannabis Users.* (Spring 2026) [Psychology Today](#)
- *Understanding and Navigating Weight Loss Medications.* (Spring 2026) [Psychology Today](#)
- *Addicted to Love?* (Spring 2026) [Psychology Today](#)
- *Breaking Bad: Decoding the Silent Treatment.* (Winter 2026) [Psychology Today](#)
- *Breaking Bad: Fight Against Attention Deterioration.* (Winter 2026) [Psychology Today](#)
- *Tips on Managing Holiday Stress.* (Winter 2025) [NTD News](#)
- *A clinical psychologist shares 3 ways to cope with being alone during the holidays.* (Winter 2025) [MSN](#)
- *Women On The Verge Of Breaking Down Usually Start Buying These 11 Things For Themselves.* (Winter 2025) [YourTango](#)
- *People Who Have Lived Frugally Their Whole Lives Usually Have These 11 Regrets As They Get Older.* (Winter 2025) [YourTango](#)
- *“Just Walking Away From 16 Years, 4 Kids And Our Life Together”:* *Woman’s World Crumbles Over 1 Letter.* (Winter 2025) [INKL](#)
- *Exploring the Importance of Gratitude With a Clinical Psychologist.* (Winter 2025) [NTD News](#)

- *Sleep, Interrupted!*. (Winter 2025) [Psychology Today](#)
- *Breaking Bad: Understanding Problematic Pornography Use*. (Winter 2025) [Psychology Today](#)
- *How to Calm Down and Ride Out Difficult Social Settings*. (Winter 2025) [Psychology Today](#)
- *Breaking Bad: Beyond Bad Decision-Making*. (Fall 2025) [Psychology Today](#)
- *Husband Throws A Tantrum On Their Joint Birthday, Wife Decides She's Never Baking Again*. (Fall 2025) [Inkl](#)
- *Breaking Bad: How to Fight Back Against Repetitive Cycles*. (Fall 2025) [Psychology Today](#).
- *How to Overcome Emotional Reasoning*. (Fall 2025) [Psychology Today](#).
- *The Case for Exploring Self-Esteem*. (Fall 2025) [Psychology Today](#).
- *Escaping the Comparison Trap*. (Fall 2025) [Psychology Today](#).
- *Reframing Remorse and Regret*. (Fall 2025) [Psychology Today](#).
- *Tempests in Teapots: How Dread Shows Up and Plays Out*. (Fall 2025) [Psychology Today](#).
- *A Compelling Case for Choosing Forgiveness*. (Summer 2025) [Psychology Today](#).
- *Conquering a Covert People Problem*. (Summer 2025) [Psychology Today](#).
- *7 Ways to Beat Perfectionism and Embrace the Good Enough*. (Summer 2025) [Psychology Today](#).
- *Building An Unbreakable You!* (Summer 2025) [I Am Unbreakable Magazine](#).
- *Understanding and Conquering Gamophobia*. (Summer 2025) [Psychology Today](#).
- *The Benefits and Downsides of Fitting In*. (Summer 2025) [Psychology Today](#).
- *Overwork and Well-being*. (Summer 2025) [Psychology Today](#).
- *The Problem with Other People's Opinion*. (Summer 2025) [Psychology Today](#).
- *Understanding and Managing FoMo*. (Summer 2025) [Psychology Today](#).

- *New Research on the Risks of Cannabis Use for Seniors.* (Summer 2025) [Psychology Today](#).
- *Understanding and Managing Anxiety.* (Summer 2025) [Psychology Today](#).
- *Are You Self Sabotaging?* (Summer 2025) [Psychology Today](#).
- *Too Hot to Handle.* (Summer 2025) [Psychology Today](#).
- *Schadenfreude & Shadow Work, Body Bliss & Body Bags: A Clinical Psychologist's Muses on The Psychological Underpinnings Of "The White Lotus" Phenomenon.* (Spring 2025) [Top 10 Films](#).
- *Breaking the Anxious Loop.* (Spring 2025) [Psychology Today](#).
- *Understanding and Strengthening Distress Tolerance.* (Spring 2025) [Psychology Today](#).
- *Breaking Bad: Moving Beyond Enmeshment.* (Spring 2025) [Psychology Today](#).
- *Understanding and Treating Persistent Depressive Disorder.* (Spring 2025) [Psychology Today](#).
- *Sad News About Summertime Blues.* (Spring 2025) [Psychology Today](#).
- *The Risky Business of Regular Cannabis and Alcohol Use.* (Spring 2025) [Psychology Today](#).
- *The Myths and Realities of Closure.* (Spring 2025) [Psychology Today](#).
- *Understanding Fawning as A Trauma Response.* (Winter 2025) [Psychology Today](#).
- *The Power of Self Love.* (Fall 2025) [Dr. Monica Vermani Podcast](#).
- *Rebuilding Trust.* (Winter 2025) [Psychology Today](#).
- *The High Price of Nice.* (Winter 2024) [Psychology Today](#).
- *The Do's and Don'ts of Defending Healthy Boundaries.* (Winter 2024) [Psychology Today](#).
- *Beyond Sad.* (Fall 2024) [Dr. Monica Vermani Podcast](#).
- *Elevate Your EQ: Understanding and Strengthening Emotional Intelligence.* (Fall 2024) [HR.com](#).
- *The Pitfalls of Power and Control.* (Fall 2024) [Psychology Today](#).
- *Help Yourself Be Happier Now.* (Fall 2024) [Psychology Today](#).

- *Facing Fears of the Future.* (Summer 2024) [Psychology Today](#).
- *Recognizing, Understanding and Managing Negative Bias in the Workplace.* (Summer 2024) [HR.com](#).
- *Understanding PTSD and C-PTSD.* (Summer 2024) [Dr. Vermani Podcast](#).
- *Building An Unbreakable You.* (Summer 2024) [I Am Unbreakable Magazine](#).
- *Managing Anxiety in The Workplace: Insights on G.A.D. and Social Anxiety.* (Summer 2024) [HR.com](#).
- *The Importance of Taking a Break from Work.* (Summer 2024) [Psychology Today](#).
- *Listening Up: Mastering the Art of Active Communication.* (Summer 2024) [HR.com](#).
- *When It's Over.* (Spring 2024) [Psychology Today](#).
- *Leading With Compassion: A Clinical Psychologist's Guide to Cultivating a Healthy Workplace.* (Spring 2024) [Founder Reports](#).
- *Understanding and Managing Summer SAD.* (Spring 2024) [Psychology Today](#).
- *Mental Wellness Mastery: Mental Health Expert Dr. Monica Vermani on Everyday Life Hacks for Optimal Mental Wellness.* (Spring 2024) [Authority Magazine](#).
- *Combatting Loneliness.* (Spring 2024) [Psychology Today](#).
- *Putting Your Problems on The Table.* (Spring 2024) [Toronto Guardian](#).
- *Breaking Bad: How to Break Up with Your Bad Habits.* (Spring 2024) [Psychology Today](#).
- *Transforming Negative Thoughts: A Path to Personal Growth.* (Spring 2024) [Toronto Guardian](#).
- *The Ripple Effect: The power of positivity, why our thoughts matter, and how to become a more positive Thinker.* (Spring 2024) [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](#).
- *Ask Dr. Vermani: What Do I Do When My Fiancé Shares His Dog with His Ex?* (Summer 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: How Do I Convince My Partner That Our 6-Year-Old Is Too Young for Sleepovers?* (Summer 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: How Do I Deal with A Friend That Always Wants to Start a Fight?* (Summer 2023) [Anokhi Life](#).
- *Problem Solving: Understanding and Dealing with Challenges.* (Summer 2023) [Psychology Today](#).
- *Ask Dr. Vermani: Our Cultural Differences May Threaten our Marriage.* (Summer 2023) [Anokhi Life](#).
- *How to Diffuse Your Anger and Calm Down.* (Summer 2023) [Psychology Today](#).
- *Ask Dr. Vermani: Help! My Roommate Bestie Is a Nightmare!* (Summer 2023) [Anokhi Life](#).
- *Ask Dr. Vermani: My Love Constantly Wants to Be with Me and I'm Exhausted.* (Summer 2023) [Anokhi Life](#).
- *Grappling With A "Fauxpology".* (Summer 2023) [Psychology Today](#).
- *Understanding and Conquering Envy.* (Summer 2023) [Psychology Today](#).
- *How to Thrive at Work.* (Spring 2023) [Psychology Today](#).

- *5 Steps for Managing Anxiety.* (Spring 2023) [Psychology Today.](#)
- *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.](#)
- *Navigating Pain: 5 Strategies for Dealing with Emotional Debris.* (Spring 2023) [Mind Journal](#)
- *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.](#)
- *Ask Dr. Vermani: My Brother Doesn’t Think My Aging Mom Should Stop Driving but I Do!* (Winter 2023) [Anokhi Life.](#)
- *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.](#)
- *5 Ways to Build a Great Relationship with Yourself This Valentine’s Day.* (Winter 2023) [Anokhi Life.](#)
- *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.](#)
- *How to Separate Your Wants from Your Needs...* (Fall 2022) [Psychology Today.](#)
- *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.](#)
- *Suddenly September: Rising to the Back-to-School Challenge.* (Fall 2022) [Psychology Today.](#)
- *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 Podcast.](#)
- *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.](#)
- *The Power of N.* (Summer 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)
- *You... Unlimited.* (Summer 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)
- *The High Cost of Unwellness.* (Summer 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)
- *What lies beneath.* (Summer 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)
- *To Sleep.* (Summer 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)
- *The Power of Compassion.* (Spring 2021) [Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.](#)

- *What goes up must come down PART 2.* (Spring 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *What goes up must come down PART 1* (Spring 2021) Anokhi VIBE Magazine, Medium, Dr. Monica Vermani Podcast.
- *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.
- *Relationship Advice from Dr. Monica V.* (Summer 2008). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- *Relationship Advice from Dr. Monica V.* (Spring 2008). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- *Relationship Advice from Dr. Monica V.* (Winter 2008). Anokhi VIBE Magazine. pp. 118-120. Monica Vermani B.Sc., M.A., Psy.D.
- *Relationship Advice from Dr. Monica V.* (Fall 2007). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
- *Relationship Advice from Dr. Monica V.* (Summer 2007). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- *Relationship Advice from Monica V.* (Spring 2007). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Winter 2007). Anokhi VIBE Magazine. pp. 118-120. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Fall 2006). Anokhi VIBE Magazine. pp. 118-120. Monica

Vermani B.Sc., M.A.

- *Relationship Advice from Monica V.* (Summer 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Stigma in social anxiety disorder. Social Phobia Support Group of Toronto Newsletter*, 6. Hassan, S., Son, G., Teskey, S., Jacobs, L., Vermani, M., & Katzman, M.A. (2006, Summer).
- *Summertime SAD?* Hassan, S., Vermani, M., & Katzman, M.A. (2006, Summer). *Moods*, 23-24.
- *Relationship Advice from Monica V.* (Spring 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Winter 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Fall 2005). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Summer 2005). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Spring 2005). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Winter 2005). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Fall 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Summer 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Spring 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Winter 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Fall 2003). Anokhi VIBE Magazine. pp. 183-195. Monica Vermani B.Sc., M.A.
- *Relationship Advice from Monica V.* (Summer 2003). Anokhi VIBE Magazine. pp. 106-107.

Monica Vermani B.Sc., M.A.

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

MEDIA APPEARANCES

- *Ask an Expert: Celebrating Mothers and Mother Figures.* (Spring 2026) Global News
- *Understanding Stress and Anxiety 16th April 2026.* (Spring 2026) Ajuda Foundation Webinar
- *The Vanishing Scientists Crisis | Dr. Monica Vermani on A Deeper Wellness.* (Spring 2026) Shake It Off With Mert and Lucas
- *Ask an Expert: Healing one year after Lapu Day Tragedy.* (Spring 2026) Global News
- *How to get over it.* (Winter 2026) Global News
- *Psychological Effect of Tumbler Ridge Tragedy on Children.* (Winter 2026) Global News
- *The Renee Good Shooting Fallout | Dr. Monica Vermani on Healing and Emotional Wellness.* (Winter 2026) Shake It Off With Mert and Lucas
- *Strategies to have a happier year.* (Winter 2026) Global News
- *“Post Trauma & Holistic Athletes”: The Sports Doctor with Dr. Robert A Weil, D.P.M.* (Winter 2025) The Sports Doctor
- *Women's Health: Perimenopause, menopause and mental health.* (Winter 2025) Global News.

- *Exploring the Importance of Gratitude With a Clinical Psychologist.* (Winter 2025) [NTD News](#).
- *Ask An Expert: Breaking the anxiety loop.* (Fall 2025) [Global News](#).
- *Shake It Off with Mert and Lucas Live.* (Spring 2025) [AM970](#).
- *Mental Health: How to calm down.* (Summer 2025) [Global News](#).
- *Decoding Adult Loneliness with Dr. Monica Vermani.* (Summer 2025) [Confidence from Within](#).
- *Protecting Your Limited Resources.* (Summer 2025) [Global News](#).
- *A Deeper Wellness with Dr. Monica Vermani.* (Summer 2025) ABC News Radio | [KMET Moments with Marianne](#).
- *Let's Talk FoMO & FOPO... unpacking the pervasive social fears of other people's opinions, and missing out, and the long-term consequences of negative scrutiny and social isolation?* (Summer 2025) [Shake It Off with Mert and Lucas](#).
- *What Is 'FOPO'? And Why Do Experts Call It A 'Hidden Epidemic'?* (Summer 2025) [880 CHED – The Courtney Theriault Show](#).
- *Celebrating Father's Day.* (Summer 2025) [Global News](#).
- *Clinical Psychologist on Celebrating Mother's Day.* (Summer 2025) [Global News](#).
- *How To Ride Out Negative Emotions.* (Spring 2025) [Global News](#).
- *Therapists, PREVENT Burnout with Dr. Monica Vermani's Expert Advice.* (Spring 2025) [The Mental Health Toolbox](#).
- *Shake It Off with Mert and Lucas Live.* (Spring 2025) [AM970](#).
- *Mind & Body Connection for Physical Fitness.* (Winter 2025) [Global News](#).
- *Self-Compassion and Mental Health.* (Winter 2025) [Global News](#).
- *Sticking To New Year's Resolutions.* (Winter 2025) [Global News](#).
- *Have New Year's Resolutions? Tips To Stay on Track In 2025.* (Winter 2024) [Global News](#).
- *Shake It Off with Mert and Lucas Live.* (Winter 2024) [AM970](#).
- *Clinical Psychologist Offers Tips on Mindfulness for Thanksgiving.* (Winter 2024) [CCN TV6](#).

- *How to Prepare Mentally for Thanksgiving This Year.* (Winter 2024) [NTD News](#).
- *'Self-Compassion Is Putting Yourself First': Clinical Psychologist.* (Fall 2024) [NTD News](#).
- *#453 – Dr. Monica Vermani gets REAL about Stop Existing and Start LIVING.* (Fall 2024) [Be Real Show](#).
- *September Self-Care Reboot.* (Fall 2024) [Global News](#).
- *Empty Nest Syndrome: What Is It and How Do You Know If You're Experiencing It?* (Summer 2024) [Newsnation – Morning in America](#).
- *Transitioning Back to School.* (Summer 2024) [Global News](#).
- *A Holistic Approach to Mental Wellness with Dr. Monica Vermani.* (Summer 2024) [Transform Your Workplace with Brandon Laws](#).
- *Tips On How to Feel More Comfortable in Your Own Skin: Clinical Psychologist.* (Summer 2024) [NTD News](#).
- *441. Dr. Monica Vermani – A Deeper and Lasting Wellness.* (Summer 2024) [Becoming Your Best Podcast](#).
- *Why We Experience Stress, Burnout, Overwhelm and Anxiety in Our Careers and Life.* (Summer 2024) [The Midlife Reinvention Podcast](#).
- *Breaking Patterns: Psychologist Shares How to Overcome Breakup Trauma & Build Healthy Relationships.* (Summer 2024) Carmelia Ray: [Better Love Podcast](#).
- *Social Anxiety in the Summer.* (Summer 2024) [Global News](#).
- *Best of Trauma Super Conference – Choosing A Treatment Modality for Trauma.* (Summer 2024) [Global News](#).
- *Interview With Dr. Monica Vermani from Toronto Canada.* (Summer 2024) [Filly Di Soma](#).
- *Stop Stressing Out! – Episode #387 with Dr. Monica Vermani.* (Summer 2024) [Path to Sales Mastery](#).
- *The Importance of Healing After Separation and Divorce: A Clinical Psychologist's Perspective!* (Summer 2024) [Carmelia Ray: Better Love Podcast](#).
- *The Trouble with Mental Health, Social Media, and The Internet.* (Spring 2024) [Global News](#).
- *Grace Under Pressure: John Baldoni with Dr. Monica Vermani.* (Spring 2024) [Grace Under](#)

Pressure with John Baldoni.

- *Signs and Symptoms of Summer Sad.* (Spring 2024) Global News.
- *The Most Important Relationship You Have Is with Yourself.* (Winter 2024) Global News.
- *Breaking Bad Habits: Fighting Procrastination.* (Winter 2024) 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 Zendeudel.](#)
- *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 Vermani – Getting Unstuck and Moving Forward.* (Summer 2022) KMET 1490 AM – A Time of Insight with Arjang Abraham Zendeudel.
- *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

- *It's Not Just Tobacco and Alcohol: This Everyday “Relaxing Habit” Could Be Hurting Your Heart, Says Cardiologist.* (Summer 2025) [AS USA.](#)
- *“Bee Sting Lips”: 50 Men Reveal Petty Dealbreakers They Think Women Don’t Notice.* (Summer 2025) [Bored Panda.](#)
- *How To Get Mental Health Leave of Absence Without Jeopardizing Your Job.* (Summer 2025) [Her Money.](#)
- *Relationship with Your In-Laws: How to Navigate Family Dynamics Before and After the Wedding.* (Summer 2025) [They Live Happily Ever After.](#)
- *5 Essential Steps to Managing Anxiety in Daily Life.* (Summer 2025) [Best Life Counselling Services.](#)
- *From Overdrive to Overdone: 5 Signs You Need to Hit Pause.* (Summer 2025) [Kella – Supporting Women Leaders.](#)
- *Clinical Psychologist Ponders Psychological Underpinnings of The White Lotus Phenomenon.*

(Spring 2025) [ATV Today](#).

- *Brain Dump: How to Think Clearly and Perform Better at Work.* (Spring 2025) [Cake.com](#).
- *Canadians are less happy than ever. What can we learn from the world's happiest countries? Mindfulness and community, experts say.* (Spring 2025) [Yahoo Life](#).
- *How To Identify The 3 Types of Narcissists.* (Winter 2025) [Oprah Daily](#).
- *Man Confused Why Wife Lies About Him to Her Friends, Finds Even More Text Conversations.* (Winter 2025) [Bored Panda](#).
- *Adding Rituals to Improve Wellbeing.* (Winter 2025) [Medicinal Media](#).
- *Children Who Were Always Polite Usually Develop These 11 Traits as Adults.* (Winter 2025) [Your Tango](#).
- *The Power of Self-Love.* (Winter 2025) [Lexi Yoga](#).
- *How to Deal with Toxic Coworkers, according to a CEO.* (Winter 2025) [Pure Wow](#).
- *The Do's and Don'ts of Defending Healthy Boundaries.* (Winter 2025) [The Resilience Center of Houston](#).
- *The Lynchpin of Effective Leadership.* (Winter 2025) [Smart Brief](#).
-
- *Ghosting, Submarining, and Breadcrumbs and More Dating Terms for Today.* (Winter 2025) [Fitness Hacks for Life](#).
- *11 Brilliant Phrases to Use When Someone Owes You an Apology.* (Winter 2025) [Your Tango](#).
- *New Year's Resolutions: Tips for Success.* (Winter 2024) [Head Topics](#).
- *How To Meditate: Beginner-Friendly Advice for Starting a Practice.* (Winter 2024) [Yahoo! Life](#).
- *Feeling Frazzled RN? Your Fail-safe Guide To How To Boost Calm, Any Place, Any Time.* (Winter 2024) [Marie Claire](#).
- *People Are Applauding This Dad for Not Letting Andrew Tate Nonsense Get into His Son's Head.* (Winter 2024) [Bored Panda](#).
- *"What's Something People Romanticize That Is Actually Awful?" (30 Answers).* (Winter 2024) [Bored Panda](#).
- *People Are Only Just Now Finding Out What 'Breadcrumbing' Is – and It's Very Concerning.* (Winter 2024) [VT](#).
- *How to Have Your Best Hibernation Era This Winter.* (Winter 2024) [Refinery 29](#).

- *Seasonal Depression and Anxiety: Mental Health Tips as Rochester Changes Seasons.* (Fall 2024) [Democrat and Chronicle.](#)
- *Managing The Mental Load (And the Stress It Causes).* (Fall 2024) [Prevention Australia.](#)
- *How To Make a House Less Depressing in Fall and Winter – 9 Expert Tricks to Avoid Seasonal Affective Disorder.* (Fall 2024) [Home & Gardens.](#)
- *Do You Have a Toxic Friend? A Therapist's Advice to Set Boundaries.* (Fall 2024) [The Optimist Daily.](#)
- *How To Set Boundaries with A Toxic Friend, According to Therapists.* (Fall 2024) [PureWow.](#)
- *Wife Promises She Will Never Bake Again After Husband's Tantrum on His and Her Birthday.* (Fall 2024) [Bored Panda.](#)
- *Parents Grapple with 'Empty Nest Syndrome' As Kids Head to College.* (Summer 2024) [MSN.](#)
- *What Is Compulsory Heterosexuality (Comphet) & Is It a Problem?* (Spring 2024) [Stylecaster.](#)
- *Why Do People Cheat In Happy Relationships? Experts Weigh In.* (Spring 2024) [Best Life.](#)
- *Is Cheating Ever Justified? Experts Weigh In.* (Spring 2024) [Best Life.](#)
- *Woman Shuts Down BF's Demands: "Didn't Go to Med School to Be a Live-In Maid".* (Spring 2024) [Bored Panda.](#)
- *The Naked Truth: Is It a Relationship or A Situationship?* (Spring 2024) [Santa Fe Reporter.](#)
- *Psychology Student Explains 'Biggest Problem' for Overthinkers.* (Spring 2024) [Newsweek.](#)
- *7 Signs You're Too Nice for Your Own Wellbeing, According to Psychology.* (Spring 2024) [Idea Pod.](#)
- *Mental Health Training for Employees.* (Spring 2024) [The Shortlister.](#)
- *When Your Family and Friends Dislike Your Partner.* (Spring 2024) [Ask Men.](#)
- *Mother Nature Is Giving Everyone Something to Talk About.* (Spring 2024) [Yahoo! Entertainment.](#)
- *Is Someone Guilt-Tripping You? How To Identify and Respond to This Form of Emotional Manipulation.* (Spring 2024) [Well + Good.](#)
- *How to find and pursue your perfect hobby.* (Spring 2024) [PureWow.](#)

- *What is toxic ‘breadcrumbing’? Experts share signs and how to address it?* (Spring 2024) [AOL](#).
- *Woman who demanded “Wicked” spectator stop ‘sing along’ applauded.* (Spring 2024) [Newsweek](#).
- *Is it possible for busy moms to earn a steady paycheck? We asked Experts.* (Winter 2024) [Little Things](#).
- *Three hacks to keep your house ‘clean enough’ to reap the benefits of an organized home.* (Winter 2024) [The Globe & Mail](#).
- *7 burnout symptoms to look out for, according to psychologists.* (Winter 2024) [Women’s Health](#).
- *‘My Life with the Walter Boys’ is Netflix’s latest hit. Why TikTok is obsessed with its love triangle.* (Winter 2024) [Yahoo! Entertainment](#).
- *5 Ways to Reduce Your Stress This Year.* (Winter 2024) [CNN Health](#).
- *What A Clinical Psychologist Says About Better Keeping New Year’s Resolutions.* (Winter 2024) [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](#).
- *What Is Unrequited Love? Experts Explain Why It Can Be So Painful, And What to Do About It* (Winter 2023) [Cosmopolitan](#).
- *What A Clinical Psychologist Says About Better Keeping New Year's Resolutions.* (Winter 2023) [Everything Zoomer](#).
- *Cultivate These 4 Energy Sources to Counteract Stress.* (Winter 2023) [The Eden Magazine](#).

- *5 Expert Tips for A Mental Health Reset In 2023.* (Winter 2022) [Everything Zoomer.](#)
- *3 Signs You Should Take a Break from Dating Apps – And How to Have a Productive Detox, According to A Therapist.* (Winter 2022) [Insider.](#)
- *The Best Recipes to Make and Enjoy Based on Your Personality Type.* (Fall 2022) [Martha Stewart.](#)
- *How to Identify 3 Types of Narcissism.* (Fall 2022) [Oprah Daily.](#)
- *8 Ways Mental Health Experts Prep for High-Stress Days.* (Fall 2022) [Everyday Health.](#)
- *The Best Paint Colours for Your Personality Type!* (Fall 2022) [AugustMan.](#)
- *A Clinical Psychologist Shares 3 Ways to Cope with Being Alone During the Holidays.* (Fall 2022) [Health Digest.](#)
- *Indigo Children: New Age Trend or Undiagnosed ADHD?* (Fall 2022) [HowStuffWorks.](#)
- *Hangxiety Makes a Bad Hangover Ever Worse. Here's What to Do About It.* (Fall 2022) [POPSUGAR.](#)
- *Clinical Psychologist Provides 5 Expert Tips for Combatting Seasonal Affective Disorder.* (Fall 2022) [The List.](#)
- *Houseplants Won't Really Purify the Air in Your Home – But There Are Plenty of Other Benefits to Owning Them.* (Fall 2022) [Yahoo! News.](#)
- *Clean Your Space, Boost Your Mood: 10 Stress-Free Ways to Declutter.* (Fall 2022) [Daily OM.](#)
- *If You Deal with SAD, A Psychologist Says Make These Adjustments to Your Bedtime Routine.* (Fall 2022) [The List.](#)
- *Houseplants Won't Really Purify the Air in Your Home – But There Are Plenty of Other Benefits to Owning Them.* (Fall 2022) [Martha Stewart.](#)
- *Signs You Might Be Dealing with Seasonal Affective Disorder, According to A Clinical Psychologist.* (Fall 2022) [The List.](#)
- *How Effective Are Happy Lights in Treating SAD? Here's What a Clinical Psychologist Has to Say.* (Fall 2022) [The List.](#)
- *Canadians Continue to Struggle with Mental Health Issues Post Pandemic.* (Fall 2022) [Toronto Sun.](#)

- *Your Child Is Being Bullied. Now What?* (Fall 2022) [Motherhood – The Real Deal](#).
- *8 Expert Tips for Dating When You Have ADHD.* (Fall 2022) [Men’s Health](#).
- *What To Do After a Fight with Your Partner.* (Fall 2022) [Up Journey](#).
- *World Mental Health Day: How Parents Can Help Stop Bullying.* (Fall 2022) [Healthcare Digital](#).
- *Aledia Nuñez In Bathing Suit Will Announce “New Projects Coming Soon.”* (Fall 2022) [Celeb Well](#).
- *Happy Marriage and Synchronized Brains: What’s The Link?* (Fall 2022) [Medical News Today](#).
- *Second Chance to Say Goodbye During the Spooky Season.* (Fall 2022) [Toronto Sun](#).
- *Why Is the Term “Gaslighting So Popular Now – And So Misused?* (Fall 2022) [HowStuffWorks](#).
- *What To Do When Your Child Doesn’t Want to Go to School.* (Fall 2022) [Pregnancy & Newborn](#).
- *I’m An Introvert Married to An Extrovert. Here’s How We Make It Work.* (Summer 2022) [Fatherly](#).
- *What Is Self-Esteem? Plus, Psychologists Explain How to Harness It to Improve Your Life.* (Summer 2022) [Daily OM](#)
- *How To Figure Out Which Type of Motivation Really Propels You to Be Your Best.* (Summer 2022) [Glam](#).
- *Brooke Shields Gets Emotional as She Talks Sending Her Daughter Off to College for Sophomore Year: ‘I Thought It Would Be Easier.’* (Summer 2022) [Yahoo! News](#).
- *Can Anxiety Cause Sweating?* (Summer 2022) [Psycom](#).
- *Can ‘The Bachelor’ Stop Romanticising Insecurity and Glorifying Tears?* (Summer 2022) [Elite Daily](#).
- *How Much Crying Do You Really Need on Your Love Journey?* (Summer 2022) [List 23](#).
- *I’m A Trauma Therapist Who Helps People Who Are Being Bullied by Their Partners Ex. Here’s How I Recommend Couples Move Forward.* (Summer 2022) [Insider](#).
- *Julie Summers’ Bookshelf – A Deeper Wellness: Conquering Stress, Mood, Anxiety and Traumas.* (Summer 2022) [Midwest Book Review](#).

- *How to Respond to Gaslighting at Home, Work & Everywhere In Between.* (Summer 2022) [Yahoo Life!](#)
- *Taking Care of Our Mental Health, When It's Time to Make a Change.* (Summer 2022) [Life Goes On, Caregiver.](#)
- *How to Know If Therapy Is Actually Working, According to Mental Health Experts.* (Summer 2022) [Forbes.](#)
- *Tracking Workplace Toxicity.* (Summer 2022) [HR.com.](#)
- *Intrinsic or Extrinsic: Knowing Your Motivation Style May Be Key to Meeting Goals.* (Summer 2022) [POPSUGAR.](#)
- *The Changing Role of The Caregiver.* (Summer 2022) [Next Avenue.](#)
- *How to Keep It Together in Front of Your Kids.* (Summer 2022) [Oprah Daily.](#)
- *How to Promote Body Positivity in Your Kids When You Don't Feel Body Positive.* (Summer 2022) [VeryWell Family.](#)
- *10 Therapist-Backed Tips for Taking Care of Your Mental Health If You're Feeling Weighed Down by The News Right Now.* (Summer 2022) [Parade.](#)
- *How to Deal with Empty Nest Syndrome as Kids Head Off to School.* (Summer 2022) [Yahoo Life!](#)
- *How to Deal with Regret. (According to Experts).* (Summer 2022) [Up Journey.](#)
- *Recognizing Unhealthy Relationships and Doing Something About It.* (Summer 2022) [Winnipeg Sun.](#)
- *Temper Your Temper with the Anger Funnel.* (Summer 2022) [Sarnia & Labinot County This Week.](#)
- *The Best Hobbies for Your Personality Type.* (Summer 2022) [Martha Stewart.](#)
- *Toxic Femininity, explained – Plus, Tips to Overcome This Mindset.* (Summer 2022) [Healthline.](#)
- *A Deeper Wellness – Dr. Vermani Balanced Wellbeing.* (Summer 2022) [Go Solo.](#)
- *How to Get Mental Health Leave Without Jeopardizing Your Job.* (Summer 2022) [Her Money – Jean Chatkzy.](#)

- *Anxiety Rings are the Calming New Jewelry Trend.* (Summer 2022) [Purewow.](#)
- *Meditation Can Rewire the Brain.* (Summer 2022) [Guardian Liberty Voice.](#)
- *How Meditation Could Change the Brain.* (Summer 2022) [CNN Health.](#)
- *Cannabis Users Less Likely to Confront Relationship Issues Head-On, Small Study Finds.* (Summer 2022) [Insider.](#)
- *The Surprising Health Benefits of Learning to Breathe Better.* (Summer 2022) [Chatelaine.](#)
- *Therapists Share Their Best Tips for Coping with The Fear and Anxiety That Comes with Gun Violence.* (Summer 2022) [Parade.](#)
- *Can A Fall in Crypto Prices Cause Mental Health Issues?* (Spring 2022) [Bankless Times.](#)
- *A Psychologist Explains Why Negativity Dominates Your Daily Thoughts and What to Do About It.* (Spring 2022) [Fast Company.](#)
- *Corporate Wellness Like Never Before.* (Spring 2022) [Small Business Currents.](#)
- *Gaslighting...What Every Woman Needs to Know.* (Spring 2022) [Women.com.](#)
- *How to Stop Overscheduling Yourself.* (Spring 2022) [Shondaland.](#)
- *How to Take Charge of Your Mental Health So It Doesn't Spill Over into Your Parenting.* (Spring 2022) [Little Things.](#)
- *Ask Ellie: To Manage Anger, Look Inward and Heal Old Wounds.* (Spring 2022) [Time Colonist.](#)
- *Learning to Control Our Anger Is Imperative to Growth.* (Spring 2022) [Ellie.](#)
- *What Will Smith and Chris Rock Show About Anger: Ask Ellie.* (Spring 2022) [Toronto Star.](#)
- *100 Caregiver Affirmations to Honor Yourself and the Amazing Work You're Doing.* (Spring 2022) [Parade.](#)
- *Listen Up! 5 Ways to Be a Super Communicator.* (Spring 2022) [CEOWORLD Magazine.](#)
- *Is Unregulated Crypto Promotion & Trading Fueling Crypto Addiction?* (Spring 2022) [Bankless Times.](#)
- *How To Calm Anxiety.* (Spring 2022) [Glamour.](#)

- *Are We Paying Lip Service to the Canada's Mental Well-being Crisis?* (Spring 2022) [Toronto Sun.](#)
- *Coping with Canada's Mental Well-Being, Post Pandemic.* (Spring 2022) [Toronto Sun.](#)
- *Can You Get Addicted to Relationships? Experts Weigh In.* (Spring 2022) [Ask men.](#)
- *Here's How to Test Your Level of Neuroticism – And Understand What It Really Means.* (Spring 2022) [Well + Good.](#)
- *For People with Anxiety or Insecurities, It's Hard to Lose the Mask.* (Spring 2022) [HuffPost.](#)
- *Back To Life, Back to Reality: How to Deal with Social Anxiety Now That You're Out and About Again.* (Spring 2022) [Shondaland.](#)
- *"People are Not Doing Well": Psychologist Says Anger Over "Prolonged" COVID-19 Pandemic Common.* (Spring 2022) [CTV News Vancouver.](#)
- *Many of Us Have Forgotten How to Have Fun. Here's How to Fix That.* (Spring 2022) [The Globe and Mail.](#)
- *End Of Compulsory Mask-Wearing: Many Ontarians Are Anxious.* (Spring 2022) [CBC – Radio Canada.](#)
- *Gaslighting Can Happen in Any Close Relationship, Psychologist Says.* (Spring 2022) [CTV News: Northern Ontario.](#)
- *Total Health: How We Can Optimize Our Mental, Physical, Emotional, & Spiritual Wellbeing.* (Spring 2022) [Authority Magazine.](#)
- *The Weight of the World – How Distressing World Events Impact Women.* (Spring 2022) [Pucker Mob.](#)
- *101 "I am" Affirmations to Remind You of How Amazing You Are.* (Spring 2022) [Parade.](#)
- *How to Return to the Office and Protect Your Mental Health.* (Spring 2022) [Hive.](#)
- *13 Way to Forgive Yourself When You've Messed Up Big Time.* (Spring 2022) [Parade.](#)
- *The Many Benefits of Living a Full and Enriched Life.* (Spring 2022) [Lake Oconee Health.](#)
- *How to Stop Being Manipulative.* (Spring 2022) [Up Journey.](#)
- *You Can Feel Burnout in Your Body – Here Are the 15 Physical Symptoms to Pay Attention to, According to Doctors.* (Spring 2022) [Parade.](#)

- *The Case for Taking Mental Health Days from Work.* (Winter 2022) [What's Good by The Vitamin Shoppe.](#)
- *Understanding Forgiveness and the Variables at Play.* (Winter 2022) [USA Wire.](#)

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.
- Khamba B, Aucoin M, Tsirgielis D, Copeland A, Vermani M, Cameron C, Szpindel I, Laidlaw B, Epstein I, D'Ambrosio C. Effectiveness of vitamin D in the treatment of mood disorders: A review. Canadian Interdisciplinary Network for Complementary & Alternative Medicine Research Symposium, Toronto, November 2-4, 2012.

- D'Ambrosio C, Tsirgielis D, Vermani M, Epstein I, Cameron C, Khamba B, Szpindel I, Wood W, Ross B, Katzman M. Efficacy of escitalopram in a socially phobic population. Anxiety Disorders of America Association Conference, Arlington, April 13-15, 2012.
- Katzman MA, Epstein I, Vermani M, Szpindel I, Khamba B. Diagnosis and management of complicated and comorbid anxiety disorders. Canadian Psychiatric Association Conference, Vancouver, October 13-15, 2011.
- Szpindel I, McIntyre R, Copeland A, Tsirgielis D, Epstein I, Vermani M, Cameron C, Khamba B, Gorsky K, Katzman MA. Usage trends of ADHD medication by bipolar patients with attention deficits. 3rd International Congress on ADHD, Berlin, Germany. May 26-29, 2011.
- Katzman MA, Tsirgielis D, Copeland A, Mohamed M, Dirlea M, Vermani M, Cameron C, Khamba B, Szpindel I, Laidlaw B, Epstein I. Effects of intolerance to uncertainty, anxiety sensitivity and severity on marital dissatisfaction in patients who present with anxiety disorders. 20th World Congress for Sexual Health, Glasgow, UK. June 12-16, 2011.
- Katzman MA, Tsirgielis D, Copeland A, Mohamed M, Dirlea M, Vermani M, Cameron C, Khamba B, Szpindel I, Laidlaw B, Epstein I. Presentation of anxiety disorders and their relationship to marital dissatisfaction, intolerance to uncertainty, anxiety sensitivity and anxiety severity. CACBT Conference Ryerson University. Toronto, May 5-6, 2011.
- Katzman M, Vermani M, Epstein I, Szpindel I, Cameron C. Management of the comorbidities existing with depression. Ontario Psychiatric Association. Toronto, April 14-15, 2011.
- Epstein I, Katzman MA, Vermani M, Szpindel I, Tsirgielis D, Copeland A. Management of complicated anxiety disorders. Anxiety Disorders Association of Canada Symposium. New Orleans, March 26, 2011.
- Vermani M, Epstein I, Katzman MA. Complicated anxiety disorders: Diagnosis and treatment Canadian Psychiatric Association. Toronto, September 23-26, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. Examining the Prevalence of Psychiatric Features within a Chronic Pain Population. Canadian Psychiatric Association Conference. Toronto, September 23-26, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Correlations between perfectionism, coping and Intolerance of Uncertainty in the Development of Anxiety Disorders. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA.

Relationship between perfectionism coping strategies as seen through measures of anxiety sensitivity and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.

- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Adjustment in romantic relationships and potential correlation with anxiety sensitivity, and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. The Prevalence of Psychiatric Features within a Chronic Pain Population. The Canadian Pain Society Conference May 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. The development of anxiety disorders, perfectionism, coping and intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Marital discord and its relationship with anxiety sensitivity anxiety severity and intolerance to uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Perfectionism and its relationship between coping strategies, degree of anxiety sensitivity and the correlation to the degree of intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba B, Katzman M. The relationship between the degree of intolerance to uncertainty and subtypes of perfectionism and coping strategies. Anxiety Disorders Association of America (ADAA), Annual Conference. Baltimore, March 4-7, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba, Katzman M. Perfectionism and its correlations between coping strategies, degree of anxiety sensitivity, and its relationship to the degree of intolerance to
- uncertainty. Anxiety Disorders Association of America (ADAA), Annual Conference. Baltimore, March 4-7, 2010.
- Lytle M, Vermani M, Khamba Grewal Baljit, Maldonado A, Jacobs L, Iorio C, Pawluk E, Katzman MA. The Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunction: A Pilot Study. Canadian Psychiatric Association. St. Johns, Newfoundland August 27-29, 2009.

- Vermani M, Westermeyer J, Stone M, Marcus M, Fikre Merid M, Pawluk E, Iorio C & Katzman MA. Rates of Detection of The Mood and Anxiety Disorders in Primary Care. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Lytle M, Vermani M, Jacobs L, Iorio C, Maldonado A, Cameron C & Katzman MA. Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunctioning. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Katzman M, Vermani M, Gerbarg P, Brown RP, Iorio C, Jacobs L, Davis M, Cameron C. Art of Living Course (SKY) as Adjunctive Treatment in GAD. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Brown RP, Gerbarg PL, Vermani M, Katzman MA. Clinical trial of Breathing, Movement, and meditation Practices for relief of Symptoms of Post-Traumatic Stress Disorder, Depression, and Anxiety Related to September 11th New York City World trade Center Attacks. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Lytle M, Vermani M, Maldonado A, Jacobs L, Iorio C, Cameron C & Katzman MA. Efficacy Of Acupuncture Treatment in Secondary Sexual Dysfunctioning. Integrative, Complementary and Alternative Medicine (ICAM) and Mental Health Conference. Toronto, May 23-25, 2008.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of America (ADAA), Annual Conference. Savannah, Georgia, March 6-9, 2008.
- Marcus, M., Westra, H., Vermani, M., & Katzman, MA. Predictors of Detection and Disclosure of Depression and Anxiety Disorders in Primary Care. Annual Meeting of the Association for Behavioral and Cognitive Therapists (ABCT), Nov. 2007.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect/Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Jacobs L, Hassan S, Vermani M, Iorio, C, Cameron, Katzman MA. Does Behavioural Inhibition predict the intensity in the intolerance of uncertainty in a population suffering with anxiety disorders. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Iorio, C, Hassan S, Jacobs L, Vermani M, Cameron, Katzman MA. Intolerance of uncertainty in

social anxiety disorder. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.

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

- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. The impact of mindfulness-based cognitive therapy on symptom states and impairment in com-morbid mood and anxiety disorders. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning. American Psychiatric Association (APA), Annual Conference. San Francisco, May 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning in co-morbid mood, anxiety and substance-related disorders: A pilot study. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Katzman MA, Vermani M, Moore PJ, Peterson RA. How Anxiety Sensitivity and Event Expectancy combine to determine social anxiety among mental health clinic patients. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Struzik L, Duffin J, Vermani M, Katzman MA Effects of Serotonergic Modulation on Respiratory Control in Man. Experimental Biology. New Orleans, April 2002.
- Struzik L, Duffin J, Vermani M, Hegadoren K, Katzman MA. Effects of Deficient Serotonergic Modulation on Chemoreflex Control of Breathing in Man. Anxiety Disorders Association of America (ADAA), Annual Conference. Austin, March 2002.
- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2001.
- Katzman MA. Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. American Psychiatric Association (APA), Annual Conference. New Orleans, May 2001.
- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Anxiety Disorders Association of America (ADAA), Annual Conference. Atlanta, March 2001.

CLINICAL RESEARCH STUDIES UNDERWAY

- *Effects of treatment on brain metabolism.*

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

CLINICAL RESEARCH STUDIES & WORKSHOPS

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

- *Understanding Symptoms & The Four Pillars of Quality Self-Care.* The Mental Health & Wellbeing Show 2026, May 2026.
- *Healthy, Happy & Whole: Forging A Deeper Understanding, & A More Impactful Response To Mental Illness In The Workplace.* 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

- *Top Clinical Psychologist of The Year Nominee* International Association of Top Professionals. (Spring 2025)
- *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)