

Dr. Katy Kamkar, Ph.D., C. Psych.



Dr. Katy Kamkar, Ph.D., C. Psych., is a Clinical Psychologist at the Centre for Addiction and Mental Health (CAMH). She is an Assistant Professor within the Department of Psychiatry, University of Toronto. She is Director of Badge of Life Canada (BOLC) which is a peer-led national charitable organization for Police and Corrections/First Responders across Canada who are dealing with psychological injuries suffered in the line of duty. She is also within the Board of Directors, Operation Lifesaver Canada (OL) - Funded by the Railway Association of Canada and Transport Canada focusing on National Action Plan for Railway Suicide Prevention. She is the Provincial Mental Health Advisor to St. John Ambulance Ontario's Council.

Dr. Kamkar is a Member of the Collaborative Centre for Justice and Safety (CCJS) Advisory Council. She is on the Editorial Board of the Journal of Community Safety & Well-Being (CSWB); is within the Scientific Advisory Committee of Anxiety Canada; a Founding & Credentialed Member of the Canadian Association of Cognitive Behavioural Therapies (CACBT).

She provides Evidence-Based Assessment services, Independent Medical Evaluation, Disability Management services and Evidence Based Psychological Treatment for Mood and Anxiety Disorders, Trauma and Stressor Related Disorders in particular Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Spectrum Disorders, First Responders Operational Stress Injuries and on Psychological Distress in the Workplace. She was also the Medical Practitioner for the Invictus Games Toronto 2017 and closely worked with Service Members/Veterans during the Invictus Games launched by Prince Harry. She has been part of building the Toronto Police Service Competencies for Front Line and Leadership to achieve modernization efforts and strive towards a culture of excellence.

One of her greatest interests is to provide education to the public to promote mental health awareness and well-being. She has provided numerous Public Relations / TV Media appearances, including launching mental health series and writing mental health articles and blogs for various comprehensive public resources.

Dr. Kamkar provides ongoing Education and Workshops to Ministries and Organizations (Local, National and International), including First Responders Organizations. Her areas include Workplace Mental Health, Stress/Anxiety Management, Work/Life Balance and Building Resiliency; Disability Management and Evidence-Based Best Practice Guidelines/Policies for Return To Work/Stay At Work for Workers with Mental Health Conditions; and on Occupational Trauma, Operational Stress Injuries and Resiliency.

Some of TV appearances: www.katykamkar.com/videos

Commentary “Trust Starts Within” published within the Journal of Community Safety and Well-Being (CSWB) <https://www.journalcswb.ca/index.php/cswb/article/view/68/128>

Links to Police/First Responders Mental Health Blogs:

<http://www.camhblog.com/2016/10/19/behind-the-badge-mental-health-and-the-police-service/>

<http://camhblog.com/2017/04/06/depression-and-police/>

<http://camhblog.com/2016/12/15/behind-the-badge-holiday-stress-and-police-service/>

<http://www.camhblog.ca/2017/09/14/moral-injury/>

<http://camheducation.ca/2017/10/20/invictus-games-resiliency-in-action/>

<http://www.camhblog.ca/2017/11/22/compassion-fatigue/>

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LinkedIn: Dr. Katy Kamkar