

Dr. Katy Kamkar, Ph.D., C. Psych.
Clinical Psychologist at the Centre for Addiction and Mental Health (CAMH)



Dr. Katy Kamkar is a Clinical Psychologist at the Centre for Addiction and Mental Health (CAMH). She obtained her Clinical/Research Postdoctoral Fellowship 2006-2007 at CAMH. She is an Assistant Professor within the Department of Psychiatry at the University of Toronto.

Dr. Kamkar is the Chair of the Canadian Psychological Association (CPA) Traumatic Stress Sector and the Co-Chair of Global Law Enforcement and Public Health Association Inc. (GLEPHA), Health of Police/First Responders. She is also the Executive Director, [Canadian Association of Fire Investigators \(CAFI\)](#) and Regional Director of Ontario.

Dr. Kamkar provides evidence-based assessment services, independent medical evaluation, disability management services, and evidence based psychological treatment (cognitive behavioural therapy) for mood and anxiety disorders, trauma and stressor related disorders, including post-traumatic stress disorders (PTSD), and occupational stress injuries to first responders on psychological distress in the workplace. She is a member of Ontario Psychological Association (OPA), Canadian Psychological Association (CPA), and a Founding and Credentialed Member of the Canadian Association of Cognitive Behavioural Therapies (CACBT). She was also the Medical Practitioner for the Invictus Games launched by Prince Harry in Toronto in 2017 and closely worked with service members and veterans.

Dr. Kamkar was selected and hired in 2019 by the Ministry of Solicitor General as the Mental Health Expert within the province of Ontario to work with the External Independent Panel (Former Associate Chief Justice of Ontario; Former Deputy Attorney General of Ontario and Chief Prosecutor; and Former Ontario MPP and Cabinet Minister) to review Canada's second largest police force, the Ontario Provincial Police (OPP) culture after a series of suicides of active and retired OPP officers. Following the

report release, she was invited to discuss the mental health recommendations to the OPP executives throughout the province of Ontario.

Dr. Kamkar is on the board of directors for Badge of Life Canada (BOLC), a peer-led national charitable organization for police and corrections/first responders across Canada who deal with psychological injuries suffered in the line of duty, Operation Lifesaver Canada which is funded by the Railway Association of Canada and Transport Canada focusing on a national action plan for railway suicide prevention, and on the Canadian Juries Commission, a national not-for-profit organization which represents Canadians serving on jury duty and coroners inquests.

Dr. Kamkar is also the Provincial Mental Health Advisor to St. John Ambulance Ontario's Council.

She has been part of the Federal PTSD Act Advisory Committee with Public Health Agency of Canada for the development of the PTSD Federal Framework. Canada's First Federal Framework on Post-Traumatic Stress Disorder Act was released in February 2020.

She has been selected as Technical Committee Member on the new CSA Standard, National Standard on Work Disability Management for Paramedics with a focus on addressing post-traumatic stress injury (PTSI).

Dr. Kamkar is a member of the Collaborative Centre for Justice and Safety (CCJS) Advisory Council and has been awarded the status of fellow of the CCJS for strategic leadership at the board level of the University of Regina's research institute for her significant contributions to the wide range of innovative mental health programs that support public safety personnel.

She is on the Editorial Board – Section “Trust” of the Journal of Community Safety & Well-Being (CSWB) and on November 2019 was featured as Editor Spotlight.

Dr. Kamkar participates on the Scientific Advisory Committee of Anxiety Canada; an associate member of the Canadian Association Chiefs of Police (CACP); and on the Research Advisory Committee as well as within the Psychology Advisory Committee of CACP.

One of her greatest interests is to provide education to the public to promote mental health awareness and well-being.