



## PROVINCIAL / REGIONAL

### Invited Lectures, Presentations and Workshops

**Kamkar, K.** (2023). Panelist, The New Normal: How Adaptive Leaders are Supporting Mental Health at Work.

The Rotman School of Management and the Sandra Rotman Centre for Health Sector Strategy, Desautels Hall, April 11, 2023.

**Kamkar, K.** (2023). Workplace Mental Health & Building Individual and Organizational Resiliency Pathways. Invited as Faculty to the 2023 Osgoode Professional Development, Osgoode Hall Law School York University, "The Osgoode/FCO Certificate – Essentials for Ombuds", March 31, 2023.

**Kamkar, K.** (2022). Webinar Lunch & Learn: Mental Health and Resiliency. Partnership with Toronto Police Service TPS Latin American and Hispanic Internal Support Network (LAH-ISN) & TPS Wellness Unit. Toronto Police Service, December 14, 2022.

**Kamkar, K.** (2022). Course Lecture. Traumatic Stress and PTSD. University of Toronto, Temerty Faculty of Medicine. IMS Graduate Course: MSC 1089H, Fall 2022, "The Biopsychosocial Basis of Mental Health and Addictive Disorders" Fall 2022, November 24, 2022.

**Kamkar, K.** (2022). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth in Policing, Toronto Police College, October 15, 2022.

**Kamkar, K.** (2022). Mental Health lecturer. Overview of Mental Health & Impact of Covid19 pandemic, Stress and Resiliency. Virtual Workshop presented for Youth in Policing, August 4, 2022.

**Kamkar, K.** (2022). Panel discussion, MHCT agenda, with OPP Commissioner, OPP program planner and Ministry of Solicitor General, Ontario Association Chiefs of Police, Niagara on the Lake, June 15, 2022

**Kamkar, K.** (2022). Mental Health lecturer. Overview of Mental Health & Impact of Covid19 pandemic, Stress and Resiliency. Virtual Workshop presented for Youth in Policing, April 7, 2022.

**Kamkar, K.** (2022). Workplace Mental Health & Building Individual and Organizational Resiliency Pathways. Invited as Faculty to the 2022 Osgoode Professional Development, Osgoode Hall Law School York University, "The Osgoode/FCO Certificate – Essentials for Ombuds", February 11, 2022.

**Kamkar, K.** (2021). Workplace Mental Health – *Building Organizational and Individual Resiliency Pathways*.

Virtual Workshop for the City of Cambridge, October 27, 2021

**Kamkar, K.** (2021). Keynote on building resiliency pathways as a means of managing mental health in the workplace during covid-19. City of Toronto, October 19, 2021

**Kamkar, K.** (2021). Mental Health lecturer. Mental Health lecturer. Overview of Mental Health & Impact of Covid19 pandemic, Stress and Resiliency. Virtual Workshop presented for Youth in Policing, September 28, 2021.

**Kamkar, K.** (2021). Workplace Mental Health – *Building Organizational and Individual Resiliency Pathways*.

Virtual Workshop for MLTSD Fall Virtual Wellness Fair, Ministry of Labour, Training and Skills Development, September 22, 2021

**Kamkar, K.** (2021). Mental Health lecturer. Mental Health lecturer. Overview of Mental Health & Impact of Covid19 pandemic, Stress and Resiliency. Virtual Workshop presented for Youth in Policing, August 16, 2021.

**Kamkar, K.** (2021). Invited speaker on Mental Health & Covid19 Pandemic and Coping. BE THE LIGHT - Virtual Fundraiser Concert for Mental Health by Darryl Summers, June 2021

<https://www.youtube.com/watch?v=uSsvmCOzFLE>

- **City of Toronto – Letter from Mayor John Tory** acknowledging the virtual concert guest speakers “that shine a spotlight on mental issues and focus on the themes of togetherness, mental health, hope and positivity” and thanking everyone participating in this fundraising event for contribution to the well-being of our communities.

**Kamkar, K.** (2021) Association of Fundraising Professionals AFP Greater Toronto Chapter. Panel discussion with leaders on Managing Stress & Anxiety in the New Normal. May 7, 2021.

**Kamkar, K.** (2021). Mental Health lecturer. Overview of Mental Health & Impact of Covid19 pandemic, Stress and Resiliency. Virtual Workshop presented for Youth in Policing, April 29, 2021.

**Kamkar, K.** (2021). Invited as faculty to teach a course for McMaster University - W Booth School of Engineering, the Advanced Leadership Skills course, McMaster Certificate, on Occupational Health and Safety- Workplace mental health, March 15, 2021

**Kamkar, K.** (2021) Webinar, Mental Health Impact of Covid19, proactive coping with compassion fatigue & vicarious trauma, our individualized self-care and building resiliency, Mental Health workers and Clinicians, Springboard Clinic, March 5, 2021.

**Kamkar, K.** (2021) Workplace Mental Health and Healthy Coping during Covid19 Pandemic. Ministry of Attorney General, Divisional Management, Court Services Division. March 3, 2021.

**Kamkar, K.** (2021) Webinar, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, 16th Annual Soup Kitchen and Mental Health Talk Armenian Family Support Services, February 28, 2021.

**Kamkar, K.** (2021). Educational seminar to Health Care Professionals on Moral Injury, Compassion Fatigue and Burnout – From Prevention to Interventions. Center for Addiction and Mental Health CAMH, February 23, 2021.

**Kamkar, K.** (2021). Building our mental health, success and resiliency. Metrolinx, Leadership Program for Women - Safety Division, February 19, 2021.

**Kamkar, K.** (2020). Keynote speaker, Mental Health, Proactive Strategies & Resiliency during Covid19 Pandemic, YMCA Greater Toronto, General and Functional Managers, January 29, 2021.

**Kamkar, K.** (2021) Webinar on Mental Health, reducing stigma and building resiliency. Hockey Talks Mental Health Awareness. MLSE Maple Leaf Sports & Entertainment Ltd, January 18, 2021.

<https://www.nhl.com/mapleleafs/community/hockey-talks>

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, 4S Consulting, December 22, 2020

**Kamkar, K** (2020) Webinar, Workplace Mental Health, Compassion Fatigue, burnout and Resiliency, Assaulted Women's Helpline (AWHL), December 4, 2020.

**Kamkar, K** (2020) Workplace Mental Health and Covid19 and the Law, HR Summit Leaders, KeyMedia, December 2, 2020

**Kamkar, K.** (2020). Keynote speaker, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, YMCA Greater Toronto, Employer Recognition Event, November 20, 2020.

**Kamkar, K. (2020). Building Organizational and Individual Resiliency Pathways" Critical Incident Stress Management Program, Leadership Training Workshop, Ministry of the Solicitor General, November 5, 2020.**

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, invited as keynote speaker, Toronto Solid Waste Management, October 25, 2020

**Kamkar, K** (2020) Workplace Mental Health and Covid19 and the Law, Virtual Employment Law Toronto, KeyMedia, October 21, 2020

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, invited as keynote speaker, TMX Event, October 8, 2020

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping and Resiliency during Covid19 Pandemic, Health Science Information Consortium of Toronto, June 25, 2020

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping during Covid19 Pandemic, First Work Youth Employment, June 17, 2020

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping during Covid19 Pandemic, Newmarket Health Centre, May 14, 2020

**Kamkar, K** (2020) Keynote speaker, Webinar, addressing Mental Health of Paramedics and First Responders during Covid19 Pandemic, Paramedic Services and Long-Term Care LTC, The Regional Municipality of York, Town Hall Meeting, May 13, 2020

**Kamkar, K** (2020) Webinar, Mental Health & Psychological support to employees during Covid19 Pandemic, Ontario General Contractors Association, League of Champions "Supporting Employees Mental Health During COVID-19", May 4, 2020

**Kamkar, K** (2020) Webinar, Mental Health & Psychological support to workers during Covid19 Pandemic, MaRS Momentum Program, April 21, 2020

**Kamkar, K** (2020) Webinar, Mental Health, Proactive Strategies & Healthy Coping during Covid19 Pandemic, McKinsey, April 17, 2020

**Kamkar, K.** (2019). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police HQ, December 14, 2019.

**Kamkar, K.** (2019). Invited as Expert Witness, Analysis of Medical Viewpoint, Lancaster House Publishing Labour Arbitration & Policy "Disability & Misconduct: Proving the Connection" Conference, December 4, 2019.

**Kamkar, K.** (2019). Workplace Mental Health & Resiliency. Keynote speaker - Workshop presented for the City of Kitchener Ontario, October 30, 2019.

**Kamkar, K.** (2019). Operation Lifesaver Board of Directors Meeting & Speaker on Workplace Mental Health & Resiliency. October 10, 2019.

**Kamkar, K.** (2019). Workplace Mental Health & Resiliency. Workshop will be presented for AMEX, October 8, 2019.

**Kamkar, K.** (2019). Protecting our protectors: Supporting police officer mental health. Panel workshop with CAMH and Waterloo Police Chief for Crisis Workers Society of Ontario – Halton Regional Police, October 2, 2019.

**Kamkar, K.** (2019). Mental Health in the workplace – Operational Stress Injuries and Individual and Organizational Resiliency. Workshop presented for the Ontario Association of Chiefs of Police (OACP) Executive Day, September 20, 2019.

**Kamkar, K.** (2019). Workplace Mental Health & Resiliency. Invited as Faculty to the 2019 Osgoode Professional Development, Osgoode Hall Law School York University, “The Osgoode/FCO Certificate – Essentials for Ombuds”, September 27, 2019.

**Kamkar, K.** (2019). Workplace Mental Health & Resiliency. Keynote speaker - Workshop presented for the Metrolinx Safety Leadership Council, June 17, 2019.

**Kamkar, K.** (2019). Mental Health & Resiliency. Opening speaker - Workshop presented for University of Toronto, June 7, 2019.

**Kamkar, K.** (2019). Mental Health in the workplace – Individual and Organizational Resiliency. Keynote speaker - Workshop presented for the Association of Municipalities of Ontario, May 29, 2019.

**Kamkar, K.** (2019). Protecting our protectors: Supporting police officer mental health. Panel workshop with CAMH and Greater Sudbury Police Chief for Addiction and Mental Health Conference, May 28, 2019.

**Kamkar, K.** (2019). Workplace Mental Health, Burnout, Stress Management & Resiliency. Keynote speaker - Workshop presented for the Association of Provincial Prosecutors of Ontario, May 15, 2019.

**Kamkar, K.** (2019). Workplace Mental Health, Operational Stress Injuries, Disability Management & Resiliency. Keynote speaker - Workshop presented for the Municipal Users Group, May 10, 2019.

**Kamkar, K.** (2019). Panel Discussion on Mental Health & Well-Being. Capital One, May 8, 2019.

**Kamkar, K.** (2019). Compassion Fatigue and Coping. Workshop presented for St. John Ambulance Conference, April 5, 2019.

**Kamkar, K.** (2019). Mental Health, Stigma, and Resiliency. Workshop presented for CIBC, March 26, 2019.

**Kamkar, K.** (2018). Workplace Mental Health, Well-Being, Stress Management & Resiliency. Workshop presented for Enercare on December 5<sup>th</sup>, 10<sup>th</sup> and 14<sup>th</sup>, 2018.

**Kamkar, K.** (2018). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police HQ, November 24, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for Tucows Inc., November 21, 2018.

**Kamkar, K.** (2018). Mental Health, Stress Management & Resiliency. Keynote speaker - Workshop presented for Government of Canada Workplace Charitable Campaign ([GCWCC](#)) United Way Campaign, The Federal Government / Ontario Regional Office, November 8, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for Junior League of Toronto, September 25, 2018.

**Kamkar, K.** (2018). Mental Health at Work, Psychological Impact on Work Functioning & Coping. Workshop presented for Bank of Montreal BMO, September 5, 2018.

**Kamkar, K.** (2018). Workplace Mental Health, Stress Management and Resiliency. Workshop presented for CIBC, August 22, 2018.

**Kamkar, K.** (2018). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police HQ, July 6, 2018.

**Kamkar, K.** (2018). Work Mental Health, Operational Stress Injuries & Resiliency. Workshop presented for Mississauga Fire Wellness Open House, May 31, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for the Ministry of Tourism, Culture and Sport, May 25, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for the Hudson's Bay Company (Toronto Site), May 11, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for the Hudson's Bay Company (Brampton Site), May 9, 2018.

**Kamkar, K.** (2018). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police HQ, April 28, 2018.

**Kamkar, K.** (2018). Sexual Harassment at Work – Psychological Impact & Policies. Workshop presented for ASIS International Toronto Chapter 25th Annual Best Practices Seminar, April 19, 2018.

**Kamkar, K.** (2018). Work Mental Health, Operational Stress Injuries & Resiliency. Workshop presented for St. John Ambulance Conference, April 6-7, 2018.

**Kamkar, K.** (2018). Mental Health, Well-Being & Resiliency. Workshop presented for CIBC, March 7, 2018.

**Kamkar, K.** (2018). Keynote speaker. Mental Health, Well-Being & Resiliency. Workshop presented for Centre for Addiction and Mental Health CAMH IMG ALL STAFF, Feb 28, 2018.

**Kamkar, K.** (2018). Workplace Mental Health, Psychological Disorders and Impact on Occupational Functioning, Policies and Coping/Resiliency. Workshop presented for Canada Revenue Agency Executives and Senior Management of all Ontario Region, February 22, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for Bridgeable, Feb 12, 2018.

**Kamkar, K.** (2018). Workplace Mental Health & Resiliency. Workshop presented for Bank of Montreal BMO, Jan 31, 2018.

**Kamkar, K.** (2018). Mental Health & Well-Being. Workshop presented for Ministry of International Trade (MIT), Jan 31, 2018.

**Kamkar, K.** (2018). Workplace Mental Health, Anxiety, Work Life Balance & Resiliency. Workshop presented for Canada Revenue Agency, January 24, 2018.

**Kamkar, K.** (2017). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police HQ, December 16, 2017.

**Kamkar, K.** (2017). Workplace Mental Health, Stress & Coping/Resiliency. Workshop presented for Ombudsman for Banking Services and Investments (OBSI), November 23, 2017.

**Kamkar, K.** (2017). Invited Mental Health Panelist with Margaret Trudeau, Invictus Team Canada and Paralympian, United We Speak Event by Eluma Productions, "An Evening of Mental Health Awareness", Intercontinental Toronto Centre, November 15, 2017.

**Kamkar, K.** (2017). Workplace Mental Health, Stress & Coping/Resiliency. Workshop presented for Bayer, November 15, 2017.

**Kamkar, K.** (2017). Mental Health and Operational Stress Injuries and Resiliency. Workshop presented for Toronto Fire Services Wellness Day, November 7, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and Policies, Trauma and Operational Stress Injuries. Workshop presented for Ministry of Community and Social Services, November 3, 2017.

**Kamkar, K.** (2017). Mental Health and Operational Stress Injuries and Resiliency. Workshop presented for York Regional Police / Central Ontario Crime Prevention Association (COCPA), October 27, 2017.

**Kamkar, K.** (2017). Workplace Mental Health & Resiliency. Workshop presented for Bank of Montreal BMO, October 25, 2017.

**Kamkar, K.** (2017). Workplace Mental Health & Resiliency. Workshop presented for AMEX, October 23, 2017.

**Kamkar, K.** (2017). Next Stages in PTSD Prevention Planning. Workshop presented for Ministry of Labour PTSD Summit, October 17, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and Policies, Trauma and Operational Stress Injuries, and Resiliency. Workshop presented for Ministry of Government and Consumer Services, September 11, 2017.

**Kamkar, K.** (2017). Work Mental Health, Occupational Trauma and Resiliency. Workshop presented for Bombardier, August 17, 2017.

**Kamkar, K.** (2017). Occupational Disability and Managing Mental Health from Employer's Perspective. Workshop presented for Toronto Police Service, July 14, 2017.

**Kamkar, K.** (2017). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Toronto Police College, July 7, 2017.

**Kamkar, K.** (2017). Workplace Mental Health. Workshop presented for Canada Revenue Agency, June 14, 2017.

**Kamkar, K.** (2017). Workplace Mental Health. Workshop presented for Toronto Police Service, June 9, 2017.

**Kamkar, K.** (2017). Workplace Mental Health. Workshop presented for Toronto Police College, June 7, 2017.

**Kamkar, K.** (2017). Workplace Mental Health. Workshop presented for Ontario Ministry of Finance, May 31, 2017.

**Kamkar, K.** (2017). Mental Health and Operational Stress Injuries and Resiliency. Workshop presented for First Responders at Toronto Police College, May 24, 2017.

**Kamkar, K.** (2017). Depression, PTSD and Occupational Disability & Assessment. Workshop presented for Ministry of Labour, Office of the Employer Adviser, May 18, 2017.

**Kamkar, K.** (2017). Workplace Mental Health & Stress & Resiliency. Workshop presented for Aecon Group Inc., May 3, 2017.

**Kamkar, K.** (2017). Workplace Mental Health & Stress & Resiliency. Workshop presented for Ministry of Government and Consumer Services (MGCS), May 3, 2017.

**Kamkar, K.** (2017). Mental Wellness in the Workplace. Workshop presented for Ontario Chamber of Commerce, May 1, 2017.

**Kamkar, K.** (2017). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Police Headquarters, April 22, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and CAMH One Brave Night. Workshop presented for Experience Point, April 13, 2017.

**Kamkar, K.** (2017). PTSD and First Responders. Invited Panelist. Healthy Minds Canada, April 13, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and CAMH One Brave Night. Workshop presented for Goldman Sloan Nash & Haber LLP, April 5, 2017.

**Kamkar, K.** (2017). "How to Talk to the Media, social media and mental health". Invited by Dr. Tony George (Co-Director, Division of Brain and Therapeutics, Department of Psychiatry), Psychiatry University of Toronto Retreat, March 30, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and CAMH One Brave Night. Workshop presented for Courtyard Marriott Hotels, March 29, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and Occupational Disability. Workshop presented for Ontario Federal Council/Canada Revenue Agency, March 23, 2017.

**Kamkar, K.** (2017). Workplace Mental Health and CAMH One Brave Night. Workshop presented for InteleX, March 8, 2017.

**Kamkar, K.** (2017). Youth Mental Health. Workshop presented for Trinity College Mental Health Initiative (TCMHI) University of Toronto, March 7, 2017.

**Kamkar, K.** (2017). Mental Health, Occupational Stress Injuries and Resiliency. Workshop presented for Badge of Life Canada (BOLC) Conference, February 7, 2017.

**Kamkar, K.** (2017). Workplace Mental Health. Workshop presented for Future Leaders of Ontario, January 25, 2017.

**Kamkar, K.** (2016). Mental Health lecturer. Overview of Mental Health, Stress and Resiliency. Workshop presented for Youth In Policing at Police Headquarters, November 26, 2016.

**Kamkar, K.** (2016). Workplace Mental Health and Stress and Depression. Workshop presented for Johnson Controls, November 23, 2016.

**Kamkar, K.** (2016). Workplace Mental Health and Stress and Depression. Workshop presented for Canada Revenue Agency, October 28, 2016.

**Kamkar, K.** (2016). Workplace Mental Health and Stress and Depression. Workshop presented for Morningstar Canada, October 13, 2016.

**Kamkar, K.** (2016). Workplace Mental Health and Stress and Depression. Workshop presented for Canada Revenue Agency, October 5, 2016.

**Kamkar, K.** (2016). Mental Health Issues and Traveling. Workshop presented for Travel Health Insurance Association of Canada, September 27, 2016.

**Kamkar, K.** (2016). Workplace Mental Health and Stress and Depression. Workshop presented for the City of Toronto – Transformation Office, September 8, 2016.

**Kamkar, K.** (2016). Mental Health and Sport. Invited Panelist. Healthy Minds Canada. July 27, 2016.

**Kamkar, K.** (June 2016). Media and Psychology. Invited presentation at the APA/CPA Clinical Psychology Internship seminar series, Centre for Addition and Mental Health (CAMH), Toronto.

**Kamkar, K.** (2016). Workplace Mental Health and Self-Care. Workshop presented at Ministry of Labour, May 25<sup>th</sup> and June 21<sup>st</sup>, 2016.

**Kamkar, K.** (2016). Trauma and PTSD and Occupational Stress Injuries. Presentation with rEAP, Morneau Shepell, May 18<sup>th</sup>, 2016.

**Kamkar, K.** (2016). Stress and Depression and Mental Health in the Workplace. Workshop presented at Goodman Law Group LLP, May 12<sup>th</sup>, 2016.

**Kamkar, K.** (2016). Stress and Depression in Workplace and Coping. Workshop presented at CIBC, May 4<sup>th</sup>, 2016.

**Kamkar, K.** (2015). Stress and Depression and Coping. Workshop presented at Toronto Hydro, September 2015.

**Kamkar, K.** (2014). Stress & Mental Health at Work. Workshop presented for the Ontario Public Service, June 2014.

**Kamkar, K.** (2014). Stress, Depression and Mental Health in the Workplace. Workshop presented for the Ontario Securities Commission, May 2014

**Kamkar, K.** (2014). Mood and Anxiety Disorders, Disability and Impact on Workplace. Workshop presented for the Ministry of Community and Social Services, ODSP Branch, April 2014.

**Kamkar, K.** (2014). Stress, Depression and Mental Health in the Workplace. Workshop presented for Tremco Company, Toronto, January 17 and 31, 2014.

**Kamkar, K.** (2014). Guest lecturer - Stress, Warning Signs of Stress, Depression and Anxiety Disorders. Faculty of Kinesiology and Physical Education, University of Toronto.

**Kamkar, K.** (2013). Stress, Depression and Mental Health in the Workplace. Workshop presented for Cassels Brock Organization, Toronto, November 15, 2013.

**Kamkar, K.** (2013). Stress and Mental Health in Workplace. Speaker at the MindFest event. Workshop presented as part of Mental Health Awareness Day, Hart House, University of Toronto, May 6, 2013.



**Kamkar, K.** (2013). Stress and Mental Health in Workplace. Workshop presented for the Ministry of Community Safety and Correctional Services conference "Ontario Correctional Nurse's Interest Group", Toronto, April 13, 2013.

**Kamkar, K.** (2013). Invited Speaker for Science on Film series at TIFF (Toronto International Film Festival) Bell Lightbox. Film "Up in the Air". Topics discussed "Workaholism and Mental Health in Workplace and Work/Life Balance", Toronto, March 27, 2013.

**Kamkar, K.** (2013). Mental Health and Managing Change in Workplace. Workshop presented to the Ministry of Community and Social Services (MCSS), Toronto, February 28, 2013.

**Kamkar, K.** (2013). Mental Health and Stress in Workplace. Workshop presented as part of "Psychology Month" to Centre for Addiction and Mental Health, Toronto, February 19, 2013.

**Kamkar, K.** (2013). Mental Health and Stress in Workplace. Workshop presented at the 9th Annual CORE 2013 Conference and Case Competition, Schulich School of Business, York University, Toronto, January 11, 2013.

**Kamkar, K.** (2012). Mental Health in Workplace. Workshop presented for the Ministry of Community Safety and Correctional Services conference "Women in Corrections", Toronto, December 4, 2012.

**Kamkar, K.** (2011). Enhancing Psychological Health at Work. Workshop presented at University of Toronto, October 14, 2011.

**Kamkar, K.** (2011). Mental health and mental illness, stigma attached to mental illness and the programs offered at CAMH and upcoming goals. CAMH UnMasked Event Foundation, Toronto, May 11, 2011.

**Kamkar, K., & Bender, A.** (September 2009). Reducing stress in the workplace. Speaking series for CAMH Foundation Donors, Toronto, September 29, 2009.

**Kamkar, K.** (May 2009). Cognitive Behavioural Models and Treatment of Generalized Anxiety Disorder. Invited presentation at the APA/CPA Clinical Psychology Internship seminar series, Centre for Addition and Mental Health, Toronto.

Denisoff, E., & **Kamkar, K.** (May 2009). Stress in the Workplace. Workshop presented for the Ministry of Community and Social Services (MCSS), Toronto, May 19, 2009.

Denisoff, E., & **Kamkar, K.** (May 2009). Introduction to Cognitive-Behavioural Therapy. Workshop presented at the Committee College on Disability Issues (CCDI) Annual Conference, Deehurst, Ontario, May 13, 2009.

**Kamkar, K., & Denisoff, E.** (April 2009). Cognitive-behavioural Therapy for Generalized Anxiety Disorder. Workshop presented at Toronto Advanced Professional Education (TAPE) workshop series (in Affiliation with the Continuing Education division of St. Michael's College in the University of Toronto), Toronto, April 25, 2009.

**Kamkar, K.** (April 2009). In-vivo Exposure Exercises for Anxiety Disorders. Invited presentation at the educational rounds, Work, Stress and Health Program – Psychological Trauma Program, Centre for Addiction and Mental Health, Toronto.

**Kamkar, K.** (June 2008). Cognitive Behavioural Models and Treatment of Generalized Anxiety Disorder. Invited presentation at the APA/CPA Clinical Psychology Internship seminar series, Centre for Addition and Mental Health, Toronto.

**Kamkar, K.** (April 2008). Cognitive-behavioural Therapy for Generalized Anxiety Disorder. Workshop presented at Toronto Advanced Professional Education (TAPE) workshop series (in Affiliation with the Continuing Education division of St. Michael's College in the University of Toronto), Toronto, April 26, 2008.

**Kamkar, K.** (February 2008). Cognitive-behavioural Therapy for Panic Disorder and Obsessive-Compulsive Disorder. Workshop presented at Toronto Advanced Professional Education (TAPE) workshop series (in Affiliation with the Continuing Education division of St. Michael's College in the University of Toronto), Toronto, February 01-02, 2008.

Denisoff, E., & **Kamkar, K.** (October 2007). Introduction to Cognitive-behavioural Therapy. Two-day workshop presented at Toronto Advanced Professional Education (TAPE) workshop series (in Affiliation with the Continuing Education division of St. Michael's College in the University of Toronto), Toronto, October 19-20, 2007.

**Kamkar, K.** (December 2006). Metacognitive Therapy: GAD and PTSD. Invited presentation at the educational rounds, Work, Stress and Health Program – Psychological Trauma Program, Centre for Addiction and Mental Health, Toronto.

**Kamkar, K.** (April 2006). Metacognitive Therapy for GAD. Invited presentation at the educational rounds, Work, Stress and Health Program – Psychological Trauma Program, Centre for Addiction and Mental Health, Toronto.