

RAMI NIJJAR, PHD
CPBC #2213; OPQ# 13828-20; CPO #50005995

CLINICAL APPROACH

Humanistic, Mindfulness-based, Compassion-Focused, Attachment-Oriented

INTERVENTIONS USED

Mindful Self-Compassion, Mindfulness-Based Cognitive Therapy, Dialectical Behaviour Therapy, Compassion-Focused Therapy

EMPLOYMENT

- 2022-ongoing Psychological Associate**, Inkblot Therapy, Canada-wide
Provide mental health and substance use assessments for employees across Canada. Diagnose and create treatment recommendations and return to work plans.
- 2022-ongoing Psychological Associate**, Springboard Clinic, Toronto, ON
Provide ADHD assessments. Collaborate with psychometrist and psychiatrist to reach consensus diagnoses and provide treatment recommendations to adult clients.
- 2020-ongoing **Director**, Resilience Psychotherapy, Vancouver, BC
Oversee a team of associates and doctoral students specialized in offering sex and relationship therapy. Provide training and supervision on running Mindful Self Compassion groups and groups focused on intimacy.
- 2014-ongoing **Private Practice**, Vancouver, BC; Montreal, QC
Specialize in mindfulness, couples therapy, sex therapy, trauma, and shame
- 2017-ongoing **Mindful Self Compassion Group Facilitator**, Vancouver, BC; Montreal, QC
- 2019-2020 **Observer**, McGill University Health Centre Sex and Couples Therapy Clinic,

Royal Victoria Hospital, Montreal, QC

Co-supervise doctoral students in their therapy practica and internships; teach seminars on the use of mindfulness with sexual dysfunction; attend rounds to offer expertise on attachment trauma, OCD, and mindfulness.

2018-2019 **Group Facilitator**, INTROSPECT study, Human Sexuality Laboratory, University of British Columbia, Vancouver, BC
Co-facilitated mindfulness groups and sex education and therapy groups (developed by sex researcher Lori Brotto) for couples approaching intimacy post prostate cancer treatment.

2018-2019 **Clinical Tutor**, Department of Sexual Medicine, University of British Columbia Faculty of Medicine, Vancouver, BC
Taught second year medical students skills and theory for assessing sexual dysfunction in patients.

2017-2018 **Group Facilitator**, DESIRE study, Human Sexuality Laboratory, University of British Columbia, Vancouver, BC
Co-facilitated mindfulness and sex therapy groups (developed by sex researcher Lori Brotto) groups for women with low sexual desire.

2015-2017 **Psychologist**, Multidisciplinary Vulvodynia Program, Vancouver General Hospital, Vancouver, BC
Facilitated psychoeducational groups focusing on CBT, mindfulness, and sex therapy for women experiencing vulvar pain interfering with intercourse

2015-2018 **Clinical Supervisor**, Adler University, Vancouver, BC
Supervised doctoral students during their practicums at the Mood Disorders Association of BC

PROTOCOLS DEVELOPED

2021: ENHANCING INTIMACY AND STRENGTHENING CONNECTION THROUGH MINDFUL SELF COMPASSION

8-week group therapy program for couples dealing with intimacy issues. Program targets roadblocks to intimacy including difficulty staying present, self judgement, body image issues, boundary setting, and attachment orientation

2014 REDUCING UNWANTED STRESS IN THE HOME (RUSH)

12-week group therapy program for parents with bipolar disorder and their middle

childhood aged children. Developed alongside Mark Ellenbogen, PhD & Vanessa Iacono, PhD

EDUCATION

- 2009-2014** **Doctor of Philosophy**, Clinical Psychology
Stress and Developmental Psychopathology Laboratory, Concordia University,
Montreal, Quebec
- Dissertation Title: “Psychosocial risk factors and health outcomes of the offspring of parents with bipolar disorder in adolescence and young adulthood: A 10-year longitudinal study” (supervisor: Dr. Mark Ellenbogen)
- 2007-2009** **Master of Arts**, Clinical Psychology
Concordia University, Montreal, Quebec
- Thesis Title: “Automatic information processing and stress in the natural environment: An emotion-modulated startle response study” (supervisor: Dr. Mark Ellenbogen)
- 2004-2007** **BA Honors**, Psychology
Concordia University, Montreal, Quebec
- Thesis Title: “Emotional coping strategies and child behavioural outcomes in high-risk mother-child interactions: An intergenerational study” (supervisor: Dr. Dale Stack)

ACADEMIC AWARDS

- 2012-2013** **Dissertation Accelerator Award**, \$ 5000, Concordia University.
- 2010-2013** **Joseph Armand Bombardier Canadian Graduate Scholarship Doctoral Scholarship**, \$ 105 000, Social Sciences and Humanities Research Council of Canada (SSHRC).
- 2009-2012** **Doctoral Scholarship**, \$60, 000, Quebec Foundation for Research on Society and Culture
- 2009-2012** **Knowledge Translation Fellowship**, \$ 8 500, Center for
- 2009-2012** **Knowledge Translation Fellowship**, \$ 8 500, Center for Research in Human Development, Montreal, Quebec.
- 2009** **Doctoral Entrance Award of Excellence**, \$25,000, Concordia University
Harriet and Abe Gold Entrance Bursary, \$ 5 000, Concordia University

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- 2008-2009** **Master's Scholarship**, \$15, 000, Quebec Foundation for Research on Society and Culture.
- 2007-2008** **Canadian Graduate Scholarship (Masters level)**, \$17 500, Social Sciences and Humanities Research Council of Canada (SSHRC)
- 2007** **Arts and Sciences Graduate Entrance Fellowship**, \$ 5000, Concordia University.

CLINICAL TRAINING

- 2013-2014** **Predoctoral Intern**, Royal Victoria Hospital, Montreal, Quebec
Rotations: CBT Service; Sex and Couples Therapy Clinic
- 2012-2013** **Junior Associate**, Heal the Hunger, Private Therapy Group, Montreal, Quebec
- 2011-2012** **Practicum Student**, Eating Disorders Program, McGill Mental Health Service, McGill University, Montreal, Quebec.
- 2010-2011** **Practicum Student**, McGill Mental Health Service, McGill University, Montreal, Quebec.
- 2009-2010** **Practicum Student**, Applied Psychology Center, Concordia University,
2007-2008 Montreal, Quebec.
- 2009** **Practicum Student**, **Allan Edwards Pain Unit**, McGill University Health Center, Montreal, Quebec.

OTHER RELEVANT CLINICAL EXPERIENCE

- 2017-2018** **Attachment Focused Study Group**
Meet biweekly with an international team of psychiatrists to discuss latest evidence-based techniques in treating attachment trauma and present clinical cases
- 2017** **Mindful Self Compassion Trained Teacher**
- 2014** **Somatic Experiencing training** with Hart Lazer, Montreal, QC
- 2013-2014** **200-hr yoga teachers training** (with emphasis on yoga therapeutics) with Hart Lazer, Montreal, QC

PUBLICATIONS

Nijjar, R., Ellenbogen, M.A., & Hodgins, S. (2016). Sexual risk behaviours in the adolescent offspring of parents with bipolar disorder: Prospective associations with parents' personality and externalizing behaviour in childhood. *Journal of Abnormal Child Psychology*, *44*, 7, 1347-1359.

Nijjar, R., Ellenbogen, M.A., & Hodgins, S. (2014). Personality, coping, risky behavior, and mental disorders in the offspring of parents with bipolar disorder: a comprehensive psychosocial assessment. *Journal of Affective Disorders*, *166*, 315-323.

Bizik, G., Juster, R. P., Picard, M., **Nijjar, R.**, Tourjman, V., McEwen, B. S., Lupien, S. J. (2013). Allostatic load as a tool for monitoring comorbidities in patients afflicted by severe mental illnesses. *Harvard Review of Psychiatry*, *21*, 6, 296-313

Iacono, V., **Nijjar, R.**, & Ellenbogen, M.A. (submitted). Inhibition of personally relevant depictions of anger moderates the effect of empathy on interpersonal functioning. *PLOS One*

ACADEMIC CONFERENCE PRESENTATIONS

Nijjar, R. & Ellenbogen M.A. (2013). *The development of sexual risk behaviour in the offspring of parents with bipolar disorder*. Poster presented at the 27th Annual meeting of the Society for Research in Psychopathology, San Francisco, CA.

Nijjar, R., Paquin, K., Cardoso, C., Ellenbogen, M.A., & Hodgins, S. (2012). *A comprehensive assessment of psychosocial risk factors in the offspring of parents with Bipolar Disorder* Poster presented at the 26th Annual meeting of the Society for Research in Psychopathology, Ann Arbor, MI.

Bizik, G., Juster, R. P., Picard, M., **Nijjar, R.**, Tourjman, V., McEwen, B. S., Lupien, S. J. (2012). *Allostatic load as a tool for monitoring comorbidities in schizophrenia and bipolar disorder*. Poster presented at: Colloquium entitled "Les hauts et les bas du trouble bipolaire" Montreal, Quebec, Canada.

Nijjar, R. & Ellenbogen, M.A. (2010). *Psychosocial functioning in parents with comorbid Bipolar and Substance Use Disorders*. Poster presented at the 24th Annual meeting of the Society for Research in Psychopathology, Seattle, WA.

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- Nijjar, R. & Ellenbogen, M.A. (2010). *Threat sensitivity and stress in the natural environment*. Poster presented at the 118th Annual Convention of the American Psychological Association, San Diego, CA.
- Ostiguy, C., Nijjar, R., Hodgins, S., & Ellenbogen, M.A. (2009). *Maternal and paternal Bipolar Disorder have similar effects on child outcomes*. Poster presented at the 23rd Annual Meeting of the Society for Research in Psychopathology, Minneapolis, MI.
- Nijjar, R., Pilgrim, K., Pishva, R., Carson, R., & Ellenbogen, M.A. (2009). *Automatic emotional information processing regulates the cortisol response to psychosocial stress*. Poster presented at the 40th Annual Meeting of the International Society of Psychoneuroendocrinology, San Francisco, CA.
- Nijjar, R., Grunzeweig, N., Stack, D.M., L.A., Ledingham, J., & Schwartzman, A.E. (2008). *Emotional regulation in high-risk mother-child dyads: An intergenerational study*. Poster presented at the 116th Annual Convention of the American Psychological Association (APA), Boston, MA.

OTHER PRESENTATIONS

- Nijjar, R. & Hartzler, A. (2019). *Gendered Bodies and Mindful Self Compassion*. Workshop given at Stanford University for Trans Health Month, Palo Alto, CA.
- Nijjar, R. (2018). *Using Mindful Self Compassion to treat Shame and Sexual Avoidance with Couples*. Talk given at Sex and Couples Therapy Clinic weekly rounds presentation, Montreal, QC.
- Nijjar, R. (2018). *Mindful Self Compassion Skills for Self Care and Burnout Prevention*. Workshop given for graduate students at the Vancouver School of Theology, University of BC, Vancouver, BC.
- Nijjar, R. (2018). *Burnout Prevention*. Workshop given at PACE Society, for support staff offering services to sex workers on the downtown east side, Vancouver, BC.
- Nijjar, R. (2016). *How to Set Up Private Practice: Notes from the Field*. Talk given at Sex and Couples Therapy Clinic weekly rounds presentation, Montreal, QC.
- Nijjar, R. (2016). *Stress and OCD*. Talk given at the Sahara Fundraiser gala. Surrey, BC.

PROFESSIONAL MEMBERSHIPS

2022-present	College of Psychologists of Ontario (supervised practice)
2020-present	Ordre de Psychologue du Quebec
2018-present	Society for Sex Therapy and Research
2014-present	College of Psychologist of BC
2014-present	British Columbia Psychological Association
2014-present	Canadian Psychological Association
2010-present	Canadian Association of Cognitive and Behavioral Therapies

References available upon request.