

## Dr. Joti Samra BIO ~ Media

Dr. Joti Samra, R.Psych. ([www.drjotisamra.com](http://www.drjotisamra.com)) is an innovator in the area of psychological health and wellness. She develops strategies for coping with life's most common and difficult challenges, reaching beyond the clinic and classroom to spread powerful coping tools as widely as possible. A dynamic and engaging speaker, Dr. Samra presents her work extensively at the invitation of organizations across Canada and the United States.

Dr. Samra's talent for presenting innovative psychological research in an entertaining and accessible way ensures a busy schedule of speaking and interview engagements. Dr. Samra is a featured clinical expert in the Animal Planet docu-reality series *Confessions: Animal Hoarding*, developed by the producers of the critically acclaimed A & E series *Intervention*. She will be appearing as a host and financial expert in *Million Dollar Neighbourhood*, a new pilot series currently in production for OVN: Oprah Winfrey Network (Canada). She also writes a weekly "Ask the Health Expert" column for the *Globe and Mail*.

Dr. Samra is regularly called upon by the media to comment on a range of issues relating to human behaviour. She has conducted numerous interviews for a range of media outlets (TV, radio, and print) including CTV, Global National, Global BC, CBC News, Channel M, Shaw TV, CBC Radio One, News 1130, and CKNW. She appeared as the resident psychological expert on a weekly show for Omni BC from 2008-2009. Dr. Samra has also written for a wide range of scholarly, professional and popular publications, including the *Globe and Mail*, *National Post*, *Vancouver Sun*, *Georgia Strait*, *Province*, and *Vancouver Courier*. A sampling of her media interviews/topics are listed at [www.drjotisamra.com](http://www.drjotisamra.com) and include topics such as: financial stresses; recession-related anxiety; sex addiction; hoarding behaviours; emotional impact of bed bug infestation; psychology behind 'Canucks fever'; Olympic-related anxiety; speaking to children about violence; holiday stress; video game addiction; and more mainstream topics such as depression, anxiety, relationship stress, and suicide.

Dr. Samra is an Adjunct Professor with the Faculty of Health Sciences at Simon Fraser University in Vancouver, and is Director of an organizational and media consulting practice. She also maintains an active clinical practice. She has served as an expert consultant for the British Columbia Family and Supreme Courts. Dr. Samra is President of the British Columbia Psychological Association, Chair of the BC Psychologically Healthy Workplace Collaborative, a Clinical Associate at the SFU Clinical Psychology Centre, and Adjunct Faculty with the Adler School of Professional Psychology. She is a recipient of the Canadian Psychological Association's *New Researcher Award* (2002) and the British Columbia Psychological Association's *Advancement of the Profession of Psychology Award* (2011).

In her role as principal developer, Dr. Samra has collaborated in the creation of a series of client and family resources for coping with depression, suicidality, and chronic health conditions. Her co-authored manuals include *Coping with Suicidal Thoughts* (which has been adapted for use by the US Department of Veterans Affairs); *Positive Coping with Health Conditions*; and *Antidepressant Skills @ Work: Dealing with Mood Problems in the Workplace*. She is the lead developer of *Guarding Minds @ Work: A Workplace Guide to Psychological Safety and Health*, an innovative and multi-faceted online resource organizations can use to detect, target and resolve psychosocial threats in the work environment. She is also the principal developer of *Managing Emotions*, a set of online, interactive assessment and training resources that strengthen the interpersonal competence and emotional intelligence skills of managers.