

Dr. Joti Samra BIO ~ Workplace [Long]

Dr. Joti Samra, R.Psych. (www.drjotisamra.com) is an innovator in the area of psychological health and wellness in the workplace. Her research catalyzes fundamental improvements in the psychological health and safety of work environments throughout Canada. She is a leader in the conceptualization and communication of workplace health issues and the creation of related treatment manuals and clinical tools. Dr. Samra is a passionate advocate for organizational change. She is a frequent media commentator and presents her work extensively at the invitation of organizations across Canada and the United States.

Dr. Samra has an active and dynamic record of applied research and clinical work. She is an Adjunct Professor with the Faculty of Health Sciences at Simon Fraser University (SFU) in Vancouver, and is Director of an organizational and media consulting practice. She also maintains an active clinical practice. Dr. Samra is President of the British Columbia Psychological Association and Chair of the BC Psychologically Healthy Workplace Collaborative.

Dr. Samra pursues a full spectrum of research, consulting and educational activities in the field of workplace health. She is the lead developer of *Guarding Minds @ Work (GM@W): A Workplace Guide to Psychological Safety and Health*, an innovative online resource used by employers to address psychosocial threats in the work environment. Commissioned by the Great-West Life Centre for Mental Health in the Workplace, the GM@W resources include evidence-based psychosocial risk assessment surveys, response strategies and response evaluation tools. 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, also commissioned by the Great-West Life Centre. Dr. Samra is involved as an expert advisor on a number of provincial and national steering committees in the area of workplace psychological health.

In her role of principal developer, Dr. Samra has collaborated in the creation of a series of evidence-based 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*.

Dr. Samra has contributed extensively to the work of the BC Workplace Mental Health & Addiction Scientific Committee. In a series of projects focused on mental health and addiction in the workplace, she conducted a survey of the relevant research literature, developed a framework for conceptualizing core issues across stakeholder groups and prevention levels, and coordinated a 2007 Canadian Institutes of Health Research (CIHR) Scientific Congress on workplace mental health and addiction issues. Dr. Samra has also worked as the senior clinician on an interdisciplinary assessment and treatment team serving an occupational disability population where she provided and oversaw services for individuals off work due to a combination of mental health, addiction, and physical challenges.

Dr. Samra is a Clinical Associate at the SFU Clinical Psychology Centre, is an Adjunct Faculty Member with the Adler School of Professional Psychology, and has served as an expert consultant for the British Columbia Family and Supreme Courts. She is a recipient of the Canadian Psychological Association's *New Researcher Award* (2002) and most recently the British Columbia Psychological Association's *Advancement of the Profession of Psychology Award* (2011).

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 OWN: Oprah Winfrey Network (Canada). She also writes a weekly "Ask the Health Expert" column for the *Globe and Mail*. She is a frequent media commentator and writes prolifically for a wide range of scholarly, professional, and popular publications.