



OSRP Board of Directors Profiles 2022-2023

Name: Kimberly Cato, RP, CRPO #003483 Pronouns: She/Her

Educational Degrees, Certificates:

- Certified Emotional Emancipation Circle Facilitator
- Certificate in Concurrent Disorder, CAMH & University of Toronto, 2015
- Critical Incident Stress Management, Trauma Management Group, 2005
- Certificate in Alternative Dispute & Conflict Resolution, Queen's University 2006
- Bachelor of Arts in English & Philosophy, University of Toronto, 2004

Psychotherapy Orientation & Coursework:

- Emotional Emancipation Circles: Defying The Lie & Embracing The Truth
- Equity, Diversity, Disability, and Inclusion
- So You Want To Talk About Race: How To Have Anti-Black Racism & Systemic Discrimination Conversations In The Workplace
- Post Traumatic Slave Syndrome with Dr. Joy Degruy
- Decolonizing Therapy: Reclaiming Radical Rage & Ancestral Trauma with Dr. Jennifer Mullins
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
- Spirituality in Challenging Times: A Resource for Practice, Advocacy and Self-Care
- Grief and Loss in The Black Community
- The Impact of Trauma, Mental Health and Addictions
- Trauma Focused Cognitive Behaviour Therapy
- Compassion Fatigue & Secondary Trauma

Teaching Positions:

- Confronting Anti-Black Racism Workshop – Community Living Toronto
- The Power Of Positivity, Compassion & Prayer – Immigrant Women In Business
- Transforming Trauma Into Triumph
- The Black Mental Health Series
- The Black Mental Wealth Experience
- CHECK-IN & CHAT (Weekly Support Group For BIPoC Women & The Men's Edition)
- Culturally Adapted Clinical Supports For Racialized Survivors Of Trauma
- Trauma Transformation: 12-Module Automated Program
- Power of Identity and Inclusion: 8-Module Automated Program
- Peer & Volunteer Program Initiative – Identity and Inclusion

Professional Affiliations, Current (C) and Past (P):

- Consent & Capacity Board – Adjudicator, Public Member (C)
- Halton District School Board: Human Rights & Equity Advisory Committee – Chair (C)
- Anti-Racism Committee: Provincial Human Services & Justice Coordinating Committee – Co-Chair (C)
- Regional Co-Chair of the Halton Human Services & Justice Coordinating Committee (C)
- Immigrant Women In Business – Founding Member (C)
- Halton Coalition For The Prevention Of Hate Crime – Co-Coordinator (C)

Organizational Experience:

- College of Registered Psychotherapists of Ontario (CRPO), Non-Council Committee Member, 2020 - Present
- Evangelical Church Alliance - Ordained Minister, 2002 - 2020
- Founding Member of the Halton Community Treatment Court Team, 2012 - 2014
- Special Education Advisory Committee – Halton District School Board, 2010 - 2014
- Treatment of Special Needs Offenders in Prisons: Forensic Psychiatric, the Community, 2010 - 2014

Special Interests:

- Storytelling – Building Oral Legacy
- Podcasts, YouTube & Building Network Communities
- Body Mapping; Transforming Trauma
- Music that moves the heart & heals the soul