

Thanh Ly  
(pronounced: *tang lee*)  
Ottawa, ON

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## A. License

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2022 – present      **Registered Psychotherapist (Qualifying)**  
College of Registered Psychotherapists of Ontario (CRPO)  
CRPO# 12280

## B. Education

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2020 – 2022      **Master of Arts Counselling Psychology**  
*Yorkville University, Canada*

2017      **French as a Second Language – Level 4**  
*Algonquin College, Ottawa, Canada*

2011 – 2015      **Bachelor of Science (Honours) Psychology, cum laude**  
*University of Ottawa, Ottawa, Canada*  
Honours thesis: *Optimizing mindfulness awareness training: Skill acquisition and benefit after just 14 days*

## C. Professional Memberships

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2022 – present      Professional Member, Canadian Counselling & Psychotherapy Association (CCPA)

2023 – present      Professional Member, Association for Contextual Behavioral Science (ACBS)

## D. Training & Certifications

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I am committed to ongoing education and training. I have currently received formal training in CBT, ACT, EFT, mindfulness-based interventions, experiential approaches and trauma-informed practices. Majority of my clients tend to be from the BIPOC community and identify as Asian. My main areas of focus are with intergenerational and childhood trauma, relationships, self-worth, and cultural identities.

### Scheduled or presently undergoing training:

December 2023      **Gottman Method Couples Therapy – Level 1**

September 2023      **Autism Spectrum Disorder Clinical Specialist (ASDCS)**  
PESI

### Completed training:

December 2023      **YSQ-R Webinar & Scoring Resources – Everything You Need to Know**  
Schema Therapy Training Online

December 2023      **The Basic Schema Model, Methods, and Strategies**  
Schema Therapy Training Online

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November 2023	<b>Anti-Fat Bias for Helpers 101.</b> Selkie Counselling
October 2023	<b>Duty to Report Presentation</b> Children’s Aid Society of Ottawa, Ottawa, Ontario
October 2023	<b>BIPOC Brainspotting Phase 1</b> Brainspotting Trainings Inc., with trainer Tracy Gantlin-Monroy
August 2023	<b>Eating Disorder Sensitive: Education for Mental Health Care Providers</b> Body Peace Collaborative
June 2023	<b>Fight, Flight, Freeze, and Food!</b> Polyvagal theory & eating disorders The Balanced Practice
May 2023	<b>Fundamentals of Emotionally Focused Therapy</b> International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)
May 2023	<b>Trauma-Informed Practice Training: Healing Trauma Experientially (Level 2)</b> Trauma-Informed Practice Institute
April 2023	<b>Introduction to Psychological Flexibility: ACT Course</b> Ottawa River Integrative & Association for Contextual Behavioural Science
December 2022	<b>Trauma-Informed Practice Training: Healing Trauma Experientially (Level 1)</b> Trauma-Informed Practice Institute
April 2013	<b>Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS 2: Core)</b> Panel on Research Ethics

I am also committed to improving my skills as a therapist. Current reads include *Effective Psychotherapists: Clinical Skills that Improve Client Outcomes* by Moyers & Miller (2021), and *How to Fail as a Therapist: 50+ Ways to Lose or Damage Your Patients* by Schwartz & Flowers (2010)

## E. Work Experience

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2023 – Present	<b>Associate Therapist – Barrhaven Psychological Services, Ottawa, Canada</b> <ul style="list-style-type: none"><li>Individual therapy sessions (in-person and virtual) with teens and adults using a client-centered, culturally sensitive, and trauma-informed approach. Modalities used: CBT, ACT, EFT, experiential approaches, and mindfulness-based interventions.</li></ul>
2022 – Present	<b>Associate Therapist – ReNu Counselling, Virtual, Canada</b> <ul style="list-style-type: none"><li>Individual therapy sessions (virtual) with adults using a client-centered, culturally sensitive, and trauma-informed approach. Majority of my clients identify as part of the BIPOC community. I also have clients from the</li></ul>

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LGBTQ2S+ community. Modalities used: CBT, ACT, EFT, experiential approaches, and mindfulness-based interventions.

2022 - 2023

**Analytical Assistant (AS-01) – *Incident Investigations Branch, Correctional Services Canada, NHQ, Ottawa, Canada***

- Collect and analyze quantitative and qualitative data for national investigations
- Produce *Information Bulletins* (best practice guidelines that are based on research) for correctional staff

2014 – 2023

**Research Consultant – *Dr. J. Paul Fedoroff Medical Corp., Ottawa, Canada***

- Create and update electronic intake questionnaires for clinical and research use
- Update CVs and serve in a personal and administrative capacity in support of scientist-practitioner
- Design and complete studies as per the client’s request
- Produce and edit proposals, literature reviews, systematic reviews, content for conferences/presentations, abstract submissions, ethics applications, manuscripts, and videos
- Plan conference schedules and events
- Contribute knowledge translation support to projects
- Create and execute strategic recruitment plans

2018 – 2019

**Research Assistant – *Forensic Research Unit/Sexual Behaviours Clinic - Institute of Mental Health Research (IMHR), The Royal Ottawa Hospital, Ottawa, Canada***

- Conducted systematic literature reviews (using search engines, such as PsycINFO, PsycArticles, etc.) and complete grant applications
- Recruited clinical and community research participants for five concurrent studies
- Co-supervised honours thesis students, research interns, and assist medical students in research
- Completed screening procedures
- Scheduled meetings, interviews, and follow-ups
- Content creator and strategic recruitment planning for studies conducted at the Forensic Research Unit
- Liaised with stakeholders for preventing child sexual abuse
- Data collection and analyses on SPSS
- Disseminated most up to date research to knowledge users (scientist-practitioners, healthcare professionals, probation officers, parole officers, and Crowns) and general public on sexual offences & human sexuality by using social media and presentations

- 2017 – 2020      **Research Assistant – *Dr. Michael Wohl Betterment Labs - Carleton University, Ottawa, Canada***
- Knowledge translation content for gambling research (including My Smart Play, and Positive Play Scale)
  - Assisted with project on protective and risk factors of youth radicalization and meta-analyses
  - Liaised with 7 post-secondary research ethics board for ethics approval and renewal
  - Created study ads using image manipulation software
  - Conducted literature reviews for grants and research proposals (intergroup relations, identity, gambling, forgiveness, morality, and cannabis research)
  - Data entry and analyses using Qualtrics and SPSS
  - Updated Carleton Betterment Labs website/blog
  - Surpassed participant recruitment targets using in-class announcements and poster ads
- 2015      **Residential Counselor/Day Program Worker – *Bairn Croft Residential Services, Ottawa, Canada***
- Implemented behavioural programs for clients with developmental delay, comorbid mental disorders, and/or dual diagnosis
  - Administered medication
  - Facilitated group activities and supervised clients
  - Effectively communicated needs of clients with staff and problem-solved with clients, their families, and staff
  - Transported clients to designated locations
  - Used nonviolent crisis interventions and restraints

## F. Volunteer Experience

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- 2015 – 2021      **Therapist Assistant (Volunteer) – *Sexual Behaviours Clinic, The Royal Ottawa Hospital, Ottawa, Canada***
- Assisted with group therapy for patients with various psychiatric disorders, and patients undergoing the judicial system
  - Groups facilitated: Mood Disorders, Social Skills, Sexual Interest, Resilience
- 2013 – 2023      **Research Assistant (Volunteer) – *Sexual Behaviours Clinic, The Royal Ottawa Hospital, Ottawa, Canada***
- Writing literature reviews, manuscripts, ethics applications and poster presentations
  - Recruiting participants for research studies
  - Data entry & analysis using SPSS and Microsoft Excel
  - Photocopying, scanning, & filing patient charts

- Supervising undergraduate students for internship placement/honours thesis

2013 – 2016

**Research Assistant (Volunteer) – Darcy Santor’s Lab, University of Ottawa, Ottawa, Canada**

- Explained procedures, risk and benefits to participants, administrative duties
- Trained participants in mindfulness-based stress reduction practices
- Supervised volunteer research assistants and coordinated meetings
- Created criminal law and human rights content for youth workshops

2013 – 2014

**Administrator & Research Assistant (Volunteer) – Child & Youth Mental Health Lab, University of Ottawa, Ottawa, Canada**

- Managed and provided feedback for over 100 users in training for the Child & Adolescent Needs & Strengths (CANS) certification course
- Conducted literature searches for international innovations in residential treatment

2012 – 2013

**Recreational Program Assistant (Volunteer) – Royal Ottawa Place, Ottawa, Canada**

- Provided one-on-one social support
- Helped patients achieve personal goals
- Led creative writing and art workshops for patients
- Tutored patients in various subjects, test prep, and helped with job seeking

## G. Bursaries

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2011-2013	Education Bursary, University of Ottawa, \$3500
2012	Follett of Canada Bursaries, University of Ottawa, \$2500
2011	First Generation Bursary, University of Ottawa, \$1000

## H. Publications

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***In-Preparation Publications:***

Lopez, S., Ly, T., Gaw, K., & Fedoroff, J.P. The unconstitutional impact of internet prohibition orders on convicted sex offenders during the COVID-19 pandemic. Manuscript in progress.

Ly, T., & Fedoroff, J.P. Secret sexual offences during treatment. Manuscript in progress.

Ly, T., & Fedoroff, J.P. Review of risk assessments for violent reoffences in females. Manuscript in progress.

***Refereed Publications:***

Murphy, L., Ly, T., DiMario, K., Mihowich, T., & Fedoroff, J.P. (2021). Treatment of pramipexole-induced problematic sexual behaviours. *The Primary Care Companion for CNS Disorders*, 23(1), 26020.

<https://www.psychiatrist.com/pcc/ocd/treatment-of-pramipexole-induced-problematic-sexual-behaviors/>

Ly, T., Briken, P., & Fedoroff, J.P. (2020). A narrative review of research on clinical responses to the problem of sexual offences in the last decade. *Behavioral Sciences & the Law*, 38(2). doi: 10.1002/bsl.2448

Fedoroff, J.P., Murphy, L., & Ly, T. (2018). The Royal's Sexual Behaviours Clinic (SBC): Changing perspective. *Russian Journal of Psychiatry*, (2), 56-62.

Ly, T., Dwyer, R.G., & Fedoroff, J.P. (2018). Characteristics and treatment of Internet child pornography offenders. *Behavioral Sciences & the Law*, 36(2), 216-234. doi: 10.1002/bsl.2340

Ly, T., Murphy, L., & Fedoroff, J.P. (2016). Understanding online child sexual exploitation offenses. *Current Psychiatry Reports*, 18(8), 1-9. doi: 10.1007/s11920-016-0707-0.

### **Book Chapters**

Fedoroff, J. P., Ly, T., & Murphy, L. (2017). Paraphilic disorders: Diagnosis. In A. E. Wenzel, D. G. Friedman-Wheeler, & E. Flannery-Schroeder (Eds.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. (Vol.5, pp. 2442-2444). Thousand Oaks, CA: SAGE Publications.

Fedoroff, J. P., Ly, T., & Murphy, L. (2017). Paraphilic disorders: Psychological factors. In A. E. Wenzel, D. G. Friedman-Wheeler, & E. Flannery-Schroeder (Eds.), *The SAGE Encyclopedia of Abnormal and Clinical Psychology*. (Vol.5, pp.2452-2454). Thousand Oaks, CA: SAGE Publications.

Lyons, J. S., & Ly, T. (2014). International approaches to residential interventions. In *Best Practices in Residential Mental Health Services: A Roadmap to Improve Long-Term Outcomes: A Best Practice Guide* (pp. 213-221). New York: Routledge.

### **I. Presentations**

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Ly, T. (2019). *Sex offenders: Why should we believe them?* Oral presentation at the World Association for Sexual Health. Mexico City, Mexico.

Fedoroff, J.P., Corona, A., Murphy, L., & Ly, T. (2019). *How the sexual behaviours clinic got so good at treating sex offenders*. Symposium at the World Association for Sexual Health. Mexico City, Mexico.

Ly, T. (2019, May). *The opportunity to disclose new sexual offences and the opportunity for successful treatment*. Individual presentation at the International Seminar Therapy of Pedophilic Disorder. Moscow, Russia.

Fedoroff, J.P., & Ly, T. (2018, July). *Secret sexual offences during treatment*. Poster presentation at the Annual Meeting of the International Academy of Sex Research (IASR). Madrid, Spain.

Ly, T., & Fedoroff, J.P. (2018, February). *Do sex offenders secretly reoffend during treatment?* Oral presentation at the Annual Meeting of the American Academy of Forensic Sciences (AAFS), Seattle, WA.

Ly, T., Murphy, L., & Fedoroff, J.P. (2016, October). *Online child sexual exploitation*. Poster presentation

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at the Annual Meeting of the American Academy of Psychiatry and the Law (AAPL), Portland, OR.

Ly, T., Murphy, L., Ranger, R., & Fedoroff, J. P. (2015, August). *Females with sexual interests towards children*. Poster presentation at the Annual Meeting of the International Academy of Sex Research (IASR), Toronto, ON.

Ranger, R., Murphy, L., Ly, T., & Fedoroff, J. P. (2015, August). *Differences in assessment between admitter and denier sex offenders*. Poster presentation at the Annual Meeting of the International Association of Sex Research (IASR), Toronto, ON.

Ly, T., Karampatos, C., & Santor, D.A. (2015, May). *Optimizing mindfulness awareness training: Skill acquisition & benefit in 14 days*. Individual presentation at the Annual Interdisciplinary Meeting of the Psychology Outside of the Box (POTB), Ottawa, ON.

Ranger, R., Murphy, L., Ly, T., Curry, S., Bradford, J., & Fedoroff, P. (2014, June). *A comparison of objective measures of sexual interest in pedophiles and non-pedophiles*. Poster presentation at the International Academy of Sex Research (IASR). Dubrovnik, Croatia.

Murphy, L., Ly, T., & Fedoroff, J.P. (2014, March). *A case series on the use of anti-androgens to treat problematic sexual interests and behaviours associated with pramipexole*. Poster presentation at the Annual Meeting of the Canadian Academy of Psychiatry and the Law (CAPL), Lake Louise, AL.

### **Abstracts**

Ly, T. (2019). Sex offenders: Why should we believe them? [Abstract]. *Annual Meeting of the World Association of Sexual Health (WAS)*, p. A82.

Ly, T., Murphy, L., Ranger, R., & Fedoroff, J. P. (2015). Females with sexual interests towards children [Abstract]. *41<sup>st</sup> Annual Meeting of the International Academy of Sex Research (IASR)*, p.125.

Ranger, R., Murphy, L., Ly, T., & Fedoroff, J. P. (2015). Differences in assessment between admitter and denier sex offenders [Abstract]. *41<sup>st</sup> Annual Meeting of the International Association of Sex Research (IASR)*, p.144.

Ranger, R., Murphy, L., Ly, T., Curry, S., Bradford, J., & Fedoroff, P. (2014). A comparison of objective measures of sexual interest in pedophiles and non-pedophiles [Abstract]. *Annual meeting of the International Academy of Sex Research (IASR)*, p. 102.

## **J. Editorial/Academic/Organization Activities**

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### **Guest Speaker**

- Ly, T. (2020). Panel speaker for the Virtual Coop Program – Research Assistant, Royal Ottawa Mental Health Centre, Ottawa, Canada.

### **Scientific Reviewer**

2019 Canadian Public Health Association

### **Teaching Experience**



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- **Ly, T.** (2019). Mock poster presentations for poster sessions. Invited guest lecturer for second year undergraduate seminar. Carleton University, Ottawa, Canada.

### Workshops Hosted

- **Ly, T.** (2023). “Stop self-sabotaging” presented at the Women’s Empowerment Event. Ottawa, Canada.

### Communities

These are the communities I have created and am the admin of:

- **Clinical Supes** created in March 2023. [www.clinicalsupes.ca](http://www.clinicalsupes.ca)  
Clinical Supes is a free national directory created for mental health clinicians to find supervisors based on criteria they are searching for (such as being BIPOC, LGBTQ2+, neurodivergent and trained in particular modalities).
- **Ottawa BIPOC Female Entrepreneurs & Professionals** created in February 2023 on Facebook. Currently has 47 members as of December 26, 2023.
- **Canadian Psychotherapist Support Group** created in June 2022 on Facebook.  
This is a free online support group for clinicians to connect nationally, share resources, and provide support to one another. The group also provides updated guides on group supervisions available and office rentals.  
Currently has 728 members as of December 26, 2023.