
CURRICULUM VITAE

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UNIVERSITY TITLES

Ph.D., Counselling, Psychotherapy, and Spirituality, Saint Paul University, Ottawa, 2021

Graduate Certificate in Couple and Family Counselling, Saint Paul University, Ottawa, 2016

M.A., Counselling, Psychotherapy, and Spirituality, Saint Paul University, Ottawa, 2015

B.A., Psychology, Concordia University, 2010

General education, Social Science, University of North Carolina at Pembroke, Pembroke, 2017

PROFESSIONAL DEVELOPMENT

2022-2024 Somatic Experiencing (SE) Training, body-oriented approach to healing trauma and other stress disorders.

2015 Traumatology Institute, Trauma training

UNIVERSITY AND OTHER TEACHING EXPERIENCE

2022-2023 Part-time professor, Faculty of Human Science, Saint Paul University, Ottawa, ON.

Practicum in Couple and Family Therapy and Spirituality

MA Program, Second-year students

The couple and family practicum focuses on theory, assessment, and treatment in couple and family therapy. MA students were introduced to couple and family therapy from Systems, Psychodynamic, Humanistic/Experiential, Cognitive Behavioral, and Somatic approaches. The theory, major concepts, assessment tools, and intervention techniques within each approach were covered. Videotapes of client sessions and live demonstrations of each approach were used to consolidate the theory into practice. In a small group format, students could practice each approach. Students were also introduced to specific issues, working with special populations, and diversity in couple and family therapy. The role of spirituality in couple and family therapy was also covered, and students developed their ability to assess, conceptualize and treat spirituality-related issues. The Safe and Effective Use of Self in couple and family therapy was also addressed.

2022-2023 Part-time professor, Faculty of Human Science, Saint Paul University, Ottawa, ON

Practicum in Couple and Family Therapy and Spirituality

MA Program, First-Year Students

The couple and family practicum focused on theory, assessment and treatment in couple and family therapy. Students were introduced to couple and family therapy from Systems, Humanistic/Experiential, and Cognitive Behavioral approaches. The theory, major concepts, assessment tools, and intervention techniques within each approach were covered. Videotapes of client sessions and live demonstrations of each approach were used to consolidate the theory into practice. In a small group format, students could practice each approach. Students were also introduced to specific issues, working with special populations and diversity in couple and family therapy. The role of spirituality in couple and family therapy was also covered, and students developed their ability to assess, conceptualize and treat spirituality-related issues. The Safe and Effective Use of Self in couple and family therapy was also addressed.

2020-2022 Part-time professor, Faculty of Human Science, Saint Paul University, Ottawa, ON.

Practicum in Couple and Family Therapy and Spirituality

MA Program, Second-year students

2021-2022 Part-time professor, Faculty of Human Science, Saint Paul University, Ottawa, ON

Practicum in Couple and Family Therapy and Spirituality

MA Program, First-Year Students

2020-Present Clinical Supervisor, Faculty of Human Science, Saint Paul University, Ottawa, ON

Master and Ph.D. Program

Clinical Supervision is considered by many to be the most valuable learning experience of the MA and Ph.D. program at Saint Paul University. The collaboration with the clinical supervisor and colleagues about clients' work creates the opportunity for awareness, insight, and competency growth in the students' clinical skills. Clinical Supervision is mandatory for the Master of Arts and Ph.D. in Counselling and Spirituality. It is generally conducted in a weekly group format. Each counselling intern in the group will present their client(s) (e.g., discussing interventions used, countertransference, transference, etc.) during clinical supervision.

2017 Teaching Assistant, Faculty of Human Science, Saint Paul University, Ottawa, ON
Theories of Family Systems and Intervention

2017-2021 Workshop development and teaching programs and courses, Family Service
Ottawa, Ottawa, ON

Develop and deliver training programs, workshops, and information sessions on various wellness-related topics (e.g., Depression and Anxiety, Workplace mental health awareness, stress management, healthy living, emotional regulation, and more).

I thought of a course on the fundamentals of critical stress debriefing for first responders.

2016-2017 Teaching Assistant (TA), Faculty of Human Science, Saint Paul University, Ottawa, ON, Practicum in Individual Therapy and Spirituality

ADMINISTRATIVE FUNCTION AT THE UNIVERSITY

2016-2017 Administrative Assistant for the School Director, Faculty of Human Science, Saint Paul University, Ottawa, ON

2016-2017 Research Assistant and Book Editing Committee, Faculty of Human Science, Saint Paul University, Ottawa, ON

Carried out multiple research agendas for the special issue of the peer-reviewed Journal of Counselling and Spirituality: “Positive psychology, psychotherapy, and spirituality: Healing through pleasure.”

DISTINCTIONS AND AWARDS

1. SPU Research Grant to support the following research title: “Silent no more; surviving male rape: Journey to healing and recovery,” Winter 2024.
2. Collaborator on a winning application for Social Sciences and Humanities Research Council (SSHRC), Saint Paul University, 2021, Dr. Buuma Maisha’s Project title, “Croyances culturelles sur les liens relationnelles et la souffrance psychologique au sein de la diaspora subsaharienne du Canada.”
3. Ph.D. Award of Excellence, Saint Paul University, 2021
4. Pastor Grant, Research aware, Saint Paul University, 2018
5. Ontario Graduate Scholarship-OGS, Saint Paul University, 2017-2018

COURSES TAUGHT IN GRADUATE STUDIES (MASTER)

IPA 6140 (Winter 2023): Practicum in Couple and Family Therapy and Spirituality

IPA 6142 (Winter 2023): Practicum in Couple and Family Therapy and Spirituality

IPA 6140 (FALL 2021): Practicum in Couple and Family Therapy and Spirituality

IPA 6140 (Winter 2022): Practicum in Couple and Family Therapy and Spirituality

IPA 6140 (Fall 2021): Practicum in Couple and Family Therapy and Spirituality

IPA 6141 (Winter 2022): Practicum in Couple and Family Therapy and Spirituality

IPA 6140 (FALL 2020): Practicum in Couple and Family Therapy and Spirituality

IPA 6140 (WINTER 2021): Practicum in Couple and Family Therapy and Spirituality

PUBLICATIONS

Journal article:

Yagi, I., Malette, J., Mwindo, T & Maisha, B. (2022). Characteristics and Impacts of Conflict-Related Sexual Violence Against Men in the DRC: A Phenomenological Research

Design.” *Social Sciences* 11 (2): 34. doi:[10.3390/socsci11020034](https://doi.org/10.3390/socsci11020034).

Book chapter:

Yagi, I., Malette, J., & Galton, N. (2023). Redefining masculinity after sexual trauma: Archetypes of Manliness. (Keynote address) *Proceedings of the 7th International scientific conference on School Psychology, University of Social Sciences and Humanities, Vietnam National University, Ho Chi Minh City, December 28, 2023*, 150-168.

Yagi, I., & Armstrong, L.L. (*in press*). Meaning-Based Interventions for Addressing End-of-Life Coping. *Spirituality & Counselling, special edition (Positive Psychology)*.

Book:

Yagi, I. (2023). Conflict-related sexual violence against men in the Democratic Republic of Congo. Peeters Publishers.

SCIENTIFIC COMMUNICATION AT NATIONAL AND INTERNATIONAL CONFERENCES

1. 2019- Liège, Belgique, Participation in the activities of the scientific committee of the International Chair on “Violence against women and girls in conflicts” (Mukwege Chair); University of Liege
2. 2020-Ottawa, ON, CCPA Speaker Series for 2019-2020 on “Male sexual victimization”; Saint Paul University
3. 2023- Keynote Speaker at the main session of the 7th International Conference on School Psychology “Promoting mental health in educational institutions” on “Redefining Masculinity after sexual trauma: Archetypes of Manliness” at the University of Social Sciences and Humanities (USSH), VNU-HCM.

RESEARCH WORK RELATED TO THE ACADEMIC PATHWAY

My work as a student researcher:

1. 2021 (Doctorate thesis) “Conflict-related sexual violence against men in the Democratic Republic of Congo (DRC): Lifting the veil of secrecy of controversial and taboo subject.” Saint Paul University, Ottawa, ON
2. 2017 (Dissertation, Comprehensive examination for the doctoral program) “Conflict-related sexual violence against men in the Democratic Republic of Congo (DRC): Lifting the veil of secrecy of controversial and taboo subject.” Saint Paul University, Ottawa, ON
3. 2016 (Issues in special populations) “Challenges of cultivating compassion for perpetrators of sexual offences.” Saint Paul University, Ottawa, ON

4. 2015 (Master Project) “Child sexual abuse and future revictimization: A spiritually integrated intervention.” Saint Paul University, Ottawa, ON

AREAS OF INTEREST FOR RESEARCH

NON-UNIVERSITY EXPERIENCE

PRACTICE OF PSYCHOTHERAPY

2021- Full-time Psychotherapist and Team Lead Dialogue Health Technologies Inc.,

- Accompanying individuals struggling with a wide range of presenting issues on a short-term basis using Cognitive Behavioural and Solution Focus Therapeutic Approaches, among others.
- I manage, supervise, and support a large group of psychologists and Psychotherapists.

2019- Individual, Couple and Family Therapist, Ottawa Counselling and Psychotherapy Centre (Private clinic)

- I have over a decade of experience supporting people as they face different life challenges and celebrate successes. I specialize in Men issues, Trauma, Anxiety, Depression, and Relational issues. I work from an integrative systemic and evidence-based therapeutic approach. I take pride in creating a warm, non-judgmental environment where people's goodness, resourcefulness, gifts, perspective, life experiences, and opportunities are honoured and respected.

2017-2021 EAP Counsellor, Family Service Ottawa

- Provide short-term counselling services within a brief treatment, solution-focused clinical framework.
- Provide crisis assessment and intervention counselling to individuals, couples, and families.
- Refer and bridge clients to community resources for specialized or intensive services.
- Develop and deliver training programs, workshops, and information sessions on a broad range of wellness-related topics (e.g., Critical incident stress debriefing course, seminar on stress management, healthy living, mental health in the workplace, and more).
- Overseeing and providing critical incident stress management services that include organizing and delivering debriefing sessions for employees who have experienced a crucial incident in the workplace (e.g., severe injury or death in the workplace, violent

incidents involving a colleague,) and providing other workplace interventions such as grief and loss sessions or other processes as required, to ensure that the effects of incidents have the least possible impact on employees' personal well-being, attendance or work performance, and following up with clients to help determine long term care needs.

- Provide clinical supervision.

2016-2018 Bilingual Individual, Couple and Family Therapist (Overflow position), Saint Paul University

- Accompanied individuals, couples and families struggling with various issues such as anxiety disorders, mood disorders, relationship problems, life transitions, personal growth, spiritual questions, difficulties in communication and assertiveness, connection and intimacy-related concerns, infidelity and reconciliation and pre-marital counselling.

2013-2016 Short-term and Long-term Counselling (MA program and Graduate diplomat), Saint Paul University Counselling and Psychotherapy Centre

I worked with a diverse clientele of individuals, couples and families dealing with various issues, such as:

- Mood disorder (Anxiety and Depression)
- Relationship problems
- Life transitions (grief, separation, divorce, career change)
- Personal growth
- Spiritual Questions and Personal Values
- Difficulties in communication and assertiveness
- Trauma-related issues
- Relational issues

2014-2016 Counsellor Aid in the Adult and Family Programs, Rideauwood Addiction and Family Services.

- Attended and co-facilitated weekly group sessions and stayed with the group in this capacity until its completion.
- Attended all or part of the day-treatment component of the program
- Offered clients support and bio-psycho-social education to break the physical addiction cycle and maintain abstinence.
- Maintained personal growth and change.
- Helped clients identify and overcome physical, social, emotional, and spiritual obstacles.
- Maintained abstinence through aftercare.

- Assisted in the preparation for the group, debriefing, and charting after the group.

2014-2015 Short-term and Long-term Crisis Counselling, Ottawa Rape Crisis Centre

- Provided individual crisis counselling to women in immediate need of counselling services from an anti-oppression, anti-racist, and feminist approach.
- Worked on risk management and symptom reduction.
- Explored and assessed survivors' immediate needs, such as safety and alleviating current stressors.
- Provided emotional and practical support and psychoeducation on trauma while working with the client to generate coping strategies to manage the present.

2014-2015 Crisis Line Counsellor, Ottawa Rape Crisis Centre

- Provided crisis intervention to survivors of sexual violence, supporters, family, and friends of survivors from an anti-racist, anti-oppression, and feminist approach.
- Offered counselling on issues such as childhood sexual abuse, recent sexual assault, flashbacks, and suicide intervention.
- Provided information on community resources and services.
- Provided up-to-date information on sexual assault specific to the Ottawa area.

2014-2015 Ottawa Community Immigrant Services Organization

- Provided counselling services to the immigrant and refugee population in Ottawa.
- Offered clinical counselling to culturally diverse clients with immigration and culture-related issues.
- Assisted survivors of war-related trauma.
- Offered culturally sensitive and responsive therapeutic processes.
- Accompanied to police stations and the Sexual Assault Partner Care program at the Civic campus on the Ottawa hospital.

VOLUNTEER EXPERIENCE

2011 Youth Intervention, Batshaw: Youth and Family Centre, Montreal QC

- Tutoring.
- Mentor program.
- Big sister program.

2009-2011 Community Worker, Face à Face: Listening and Intervention Centre, Montreal QC

- Provided active listening and support on the telephone and in person.

- I provided individual counselling, advocacy, information, referrals for individuals struggling with social isolation, mental illness or addiction, and homelessness.