

**Sogol Kafi, PhD (Candidate) RP.CCC**  
**Sogol.Kafi@ustpaul.ca**

## **PROFESSIONAL PROFILE**

Registered psychotherapist, educator, and community mental health advocate with over 12 years of postsecondary teaching experience and 16 years of clinical practice. Expertise in trauma-informed psychotherapy, attachment-based interventions, developmental psychology, and culturally responsive practice. Extensive experience supervising trainees, developing curriculum, coordinating programs, and supporting diverse and marginalized communities.

## **EDUCATION**

**PhD Candidate, Counselling Psychotherapy & Spirituality**, Saint Paul University, Ottawa, Ontario — Expected 2026 **Dissertation:** *Chronic Emptiness as Disintegration and Survival: A Grounded Theory of the Unanchored Self in People Diagnosed with Borderline Personality Disorder*

**Master of Arts (M.A.), Counselling & Spirituality**, Saint Paul University, Ottawa, Ontario — 2012 **Thesis:** *Impact of breast cancer on the mother–daughter relationship: spirituality and attachment*

**Bachelor of Arts (B.A.), Social Science (Minor: Psychology)** University of Ottawa — 2009

## **CLINICAL EXPERIENCE**

### **Ottawa Counselling & Psychotherapy Services**

*Independent Associate, Registered Psychotherapist | 2012–Present*

- Provide psychotherapy to individuals and couples experiencing trauma, depression, anxiety, grief, self- and relational challenges, and parenting concerns.
- Offer specialized parent consultation for young children (tantrums, anger, sleep, transitions, sibling dynamics).
- Deliver workshops on attachment, playful parenting, postpartum mental health, bicultural parenting, and emotional regulation.
- Offer clinical supervision to MA and new graduates

### **Centre de Thérapie pour Couple et Famille de l'Outaouais**

*Counselling Intern | 2011–2012*

- Provided individual and couples counselling under clinical supervision.

## **TEACHING EXPERIENCE**

### **Saint Paul University**

*Adjunct Professor | 2021–Present*

- Teach *Theories of Family and Systems* and Practicum at the graduate level
- Develop syllabi, assessments, evaluation, lectures, and online content using Blackboard LMS and Brightspace
- Integrate trauma-informed, attachment-based, and systemic perspectives into course design.

### **Northern College, Timmins**

*Professor | 2020–Present*

- Teach *World Religions* and revise curriculum for General Education courses.
- Develop online learning modules using Blackboard LMS.

### **Algonquin College, Ottawa**

*Professor | 2012–2019*

- Taught:
  - Introduction to Developmental Psychology
  - Counselling Skills
  - Crisis Management
  - Introduction to Psychology
  - Trauma and Addiction Recovery
- Designed syllabi, assessments, lectures, and online content using Brightspace LMS.
- Participated in annual curriculum review processes (MTCU standards).

### **Algonquin College, Ottawa**

*Program Coordinator | 2012–2019*

- Coordinated the Crisis Management/Human Psychology program.
- Supported student success, liaised with Academic Managers, and resolved student concerns.

- Analyzed student records and implemented academic support strategies.

### **Ottawa Catholic School Board**

*Instructor (Farsi) | 2008–2010*

- Taught Farsi to children ages 4–12.
- Supported bicultural families navigating school-community dynamics.

### **Music Lead (Private Instruction)**

*Instructor | 2004–2009*

- Taught piano to children ages 3–10.

## **COMMUNITY ENGAGEMENT & LEADERSHIP**

### **Raising with Compassion**

*Founder | 2018–2024*

- Lead a parenting mental-health group offering workshops grounded in attachment-based and playful parenting approaches.
- Organized and presented a benefit seminar supporting CHEO.

### **Family Center, Kanata Research Park (KRP)**

*Presenter | 2019–2022*

- Facilitate workshops and psychoeducational groups for parents of young children.

### **Catholic Centre for Immigrants**

*Facilitator & Presenter | 2012–Present*

- Provide group support and psychoeducation for newcomers on mental health, cultural adjustment, and family dynamics (English and Farsi).

### **Ottawa CHIN Radio**

*Presenter | 2012–2019*

- Produce and deliver monthly mental-health talks for the Iranian-Canadian community.

### **Royal Ottawa Hospital**

*Support Staff | 2006–2007*

- Assisted patients with daily needs and supported unit operations.

## **University of Ottawa**

*Orientation Coordinator | 2004–2005*

- Coordinated orientation events for international students and supported their transition to university life.

## **PUBLICATIONS & CONFERENCE PRESENTATIONS**

**Gall, T. L., & Kafi, S. (2014).** *The impact of breast cancer on the mother–daughter relationship: Implications of relationship with God on attachment. Journal of Spirituality and Mental Health, 16(2), 111–132.*

**Gall, T. L., & Kafi, S. (2012).** Conference presentation at the Spiritual Connections Conference, Indiana State University: *The impact of breast cancer on the mother–daughter relationship: Implications of relationship with God on attachment.*

## **PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS**

- College of Registered Psychotherapists of Ontario — Member (2018–Present)
- Canadian Counselling & Psychotherapy Association — Certified Member (2010–Present)
- Self in Relationship Psychotherapy & Object Relations Institute — Certified Member (2010–Present)

## **PROFESSIONAL DEVELOPMENT**

- Self in Relationship Psychotherapy Training, Ottawa Institute — 2011–Present
- Child-Centred Play Therapy (CCPT), CCPT Institute — 2020
- Level One Therapy Play, Therapy Play Institute — 2020
- Aware Parenting Instructor Training, Aware Parenting Institute — 2018 (California & London)
- Clinical Supervision Course, Dr. Augustine Meier — 2016