
CURRICULUM VITAE

Meghan Billings, PhD(c), MA, MEd, CCC, RP
School of Counselling, Psychotherapy, and Spirituality
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RECENT PROFESSIONAL AND LEADERSHIP SUMMARY

2025 – 2026	Part-time Professor, School of Counselling, Psychotherapy, and Spirituality, Saint Paul University
2019 – 2026	Executive Director, Registered Psychotherapist, Billings Psychotherapy
2022 – 2026	Manager of Clinical Performance and Supervision, Kids Help Phone
2018 – 2026	Chair, Board of Directors, Centre for Treatment of Sexual Abuse and Childhood Trauma
2017 – 2022	Lead Clinical Supervisor, Kids Help Phone

EDUCATION

PhD Candidate, School of Counselling, Psychotherapy, and Spirituality, Saint Paul University
MA, School of Counselling, Psychotherapy, and Spirituality, Saint Paul University
MEd, Master of Education, School of Education, Evaluation, and Leadership, University of Ottawa
BA, Honours Bachelor of Arts in Psychology with a Minor in Social Science of Health, University of Ottawa

RESEARCH PROJECTS

2024 – 2026	Lead Researcher, Doctoral Studies, Saint Paul University (current)
2022 – 2023	Research Assistant, Attention, Behaviour and Cognitions (ABC) Lab, Saint Paul University
2020 – 2021	Researcher, EFIT Lab, Saint Paul University
2019 – 2021	Assessor and Research Assistant, EFIT Lab, Saint Paul University
2016 – 2017	Lead Evaluator, Needs Assessment, CHEO's Mental Health Off-Service Risk Assessment Program, University of Ottawa

RESEARCH AREAS

- Trauma and Post-traumatic Stress
- Neurodiversity
- Attachment and Relationships
- Child Psychology and Behaviour
- Grief and loss
- Suicidality

CURRENT DOCTORAL RESEARCH PROJECT

- Doctoral Proposal, "Understanding Childhood Trauma and Resiliency Indicators in Neurodiverse Adults"
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PUBLICATIONS AND CONFERENCES

Armstrong, L., de Jesus Valerio, R., & Billings, M. (2026). The Adult Identity & Meaning Scale (AIMS): Reliability & Validity. *The Humanistic Psychologist*. [in press]

Billings, M. & Jiang, Y. (2023). Changes in parent COVID-19 stress, parent self-efficacy, and parent mental health between 2021 and 2022 during the pandemic; Presenter: Main Presenter, Poster. Event: CPA 2023 (Toronto, ON)

Jiang, Y., & Billings, M. (2022). Is doing household chores related to executive functioning? Attention Magazine: *Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)*. Retrieved from: <https://chadd.org/attention-article/is-doing-household-chores-related-to-executive-functioning/>

Billings, M. (2021). Emotionally-Focused Therapy for individuals with trauma-related symptoms of the self. *University of Ottawa*, <http://dx.doi.org/10.20381/ruor-26367>

Billings, M. (2017). The World of Evaluation: Challenges faced by student evaluators. *Journal of Multidisciplinary Evaluation*, 13(28), 24 - 28.

RECENT PROFESSIONAL AFFILIATIONS AND LEADERSHIP

2025 – 2026	Chair, Board of Directors, Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT)
2018 – 2024	Vice-Chair, Board of Directors, Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT)
2017 – 2026	Professional Member, Canadian Counselling and Psychotherapy Association (CCPA)
2019 – 2026	Registered Psychotherapist, College of Registered Psychotherapists of Ontario (CRPO)
2019 – 2021	Wellbeing Champion, People and Culture Committee, Kids Help Phone (KHP)

RECENT TEACHING AND WORKSHOP FACILITATION [INCOMPLETE LIST]

2026 – 2026	Internal Practicum of Counselling and Psychotherapy II, MA, Professor
2025 – 2025	Internal Practicum of Counselling and Psychotherapy II, MA, Professor
2024 – 2024	Internal Family Systems: Applications and Theory, Lecture, Sessional Lecturer
2024 – 2024	Crisis Intervention: Assessment and Reporting, Lecture, Sessional Lecturer
2023 – 2024	Internal Practicum of Counselling and Psychotherapy II, MA, Clinical Assistant
2023 – 2024	Theories of Counselling, Teaching Assistant
2023 – 2023	Psychopathology and Treatment, MA, Teaching Assistant
2022 – 2023	Trauma-informed Practice, Clinical Consultant
2022 – 2023	Internal Practicum of Counselling and Psychotherapy I, MA, Clinical Assistant
2018 – 2026	Suicide Assessment and Intervention Training for Supervisors, Clinical Manager
2018 – 2026	Supervision Training and Onboarding, Supervisor and Clinical Manager
2016 – 2017	Sensory Development and School Safety, School Clinical Consultant
2015 – 2017	Behavioural Intervention and Assessment Strategies, School Clinical Consultant

**Note: This is an incomplete CV. Please reach out to Meghan at billingspsychotherapy@gmail.com for a full CV and list of trainings, workshops, research, written works, and clinical expertise.*