

Dr. Arela Agako, C.Psych.

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AREAS OF PRACTICE

Clinical Psychology
Areas of Practice: Adults and Couples

Languages: English, Albanian

CPO Registration Number: 7480

EDUCATION

Ph.D. in Clinical Psychology Sept. 2016-Aug. 2022
McMaster University (Hamilton, ON)
Thesis: *Emotion Dysregulation during the Perinatal Period*
Advisors: Dr. Sheryl Green, C.Psych., & Dr. Randi McCabe, C.Psych.
Successfully defended June 14, 2022

B.A. (Honours) in Psychology Sept. 2011-Apr. 2016
Toronto Metropolitan University (Previously known as Ryerson University; Toronto, ON)
Honours Thesis: *Flexibility of Emotional Reactivity in People with Borderline Personality Disorder.*
Advisor: Dr. Janice Kuo, C.Psych.

CURRENT WORK EXPERIENCE

Repair: Conflict Resolution App Apr. 2025-present
Co-Founder

Responsibilities:

- Co-founded an AI-powered relationship wellness app designed to support conflict resolution and emotional connection.
- Lead clinical content development grounded in evidence-based couples therapy (EFT, DBT, Gottman, etc.).
- Oversee user research, beta testing, and integration of mental health best practices into product design and AI prompt engineering.

Albanian Community Mental Health Jan. 2025-present

Founder, Director & Clinical Psychologist

Responsibilities:

- Founded and lead the first mental health clinic in Canada serving the Albanian community.
- Provide culturally responsive, evidence-based therapy and supervise a multidisciplinary clinical team.
- Oversee clinic operations, supervise clinicians, and engage in advocacy and outreach to reduce mental health stigma.
- Lead research on understanding mental health needs of Albanian community

Trauma Care Psychology (previous name: Dr. Arela Agako Psychological Services)

Jan. 2024-present

Founder, Director & Clinical Psychologist

Responsibilities:

- Founded and oversee a trauma-focused clinic providing culturally attuned psychological services to individuals and couples.
- Deliver evidence-based treatment (CBT, DBT, DBT-PTSD, ACT, EFT) for trauma-related disorders and other related conditions.
- Lead clinical operations, supervise staff, and conduct community outreach on trauma and mental health.

PAST CLINICAL EXPERIENCE

The Ontario DBT Clinic, ON

Sept. 2022-Apr. 2025

Clinical Psychologist

Responsibilities:

- Providing comprehensive DBT to clients with various diagnoses (PTSD, BPD, OCD, anxiety and depressive disorders, eating disorders, substance use disorders, dissociative identity disorders)
- Conducting comprehensive personality psychodiagnostic assessments
- Providing consultation, supervision and didactics to other team members

The Well Parents Clinic, ON

Sept. 2022-Jul. 2024

Clinical Psychologist

Responsibilities:

- Providing individual and couple therapy in multiple treatment modalities (CBT, CPT, ACT, IPT etc.) with different perinatal and non-perinatal populations (PTSD, BPD, OCD, anxiety and depressive disorders, eating disorders, substance use disorders)

Burlington Counselling and Psychology Clinic, ON

Sept. 2022-Dec. 2023

Clinical Psychologist (Supervised Practice)

Supervisor: Dr. Kevin Jones, C.Psych.

Responsibilities:

- Having a caseload of individual clients with various presenting concerns (anxiety and depressive disorders, substance use, interpersonal difficulties, emotion dysregulation etc.) and using an integrative approach to treatment (CBT, IPT, ACT, DBT skills, EFT, etc.)

Northern Ontario Psychology Internship Consortium, ON Sept. 2021-Aug. 2022

Clinical Psychology Resident

Supervisors: Drs. Carolyn Houlding, Missy Teatero, & Sara Hagstrom, C.Psych.

Rotations: Inpatient Psychosis (Rehab & Acute), Outpatient Mental Health

Responsibilities:

- Co-led therapy groups (CBT, ACT, DBT, IPT) for diverse populations (psychosis, depression, chronic pain, perinatal, concurrent disorders).
- Provided individual therapy (CBT, CPT, DBT, ACT, IPT) for PTSD, BPD, OCD, EDs, SUDs, and mood/anxiety disorders.
- Conducted cognitive and personality assessments; engaged in weekly case presentations, seminars, research, and supervision.

Women's Health Concerns Clinic, St. Joseph's Healthcare, ON Sept. 2020-Aug. 2021

Psychometrist and Therapist

Supervisor: Dr. Sheryl Green, C.Psych.

Responsibilities:

- Co-led CBT groups for perinatal anxiety, conducted assessments, supervised clinicians and students, coordinated referrals, and participated in team meetings and supervision.

DBT Hamilton, ON Jan. 2018-Aug. 2021

Psychometrist and Therapist

Supervisor: Dr. Lisa Burckell, C.Psych.

Responsibilities:

- Provided individual DBT and CPT for PTSD, co-led DBT skills groups, conducted personality assessments, coordinated referrals, and attended team and supervision meetings.

Psychology Practicum Student Sept. 2016-Aug. 2021

St. Joseph's Healthcare, West 5th, Hamilton, ON

Supervisors: Drs. Sheryl Green, Katherine Holshausen, Juliana Tobon, & Colleen Merrifield, C.Psych.

Rotations: Women's Health, BPD Service, Youth Wellness Centre, Mood Disorders Clinic

Responsibilities:

- Co-led therapy groups (DBT, CBT, CPT, MI); provided individual therapy (CBT, DBT, CPT, ACT) for diverse populations (PTSD, BPD, mood/anxiety, OCD, SUDs, perinatal).
- Conducted cognitive and personality assessments.

TEACHING EXPERIENCE

Psychodiagnostics Apr. 2025

Lecturer (50 students)

Department of Psychology and Psychotherapy, Ministry of Health, Prishtina, Kosovo

Responsibilities:

- Taught a 12-hour psychodiagnostics course to clinical psychology residents in Kosovo.

Psychometrics Sept. 2020-Dec. 2020

Teaching Assistant and Guest Lecturer (300 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Conducting guest lectures; holding office hours; invigilating exams; answering student questions online; administrative tasks.

Descriptive Statistics Jan. 2020-May 2020

Teaching Assistant (120 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Holding weekly tutorials on R and excel; invigilating exams; grading assignments and exams; administrative tasks.

Research Methods Sept. 2019-Dec. 2019

Teaching Assistant (40 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Attending lectures; holding weekly tutorials holding office hours; invigilating exams; grading exams and assignments; administrative tasks.

Learning and Shaping Behaviour Jan. 2019-May 2019

Teaching Assistant (350 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Attending lectures; Holding office hours; invigilating exams; answering student questions online; administrative tasks.

Psychometrics Sept. 2018-Dec. 2018

Teaching Assistant (100 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Conducting guest lectures; Holding office hours; invigilating exams; answering student questions online; administrative tasks.

Basic and Clinical Neuroscience Jan. 2018-May 2018

Teaching Assistant (70 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Holding weekly tutorials; holding office hours; answering student questions; grading assignments; administrative tasks

Inferential Statistics Sept. 2017-Dec. 2017

Teaching Assistant (50 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Holding weekly tutorials; holding office hours; answering student questions; grading assignments and exams; administrative tasks

Basic and Clinical Neuroscience Jan. 2017-May 2017

Teaching Assistant (45 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Holding weekly tutorials; holding office hours; answering student questions; grading assignments; administrative tasks

Social Psychology Sept. 2016-Dec. 2016

Teaching Assistant (400 students)

Department of Psychology, Neuroscience & Behaviour, McMaster University, Hamilton, ON

Responsibilities:

- Holding weekly office hours; invigilating exams; answering student questions online; administrative tasks.

STUDENT SUPERVISION EXPERIENCE

Nicole Atkinson Dec. 2023-Jun. 2025

Supervisor, Psychologist in Supervised Practice

The Ontario DBT Clinic, Toronto, ON

Angela MacIsaac May 2022-Aug 2022

Co-supervisor, Psychology Practicum Student

Thunder Bay Regional Hospital, Thunder Bay, ON

Emily Barrett May 2020-May 2021

Co-supervisor, Bachelor's Honours Thesis Student

McMaster University, Hamilton, ON

Adam Clasky May 2019-May 2020

Co-supervisor, Bachelor's Honours Thesis Student

McMaster University, Hamilton, ON

Zhuoli Zheng Jan. 2019-May 2020

Co-supervisor, Research Practicum Student/Bachelor's Honours Thesis Student

McMaster University, Hamilton, ON

Katherine Silang May 2018-Sept. 2019

Co-supervisor, Bachelor's Honours Thesis Student

McMaster University, Hamilton, ON

Danya Sanderson Sept. 2018-Dec. 2019

Co-supervisor, Undergraduate Research Practicum Student

McMaster University, Hamilton, ON

Claire Hallett Jan. 2018-May 2020

Co-supervisor, Undergraduate Research Practicum Student

McMaster University, Hamilton, ON

Gurjovan Sahi
Co-supervisor, Undergraduate Research Practicum Student
McMaster University, Hamilton, ON

Jan. 2018-May 2018

Laura Noble
Co-supervisor, Bachelor's Honours Thesis Student
McMaster University, Hamilton, ON

Sept. 2017-May 2018

OTHER WORK EXPERIENCE

Research Coordinator May 2015-May 2017
Women's Health Concerns Clinic, St. Joseph's Healthcare, West 5th, Hamilton, ON

Supervisor: Dr. Sheryl Green, C.Psych.

Responsibilities:

- Study set-up according to grant criteria; ethics applications; registering clinical trials; assisted in preparing structured CBT treatment manuals; participant recruitment; budget allocation; prep for group sessions; literature searches; conducting phone screens & in-person screens to determine participant eligibility; setting up databases in SPSS/excel including scoring syntaxes; data entry; data analysis; other administrative duties.

Research Assistant April 2015-Aug. 2016
BPD and Emotion Processing Lab, Ryerson University, Toronto, ON

Supervisor: Dr. Janice Kuo, C.Psych.

Responsibilities:

- Assisting with study set-up; developing the study protocol; testing clinical participants and undergraduate participants; training and supervising the research assistants; collecting & coding physiological data & developing scoring manuals; developing study databases; data analysis; participant recruitment; reporting to principal investigator regarding study status; coordinating with other study sites (University of Toronto, Scarborough); other administrative duties.

Intake Coordinator Sept. 2015-Aug. 2016
EBT3 psychological Services Clinic, Toronto, ON

Supervisors: Dr. Janice Kuo, C.Psych., Dr. Candace Monson, C.Psych., Dr. Kelly Horner, C.Psych.

Responsibilities:

- Client correspondence; phone screens; matching clients to available psychologists based on client concerns/needs; handling wait-list; processing payments/scheduling appointments.

Research Assistant

Sept. 2013-May 2015

Sleep and Depression Laboratory, Ryerson University, Toronto, ON

Supervisor: Dr. Colleen Carney, C.Psych.

Responsibilities:

- Conducting Structured Clinical Interviews for DSM-V criteria (SCID); conducting Duke Structured Interviews for Sleep Disorders (DSISD); training new volunteers; data collection through questionnaires and physiological; recruiting participants; conducting fatigue inductions and administering STROOP tasks; database management.

WORKSHOPS & TRAININGS

Dialectical Behavioural Therapy for Complex PTSD

Apr. 2024

Martin Bohus, M.D. & Shelley McMain, Ph.D., C.Psych

Centre for MindBody Health, Toronto, Ontario

- 8-day foundational training on learning to deliver Dialectical Behavioural Therapy for Complex Post-Traumatic Stress Disorder (28 hours)

Couples Therapy for BPD (SAGE Protocol)

Feb. 2024

Skye Fitzpatrick, Ph.D., C.Psych. & Rachel Liebman, Ph.D., C.Psych

Nellie Health

- 2-day online workshop on working effectively with couples who have BPD, emotion dysregulation or high suicidality (14 hours)

DBT with Reactive or High Conflict Couples

Dec. 2022

Alan E. Fruzzetti, Ph.D., C.Psych.

Centre for MindBody Health, Toronto, Ontario

- 2-day online workshop on working effectively with high conflict couples in couples therapy (9.5 hours)

The 10 Principles of Effective Couples Therapy

Oct. 2022

John M. Gottman, Ph.D., & Julie S. Gottman, Ph.D.

Pesi, Virtual

- 5-day CPA approved course on learning the Gottman Method for couples therapy and a review of research on the topic (19 hours)

Enhancing Emotions in Therapy

Dec. 2020

Leslie Greenberg, Ph.D., C.Psych.

Centre for MindBody Health, Toronto, Ontario

- 2-day online workshop on “Ten ways to enhance emotions in therapy: The transforming power of Affect” (6 hours)

Cognitive Processing Therapy for PTSD

Sept. 2019

Candice M. Monson, Ph.D., C.Psych. & Philippe Schnaider, Ph.D., C.Psych.

EBT3, Toronto, Ontario

- 2-day foundational training in Cognitive Processing Therapy for Posttraumatic Stress Disorder (16 hours)

Cognitive Behavioural Therapy for Personality Disorders

July 2019

Judith Beck, Ph.D., C.Psych.

World Congress of Behavioural and Cognitive Therapies, Berlin, Germany

- Full day pre-congress workshops on conceptualizing personality disorders using a CBT framework and applying CBT with individuals with various personality disorders (7 hours)

Cognitive Behavioural Therapy

July 2019

Christine Padesky, Ph.D., C.Psych.

World Congress of Behavioural and Cognitive Therapies, Berlin, Germany

- Congress workshop discussing “What works for whom, and under which relational contexts? Making clinical decisions at the crossroads of treatment and relational processes in CBT” (3 hours)

Dialectical Behavioural Therapy: Part 2

April 2019

Lisa Burckell, Ph.D., C.Psych.

Oshawa Psychotherapy Training Institute, Oshawa, Ontario

- 2-day workshop on core skills in Dialectical Behavioural Therapy (16 hours)

Dialectical Behavioural Therapy: Part 1

March 2019

Lisa Burckell, Ph.D., C.Psych.

Oshawa Psychotherapy Training Institute, Oshawa, Ontario

- 2-day workshop on core skills in Dialectical Behavioural Therapy (16 hours)

PUBLICATIONS

1. Barrett, E. N., Frey, B. N., Streiner, D. L., **Agako, A.**, Inness, B. E., Furtado, M., ... & Green, S. M. (2025). Psychometric properties of the difficulties in emotion regulation scale in a perinatal sample. *Journal of Reproductive and Infant Psychology*, 43(1), 195-214.
2. **Agako, A.**, Burckell, L., McCabe, R. E., Frey, B. N., Barrett, E., Silang, K., & Green, S. M. (2023). A pilot study examining the effectiveness of a short-term, DBT informed, skills group for emotion dysregulation during the perinatal period. *Psychological Services*, 20(3), 697.
3. Barrett, E. N., Frey, B. N., Streiner, D. L., **Agako, A.**, Inness, B. E., Furtado, M., ... & Green, S. M. (2023). Psychometric properties of the difficulties in emotion regulation Scale in a perinatal sample. *Journal of Reproductive and Infant Psychology*, 1-20.
4. **Agako, A.**, Ballester, P., Stead, V., McCabe, R. E., & Green, S. M. (2022). Measures of emotion dysregulation: A narrative review. *Canadian Psychology/Psychologie canadienne*, 63(3), 376.
5. **Agako, A.**, Donegan, E., McCabe, R. E., Frey, B. N., Streiner, D., & Green, S. (2021). The role of emotion dysregulation in cognitive behavioural group therapy for perinatal anxiety: Results from a randomized controlled trial and routine clinical care. *Journal of Affective Disorders*. 292, 517-525. doi: 10.1016/j.jad.2021.05.084

6. Rodrigues, K.R., Bilhalva, J.B., Cabelleira, M.D., Guimarães, G.O., Madureira, T., **Agako, A.**, Souza, M.L., Souza, L.D. (2021). The impact of mindfulness on suicidal behavior: A systematic review. *Trends in Psychiatry and Psychotherapy*.
7. Green, S. M., Donegan, E., McCabe, R. E., Streiner, D. L., Furtado, M., Noble, L., **Agako, A.**, & Frey, B. N. (2020). Cognitive behavior therapy for women with generalized anxiety disorder in the perinatal period: Impact on problematic behaviors. *Behavior Therapy*.
8. Green, S. M., Donegan, E., McCabe, R. E., Streiner, D. L., **Agako, A.**, & Frey, B. N. (2020). Cognitive behavioral therapy for perinatal anxiety: A randomized controlled trial. *Australian & New Zealand Journal of Psychiatry*, 54(4), 423-432.

CONFERENCE PRESENTATIONS

1. **Agako A**, McCabe R.M, Green S.M. (2023, November). *An investigation of emotion dysregulation during the perinatal period: Implications for perinatal mental health and psychological treatments*. In S. N. Hellberg (Chair), *Emotion Dysregulation & Risk Behavior in the Perinatal Period: An overlooked and critical issue for research, clinical care, and public health initiatives*. Paper presented at the ABCT 2023 Convention, Seattle, WA.
2. **Agako A**, Cudney L, Burckell L, McCabe R, Green S.M. (2020, May). *The development of a DBT-based emotion regulation skills group tailored to the perinatal period: Considerations and challenges*. Abstract accepted for the annual meeting of the Canadian Association for Cognitive Behavioural Therapy. Halifax, Canada.
3. Zheng Z, **Agako A**, Green S. (2020, May). *Examining emotional reactivity in women with perinatal anxiety and depression*. Abstract accepted for the annual national convention of the Canadian Psychological Association. Montreal, Canada.
4. Clasky A, **Agako A**, Green S. (2020, May). *Examining the relationship between emotion regulation and bonding in the perinatal period*. Abstract accepted for the Canadian Psychological Association Annual National Convention. Montreal, Canada.
5. **Agako A**, Silang K, McCabe R, Green S. (2019, July). *Emotional reactivity in perinatal women with anxiety and/or depressive disorders and healthy controls*. Poster presented at the biannual meeting of the World Congress for Cognitive and Behavioural Therapies. Berlin, Germany.
6. Silang K, **Agako A**, Donegan E, McCabe R, Green S. (2019, May). *Examining the relationship between personality dimensions and anxiety and depressive disorders in women during the perinatal period*. Poster presented at the 9th Annual meeting of Canadian Association for Cognitive Behavioural Therapy. Montreal, QC.
7. Sahi G, Cudney L, Grennan L, **Agako A**, McCabe RE, Green SM (2019, May). *Measuring adherence to time in bed restriction and impact on treatment outcome in group cognitive behavioural therapy for insomnia*. Poster presented at the 9th Annual meeting of the Canadian Association of Cognitive and Behavioural Therapies. Montreal, QC, Canada.

8. Ursani, A., Cudney, L., **Agako, A.** & Green, S. (2018, November). *Association of insomnia complaints with comorbid psychiatric symptoms and medical conditions*. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
9. Carmona, N. E., Usyatynsky, A., Carney, C. E., Green, S., & **Agako, A.** (2018, November). *Comparing the psychometric properties of the Hamilton Rating Scale for Anxiety and the Depression Anxiety Stress Scales in individuals with insomnia*. Poster presented at the 52nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
10. **Agako, A.**, Donegan, E., Cudney, L., McCabe, R.E., & Green., S.M. (2018, July). *Emotion dysregulation as a mediator of perinatal anxiety/depression and negative social outcomes during the perinatal period*. Poster presented at the annual meeting of the British Association for Behavioural and Cognitive Psychotherapies, Glasgow, UK.
11. Cudney, L.E., Donegan, E., **Agako, A.**, Frey, B.N., McCabe, R.E., Green, S.M. (2018, July). *Does the severity of anxiety, depression and sleep difficulties impact the effectiveness of CBT for menopausal symptoms?* Poster presented at the annual meeting of the British Association for Behavioural & Cognitive Psychotherapies, Glasgow, UK.
12. **Agako, A.**, Donegan, E., Ursani, A., McCabe, R.E., & Green., S.M. (2018, June). *Impact of cognitive behavioural therapy for perinatal anxiety on emotion dysregulation: 3-month follow-up outcomes*. Gimme-5 presentation at the annual meeting of the Canadian Psychological Association, Montreal, QC.
13. Noble, L., Donegan, E., **Agako, A.**, & Green, S. M. (2018, June). *Examining the relationships between problematic behaviours and anxiety symptoms in the perinatal period*. Poster presented at the annual meeting of the Canadian Psychological Association, Montreal, QC.
14. Green, S. M., Donegan, E., **Agako, A.**, McCabe, R. E., & Frey, B. N. (2018, June). *CBT for perinatal anxiety: A randomized controlled trial*. In Reynolds, K. (Moderator), Recent developments in perinatal anxiety-Related Disorders Across Canada. Symposium presented at the annual meeting of the Canadian Psychological Association, Montreal, QC.
15. Green, S. M., Donegan, E., Frey, B. N., Agako, A., & McCabe, R. (2018, May). *CBT for perinatal anxiety: Midway data from a randomized controlled trial*. Poster presented at the annual conference of the Canadian Association of Cognitive and Behavioural Therapies, Vancouver, BC.
16. Cudney, L.E., **Agako, A.**, Ursani, A., & Green., S.M. (2018, May). *Impact of sleep prescription adherence on outcomes of group cognitive behavioural therapy for insomnia*. Gimme-5 presented at the annual meeting of the Canadian Psychological Association, Montreal, QC.
17. Noble, L., Donegan, E., **Agako, A.**, & Green, S. M. (2018, May). *Examining the relationships between problematic behaviours and anxiety symptoms in the perinatal period*. Poster presented at the annual meeting of the Canadian Psychological Association, Montreal, QC.

18. Ursani, A., Cudney, L., **Agako, A.** & Green, S. (2018, May). *Association of insomnia complaints with comorbid psychiatric symptoms and medical conditions*. Poster presented at the annual meeting of the McMaster Psychiatry Research Day, Hamilton, ON.
19. **Agako, A.**, Donegan, E., McCabe, R.E., & Green., S.M. (2018, May). *Impact of cognitive behavioural therapy for perinatal anxiety on emotion dysregulation*. Poster presented at the annual meeting of the McMaster Psychiatry Research Day, Hamilton, ON.
20. Cudney, L.E., **Agako, A.**, Ursani, A., & Green., S.M. (2018, May). *Impact of sleep prescription adherence on outcomes of group cognitive behavioural therapy for insomnia*. Poster presented at the annual meeting of the McMaster Psychiatry Research Day, Hamilton, ON.
21. **Agako, A.**, Donegan, E., McCabe, R.E., & Green., S.M. (2017, November). *Impact of cognitive behavioural therapy for perinatal anxiety on emotion dysregulation*. Poster presented at the annual meeting of Association for Behavioral and Cognitive Therapies, San Diego, CA.
22. Green, S.M., Carney, C.E., **Agako, A.**, Pellizari, J., Li, Y.J., & McCabe, R.E. (2017, November). Implementing group cognitive behavioural therapy for insomnia (G-CBTi): Protocol and data from a sleep medicine clinic. In: D.M. Sloan (Chair) R. Heimberg (Discussant), *New advances in group CBT: Expanding the reach and context of interventions*. conducted at the annual meeting of Association for Behavioral and Cognitive Therapies, San Diego, CA.
23. Green, S.M., Donegan, E., Frey, B.N., **Agako, A.**, & McCabe, R.E. (2017, November). *CBT for perinatal anxiety: Preliminary data from a randomized controlled trial*. Poster presented at the annual meeting of Association for Behavioral and Cognitive Therapies, San Diego, CA.
24. **Agako, A.**, Donegan, E., & Green., S.M. (2017, June). *Exploring emotion dysregulation in women with perinatal anxiety*. Poster presented at the annual meeting of the Canadian Psychological Association, Toronto, ON.
25. **Agako, A.**, Donegan, E., & Green., S.M. (2017, May). *Exploring emotion dysregulation in women with perinatal anxiety*. Poster presented at the annual McMaster Psychiatry Research Day meeting, Hamilton, ON.
26. Green, S. M., **Agako, A.**, Alcolado, G. M., Pellizari, J., Li, J. Y., Carney, C., & McCabe, R. (2017, June). *Group cognitive behavioural therapy for insomnia (G-CBTi): A pilot study*. Poster presented at the annual meeting of the Canadian Psychological Association, Toronto, ON.
27. **Agako, A.**, Krantz., L.H., Fitzpatrick, S., & Kuo., J.R. (2016, October). *Flexibility of emotional reactivity among individuals with borderline personality disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
28. Green, S. M., Alcolado, G. M., **Agako, A.**, Pellizari, J., Li, J. Y., Carney, C., & McCabe, R. (2016, October). *Group cognitive behavioural therapy for insomnia (G-CBTi): An update on*

- pilot data*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
29. Green, S. M., Alcolado, G. M., **Agako, A.**, Pellizari, J., Li, J. Y., Carney, C., & McCabe, R. (2016, June). *Group cognitive behavioural therapy for insomnia (G-CBTi): Preliminary data evaluating efficacy, acceptability, and impact of comorbidity on outcome*. Poster presented at the annual meeting of the Canadian Psychological Association, Vancouver, ON.
 30. Green, S. M., Alcolado, G. M., **Agako, A.**, Pellizari, J., Li, J. Y., Carney, C., & McCabe, R. (2016, April). *Group cognitive behavioural therapy for insomnia (G-CBTi): Preliminary data evaluating efficacy, acceptability, and impact of comorbidity on outcome*. Poster presented at the annual McMaster Research Day meeting, Hamilton, ON.
 31. Green, S. M., Alcolado, G. M., **Agako, A.**, Pellizari, J., Li, J. Y., Carney, C., & McCabe, R. (2015, November). *Pilot data from the implementation of group cognitive behavioural therapy for insomnia (G-CBTi): Evaluating efficacy, acceptability and impact of comorbidity on outcome*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 32. Kuo, J.R., **Agako, A.**, Krantz, L.H., Fitzpatrick, S. & Uliaszek, A. (2015, October). *An experimental examination of the relationship between validation and willingness to engage in goal-directed behaviours: An NIMH R03 proposal*. Poster presented at the annual Dialectical Behavior Therapy Strategic Planning Meeting, Seattle, WA.
 33. **Agako, A.**, Maich, K., Lachowski, A. & Carney, C. (2015, June). *Sleep onset and maintenance as predictors of negative mood states*. Poster presented at the 76th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
 34. Lachowski, A.M., Maich, K.H.G., **Agako, A.**, & Carney, C.E. (2015, June). *Predicting Sleep Schedule Adherence Based on Pretreatment Insomnia Severity*. Poster presented at the 29th annual meeting of the Associated Professional Sleep Societies (SLEEP), Seattle, WA.
 35. **Agako, A.**, Kusec, A., Marcos, M., Pawluk, E., & Koerner, N. (2014, July). *An examination of intolerance of uncertainty as a mediator of paranoia and interpretation bias in people with high and low worry*. Poster presented at the annual meeting of the Canadian Society for Brain, Behaviour and Cognitive Science, Toronto, ON.
 36. Fracalanza, K., Mastorakos, T., Koerner, N., **Agako, A.**, McShane, K., & Antony, M.M. (2014, March). *Others are more certain and I don't deserve this! An investigation of uncertainty as unfair and its connection to anger in generalized anxiety disorder*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

RECOGNITIONS & AWARDS

<p>Ontario Graduate Scholarship (OGS) McMaster University Value: 15,000 (Canadian dollar)</p>	Sept. 2019-Aug. 2020
<p>McMaster Graduate Scholarship McMaster University Value: 2,364 (Canadian dollar)</p>	Sept. 2019
<p>Travel Award Department of Psychology, Neuroscience & Behaviour McMaster University Value: \$500 (Canadian dollar)</p>	May 2019
<p>The Dalley Fellowship Award In-name award rewarded for academic and research achievement McMaster University Value: \$5000 (Canadian dollar)</p>	Apr. 2018
<p>Travel Award Department of Psychology, Neuroscience & Behaviour McMaster University Value: \$500 (Canadian dollar)</p>	Oct. 2017
<p>Ontario Graduate Scholarship (OGS) McMaster University Value: 15,000 (Canadian dollar)</p>	Sept. 2017-Aug. 2018
<p>McMaster Graduate Scholarship McMaster University Value: 2,364 (Canadian dollar)</p>	Sept. 2017
<p>McMaster Research Scholarship McMaster University Value: 5,000 (Canadian dollar)</p>	Sept. 2016-Aug. 2017