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Dr. Irena Milosevic is a clinical and health psychologist registered with the College of Psychologists of Ontario. She is a staff psychologist at the Anxiety Treatment and Research Clinic at St. Joseph’s Healthcare Hamilton, as well as an associate professor and psychotherapy associate lead in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. Milosevic has more than 15 years of experience in CBT clinical practice, research, and education. Her current focus is primarily on CBT for anxiety, trauma, and OCD related disorders. Dr. Milosevic is the author of numerous journal articles and book chapters, many of which aim to expand our understanding of how CBT works and improve its outcomes.