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Karen Rowa is a psychologist and Clinical Director at the Anxiety Treatment and Research Clinic at St. Joseph’s Healthcare Hamilton and a Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. Dr. Rowa is active in education, clinical supervision, research, and clinical service focused on CBT for anxiety disorders, obsessive compulsive disorder, and hoarding disorder. She is a fellow of the Canadian Association of Cognitive and Behavioural Therapies. Dr. Rowa has published over 80 peer-reviewed articles and chapters, as well as two books in the area of anxiety disorders, hoarding disorder, and obsessive-compulsive disorder.