A person in a black suit

Description automatically generated**MATILDA NOWAKOWSKI, Ph.D., C.Psych.**  
Dr. Matilda Nowakowski is a registered clinical and health psychologist and a member of the College of Psychologists of Ontario. She has specialized training in the provision of cognitive-behaviour therapy for individual struggling with anxiety disorders, post-traumatic stress disorder, obsessive-compulsive disorder, and chronic medical conditions, including chronic pain. She is an assistant professor (PT) with the Department of Psychiatry and Behavioural Neurosciences at McMaster University and certified in cognitive behavioural therapy by the Canadian Association for Cognitive and Behavioural Therapies. Dr. Nowakowski works at St. Joseph’s Healthcare Hamilton as the Network Clinical Lead for the Ontario Structured Psychotherapy Program West Region, a provincial program aiming to increase access to evidence-based psychotherapy for adults struggling with depression, anxiety, and anxiety-related conditions.