A person smiling in front of a brick wall

Description automatically generated**LINDSAY SZOTA, M.Sc., C. Psych. Assoc. (Supervised Practice)**  
Lindsay Szota received her Master’s degree in Clinical Psychology in 2017 from the University of Western Ontario. Her graduate research focused on predictors of negative thinking styles in depression. Throughout her training she held clinical positions at the Anxiety Treatment and Research Clinic, the WSIB Mental Health Specialty Program, and the Women’s Health Concerns Clinic at St. Joseph’s Healthcare Hamilton, as well as Western University’s Student Development Centre. She continues to work as a Psychological Associate in supervised practice at the Anxiety Treatment and Research Clinic, the Ontario Structured Psychotherapy Program, and in private practice, with a special interest in anxiety disorders, Obsessive-Compulsive Disorder (OCD), depression, post-traumatic stress, and related issues including life stress, low self-esteem, and relationship difficulties.