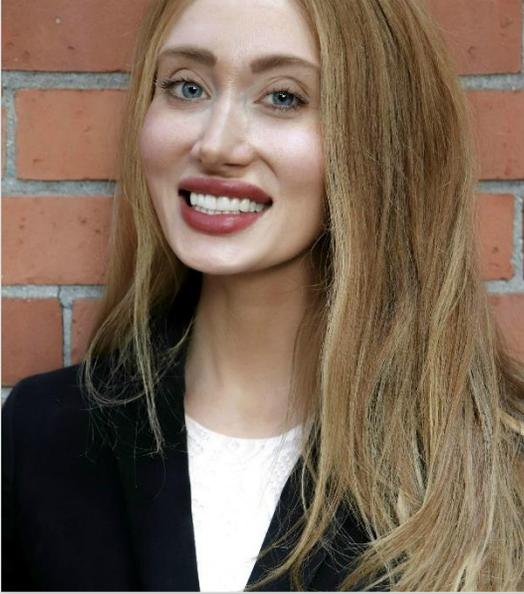


Dr. Marisa Murray, Psychologist



Professional Summary

Dr. Murray is a registered clinical psychologist with the College of Psychologists of Ontario. She uses a collaborative therapeutic approach to explore and confront your challenges and work toward equipping you with insight, skills, and tools to make positive and lasting changes in your life. Dr. Murray is committed to working alongside you to instill hope and courage, to build on your strengths, and to ensure feelings of comfort, safety, and validation.

Dr. Murray has extensive experience providing psychological services to individuals presenting with a variety of mental health concerns. She practices from a Cognitive Behavioural modality

and as appropriate, integrates additional evidence-based modalities (e.g., Dialectical Behavioural, Acceptance and Commitment, Mindfulness), tailored to your specific needs and goals to achieve your desired change. Dr. Murray is also well versed in in psychodiagnostic and psychoeducational assessments.

Professional Specialties

- Stress and Anxiety Management
- Emotion regulation
- Depression
- Obsessive-Compulsive
- Perfectionism
- Interpersonal Relationships
- Self-esteem
- Body image & Eating Behaviours
- Attention Deficit Challenges

Education

- PhD (Clinical Psychology) - The University of Ottawa
- MA (Psychology) - Carleton University
- BA (Psychology, Honours) - Carleton University



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Dr. Marisa Murray, Psychologist

Professional Experience

Dr. Murray has obtained a variety of clinical training experience in private practice, schools, outpatient clinics, and a hospital, providing group and individual therapy and conducting comprehensive psychological assessments. She completed her pre-doctoral internship at a university counselling centre and her supervised practice year in private practice. Dr. Murray also remains active in the research community. She has been involved in several hospital-based research studies, published her research in peer-reviewed journals and delivered presentations at national and international scientific conferences. Dr. Murray also participates regularly in continuing education workshops to remain current with psychological research and evidence-based treatments.



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