

Kat Bayang Psychotherapy - Training, Certifications & Relevant Experience

Formal Education

- MA Counselling Psychology, Yorkville University (2024)
 - Practicum completed at [Perinatal Wellbeing Ontario](#) (2024)
 - Training in the traditional therapeutic modalities: Psychodynamic Therapy, Humanistic Therapy, Narrative Therapy, Dialectical Behavioural Therapy, Cognitive Behavioural Therapy, Person Centred Therapy, Existential Therapy, Gestalt Therapy, Mindfulness
- BSc Midwifery, Toronto Metropolitan University (2018-2022 **on leave*)
 - Placements included:
 - Midwives Collective of Ontario & Mount Sinai Hospital
 - Uptown Midwives Toronto & North York General Hospital
 - St. Michael's Hospital (NICU and Labour & Delivery Nursing Units)
 - Humber River Hospital (OBGYN Unit)
 - Women's College Hospital (Bay Centre for Birth Control)
 - International Breastfeeding Centre with Dr. Jack Newman (Lactation Consultancy)
 - Markham Stouffville Hospital (Alongside Midwifery Unit)
- MA Global Media and Postnational Communications, School of Oriental and African Studies @ University of London (2009)
- Post-graduate Certificate in Public Relations, Humber College (2007)
- Hons BA English & Media Studies, University of Toronto (2006)

Related Certifications & Experience

- [Leaning into Liberatory Practice](#), Summit Participant (2024)
- Canadian Perinatal Mental Health Trainings
 - [Internal Family Systems for Perinatal Populations](#) (2024)
 - [Perinatal Mental Health Certificate Program](#) (2024)
 - [Birth and Reproductive Trauma Certificate Program](#) (2023)
- [Client Care Coordinator](#) & [Doula Care Coordinator](#), Yoga Mamas (2022-2024)
- [Group Peer Support Facilitator](#), Bereaved Families of Ontario (2023)
- [Peer Supporter](#), Perinatal Wellbeing Ontario (2022-2023)
- [HelpLine Volunteer](#), Postpartum Support International (2022-2023)
- [Somatic Attachment Therapy Certificate](#), Embody Lab, (2022)
- [Mental Health First Aid](#), Mental Health Commission of Canada (2021)
- [Crisis Line Volunteer](#), Toronto Rape Crisis Centre (2018-2020)
- [Anti-Black Racism Training](#), Association of Ontario Midwives (2020)
- [Peer Support Volunteer](#), Breastfeeding Support International (2017)