

Bill Gayner, BSW, MSW, RSW

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<https://mindfulfeeling.ca/>

Registered Social Worker, Psychotherapist

Centre for Psychology and Emotional Health

Toronto, ON

- Online individual, couple and group therapy
- Psychotherapist training and mentoring in emotion-focused mindfulness therapy

<https://www.cpeh.ca/>

Founding President

Touching the Earth Mindfulness Ontario

<https://ttemo.ca/>

Certified Focusing Trainer

The International Focusing Institute

Education

1997	BSW	Carleton University, Ottawa, Ontario <ul style="list-style-type: none">• Highest Honours• Murdoch Maxwell MacOdrum Scholarship• Dean's List each year
1998	MSW	University of Toronto, Toronto, Ontario. <ul style="list-style-type: none">• Ontario Graduate Scholarship• Junior Resident Fellow, Massey College

Awards

1989	Honourary Tournament Champion, Saigo-Cho Sumo Tournament Saigo-Cho, Oki, Shimane, Japan
2007	Karen McGibbon Award of Excellence and Seymour Schulich Honorarium, Mount Sinai Hospital, Joseph and Wolf Lebovic Health Complex
2007	Joel Sadavoy Community Mental Health Award Department of Psychiatry, Mount Sinai Hospital, Joseph and Wolf Lebovic Health Complex

Peer-Reviewed Papers

Gayner B, Esplen MJ, DeRoche P, Wong J, Bishop S, Kavanagh L, Butler K. (2012). A randomized controlled trial of mindfulness-based stress reduction to manage affective symptoms and improve quality of life in gay men living with HIV. *Journal of Behavioral Medicine, Volume 35, Number 3, Pages 272-285.* (Published online first, 2011.)

Gayner, B. (2019). Emotion-focused mindfulness therapy. *Person-Centred and Experiential Psychotherapies*, Vol. 18, Issue 1, pages 98-120.

Professional Registration and Associations

1998 to present	Ontario Association of Social Workers
1999 to present	Ontario College of Social Workers and Social Service Workers
2016 to present	International Society of Emotion-Focused Therapy
2016 to present	World Association of Person-Centred and Experiential Therapy and Counselling
2019 to present	The International Focusing Institute

Positions

1995-1996	BSW Student, Practicum, Somerset West Community Health Centre, Ottawa
1996	BSW Student, Practicum, Ottawa Civic Hospital, Orthopaedic Wards
1997-1998	MSW Student, Practicum, Sunnybrook Health Sciences Centre, HIV Outpatient Clinic
1998 to 2020	Mental Health Clinician, Clinic for HIV-Related Concerns, Department of Psychiatry, Mount Sinai Hospital, Sinai Health System
2005-2008	Faculty, Mindfulness Professional Training, Factor-Inwentash Faculty of Social Work, Continuing Education, University of Toronto.
2006-2010	Field Instructor, Factor-Inwentash Faculty of Social Work, University of Toronto
2010 to 2020	Adjunct Lecturer, Factor-Inwentash Faculty of Social Work, University of Toronto
2008 to 2020	Faculty, Mount Sinai Psychotherapy Institute
2009 to present	Mindfulness and Wellness Clinical Educator Health Arts and Humanities Program, University of Toronto
2013 to 2014	Faculty, Sunnybrook Mindfulness Professional Continuing Education
2014 to 2020	Course Director, Mindful Psychotherapy, Mount Sinai Psychotherapy Institute
2019 to present	Registered Social Worker, Psychotherapist in private practice Centre for Psychology and Emotional Health
2022 to present	Founding President, Touching the Earth Mindfulness Ontario
2023	Certified Focusing Trainer, The International Focusing Institute