

Treatment Team

Our Treatment Team provides therapy and diagnostic services to children, adolescents, adults, couples and families.



**Dr. Ian Shulman, Ph.D., C.Psych.
Clinic Director**

Ian Shulman is a clinical psychologist with an energetic and creative style, who enjoys working with adolescents, adults, couples and families. Dr. Shulman is a member of the Canadian Psychological Association and the Ontario Psychological Association. He received his Ph.D. from the University of Calgary in 1999. His background includes professional positions with the Hospital for Sick Children, the former Clarke Institute of Psychiatry (now CAMH), North York General Hospital and the University of Waterloo. Dr. Shulman has extensive experience in individual and marital/couples therapy and psychological evaluation. He also runs Shift's Fly Without Fear program, in which he teaches people how to overcome their fear and anxiety about flying.

Ian's approach is warm and engaging and he believes that all people have within them the power to create the kind of life they want to lead.



Siren Busch, M.A., C.Psych.Assoc.

Siren Busch is a Psychological Associate practicing in the areas of Counseling, Clinical and Forensic Psychology and who is registered with the College of Psychologists of Ontario. Siren is passionate about supporting adolescents and adults struggling with anxiety, stress, depression, anger, substance use, and histories of trauma. She is fluent in both German and English.

Graduating with a Master's Degree in clinical psychology in 2000 from the University of Hamburg, Germany, Siren came to Canada shortly thereafter to pursue her career in psychology. Her professional background includes positions with the Ontario Ministry of Children and Youth Services, the University Health Network and most recently with the Centre for Addiction and Mental Health. Siren is a member of both the Ontario and Canadian Psychological Associations and the services she provides are covered by most extended health benefits plans.



Dr. Kristina Wilder, Ph.D., C.Psych.

Also a member of our Assessment Team, Dr. Kristina Wilder works with clients of all ages and backgrounds, including children, adolescents, adults, couples, and families. She brings enthusiasm, an energetic personality and a sense of fun to her work. Kristina believes in working transparently with clients, collaborating to meet their goals. She works with a variety of issues, including anxiety, trauma and abuse, depression, and relationship challenges.

Kristina received her Ph.D. in Psychology from St. John's University in New York, an experience that helped her to be mindful of diverse client backgrounds. She is skillful in Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT), and Cognitive Behavior Therapy (CBT). She is also experienced in Psychodynamic therapy. With a wide range of tools, Kristina customizes her approach to client needs, helping each person reach their unique aims. She is a member of the Ontario Psychological Association and enjoys camping, Lego and quilting.



Dr. Lisa Dulgar-Tulloch, Ph.D., C.Psych

Dr. Lisa Dulgar-Tulloch is a clinical and health psychologist who enjoys working with individuals across a broad spectrum of experiences and identities with a clinical focus on treating relationship issues, anxiety and mood disorders, trauma, and stress-related illnesses.

Dr. Dulgar-Tulloch received her Ph.D. from the University at Albany and completed her internship and postdoctoral fellowship at McLean Hospital/Harvard Medical School before spending the last seven years working with university students at the University at Albany. She is a member of the National Register of Health Service Psychologists, the American Psychological Association, the Ontario Psychological Association and the Association for Behavioural and Cognitive Therapies.

Using the frameworks of cognitive behavioural therapy and dialectical behavioural therapy, Dr. Dulgar-Tulloch helps clients shift their focus to the here and now, placing a high value on an individual's existing strengths while identifying areas for personal growth. She believes therapy should incorporate empathy, compassion, and a sense of humour.



Dr. Jo-Ann Reitzel, Ph.D., C.Psych.

Jo-Ann Reitzel, Ph.D., is a clinical and school psychologist who has enjoyed working with children and youth, and their families for more than 35 years. She has extensive experience in individual assessments and consultations with families, schools and physicians about children's strengths and needs, and to make recommendations to improve success and wellbeing. She has a special interest in working with people who have developmental disabilities and has published book chapters and papers on behavioural and mental health problems in children with Autism Spectrum Disorders. Jo-Ann received her Ph.D. in Child Clinical and School Psychology from the University of Toronto in 2000. She is registered with the College of Psychologists of Ontario and is a member of the Ontario Psychological Association and the Offord Centre for Child Studies at McMaster University. She is an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences in the Faculty of Health Sciences at McMaster University, where she is involved in teaching, supervision of psychology residents and research in autism with the McMaster Autism Research Team. Jo-Ann uses a flexible and goal-directed approach to treatment, believing that every child and family deserve effective interventions that fit their specific needs.

Ali Shahrani, M.Ps., C.Psych.

Ali Shahrani is a clinical psychologist and a Board Certified

Behaviour Analyst (BCBA), with over 20 years of experience working with adults, children and adolescents. He received his masters in clinical psychology from the Iran Medical University and is currently completing his doctorate in clinical psychology at the California Southern University. Since coming to Canada Ali has worked in both private practice and institutional settings. For nearly ten years, he worked on the Autism Spectrum Disorders Service at McMaster Children's Hospital, providing therapy to children and their families, conducting behavioural and psychological assessments, and supervising IBI teams. When not at Shift, he works as an advance practice clinical leader at Toronto's Centre for Addiction and Mental Health (CAMH). Ali enjoys working with adults and children who have challenging behavioural and mental health issues, including ADHD, Autism, anxiety, depression and post-traumatic stress disorder. He is passionate about psychology and the opportunity it provides for him to help people discover their unique qualities and values.