



**Dalia Ahmed, M.Ed.**

**Co-Founder and Chief Clinical Officer  
Mind-Easy  
Toronto, Ontario**

Dalia Ahmed, co-founder and chief clinical officer of Mind-Easy, leads an inclusive digital mental health platform designed for diverse workforces. Simultaneously, she is pursuing her Ph.D. in education at the University of Toronto, specializing in counseling and psychotherapy. Dalia's research focuses on advancing cross-cultural integration in psychotherapeutic interventions to mitigate mental health care disparities. With a strong clinical foundation developed at the esteemed Centre for Addictions and Mental Health (CAMH), she seamlessly integrates therapeutic approaches such as dialectical behavioural therapy (DBT), emotion-focused therapy (EFT), acceptance and commitment therapy (ACT), and cognitive behavioural therapy (CBT). Dalia's commitment to leveraging her profound cultural sensitivity is evident in her dedication to serving a wide-range clientele, addressing the intricate facts of human identity within the mental health sphere. Her extensive research endeavours delve into various cognitive processes and the unique challenges encountered by refugees and newcomers in Canada. Additionally, Dalia played a pivotal role in pioneering one of Canada's first ACE studies within St. Joseph's Healthcare Hamilton forensic psychiatry department, examining serious mental illness, the impact of poly-substance use and the implementation of trauma-informed care practices. Additionally, she has made substantial contributions to the Canadian Mental Health Association (CMHA) through delivery of diverse programs tailored to support underserved populations.