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Dr. Pete Kelly is the executive director of finance and innovation as well as clinical psychologist at the Ottawa Institute of Cognitive Behavioural Therapy (OICBT). He provides individual and group treatment to adults for mood and anxiety disorders using a variety of cognitive behavioural therapies. A major area of focus and interest for him is the treatment of posttraumatic stress using CBT techniques. Prior to joining the OICBT, Dr. Kelly was a psychologist in the anxiety disorders program at the Royal Ottawa Mental Health Centre. He is currently a clinical professor in the School of Psychology at the University of Ottawa and adjunct research professor in the Department of Neuroscience. Dr. Kelly is co-author of the clinician manual *Treating Psychosis: A Clinician's Guide to Mindfulness, Acceptance, and Compassion-Based Approaches within the Cognitive Behavioural Therapy Tradition*. He is also co-author of the Canadian adaptation of the textbook *Research Methods in Psychology* for Oxford University Press. Dr. Kelly received his Ph.D. and psychology degrees from Carleton University.