Dr. Miki is the founder of Starling Minds and has been a practicing clinical psychologist for over 10 years. His goal is to offer a software service that history has never seen before—one that empowers people anywhere in the world to increase their mental fitness. On the clinical side, Dr. Miki actively helps people return to work by demystifying mental health and laying out an action plan with evidence-based strategies so that they learn to feel stronger, more confident and more resilient. He is driven to help all Starling Minds program participants achieve the same results. Dr. Miki has a background in clinical psychology, neuroscience and animal cognition with specializations in neuropsychology as well as in the treatment of anxiety and mood disorders. He is a member of the Canadian Psychology Association and the Canadian Association of Cognitive and Behavioural Therapies.