

CARLA L. LABELLA

CURRICULUM VITAE

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WORK EXPERIENCE

- 2002-present General Arts & Science Coordinator since 2022
- Some duties include student advisement, program review, organizing orientation, reviewing curriculum and POS, marketing and recruitment, reviewing and expanding internal and external pathways
- Professor, Mohawk College (full-time since 2003)
- Courses taught: Introductory Psychology*, Positive Psychology*, Abnormal Psychology*, Human Sexuality, Developmental Psychology, Social Psychology, Research Methods, Independent Study, Success Strategies
- *Course Leader
- 2000-2002 Research Associate, Centre for Addiction and Mental Health
- 1998-2000 Teaching Assistant, University of Waterloo
- 1997-1998 Research Assistant, McMaster University (Infant Vision Laboratory)
- 1996-1997 Teaching Assistant, McMaster University

EDUCATION

- 2000 University of Waterloo, Master of Arts in Psychology (thesis supervisor: Dr. Derek Koehler)
- 1997 McMaster University, Bachelor of Arts (with Honours) in Psychology (thesis supervisor: Dr. Lee Brooks)

CERTIFICATES/TRAINING

- 2022 Modo Yoga, [Modo Yoga Level 1 - 200hr Teacher Training](#)
- 2021 Unified Mindfulness, [Pathways Program for Teaching Mindfulness](#)
- 2021 Unified Mindfulness, [Foundations of Unified Mindfulness](#)
- 2014 The Flourishing Center, [Certificate in Applied Positive Psychology \(CAPP\)](#)

AWARDS

- 2022 Recipient, Award for Excellence in Full Time Teaching (Local 240)
- 2019 Recipient, Jacqui Candlish Award for Excellence in Suicide Prevention Work
- 2018 Nominee, YWCA Women of Distinction

ACADEMIC AWARDS / SCHOLARSHIPS

- 2000 Natural Sciences and Engineering Research Council (NSERC) Scholarship: PGS B (I declined)
- 2000 Ontario Graduate Scholarship (I declined)
- 1998 Natural Sciences and Engineering Research Council (NSERC) Scholarship: PGS A
- 1996 The Dr. Harry Lyman Hooker In-Course Scholarship
- 1994 The University (Senate) Scholarship
- 1993 The Undergraduate Council Scholarship
- 1992 Ontario Scholar

BOOK

LaBella, C. (2024). *The WOW book: Ways of Optimizing Well-being*. FriesenPress.

JOURNAL ARTICLES

LaBella, C. & Koehler, D (2004). Dilution and confirmation of probability judgments based on nondiagnostic evidence. *Memory and Cognition*, 32, 1076-1089.
<https://doi.org/10.3758/BF03196883>

Norman, G.R., Brooks, L.R., **Colle, C.**, & Hatala, R.M. (2000). The benefit of diagnostic hypotheses in clinical reasoning: An experimental study of an instructional intervention for forward and backward reasoning. *Cognition and Instruction*, 17(4), 433-448. [doi: 0.1207/S1532690XCI1704_3](https://doi.org/10.1207/S1532690XCI1704_3)

SCHOLARLY & PROFESSIONAL ACTIVITIES

COMMITTEES – MOHAWK COLLEGE

First-Year Experience Advisory Group	2021
Equity, Diversity, & Inclusion Working Group	2020-2022
Sexualized Violence Employee Working Group	2019-2022
Wellness Committee	2016-2022
Digital Health Degree Program Breadth Electives Coordinator	2018-2019
Disable the Label Committee	2012-2013

COMMITTEES – EXTERNAL

Board Member, Suicide Prevention Community Council of Hamilton (Vice-Chair: 2016-2019)	2013-present
Board Member, Hamilton Program for Schizophrenia	2016-present
Board Member, Mindfulness Hamilton (and Connections sub-committee)	2023-

SELECTED WORKSHOPS/PRESENTATIONS

Speaker, What will your verse be? (Mohawk College)	2023
Speaker, Applying PP within and outside the classroom (EdCog Conference, McMaster)	2023
Speaker, Working with challenging emotions (Mindfulness Hamilton)	2022
Panelist, Cultivating Hope: Helping our youth strive during the pandemic (hosted by SPCCH)	2021
Co-facilitator, Applying the science of PP (hosted by PATH & SPCCH)	2020
Co-facilitator/Co-Founder, Happiness Series (Mohawk College)	2014-present
Speaker, Destination College (Mohawk College)	2019
Speaker, Raising resilient teenagers workshop (high schools in HWDSB, DPCDSB)	2021, 2019
Speaker, Taking care of me presentation (high schools in HWDSB, HWCDSB, HDSB)	2017-2023
Speaker, Youth Leading Youth Conference (hosted by SPCCH)	2015, 2018
Co-facilitator/Co-Founder, Spring into Wellness Series (Mohawk College)	2016, 2017
Speaker, College Educators Development Program (Fanshawe College)	2017
Speaker, Positive Psychology at City School by Mohawk	2015-2016
Speaker, McMaster Alumni - Women's Speaker Series	2015
Poster Presentation, Inspiring Minds Conference (Mohawk College)	2015

INTERVIEWS

Keep It Together with Marisa Mariella (topic: wellness during COVID-19)	2020
City Matters with Scot Urquhart (topic: wellness during COVID-19)	2020
YourBestU Podcast With Darryl Hartwick	2016
CHML Wellness Wednesdays (topic: mental health at Mohawk)	2015

SELECTED PROFESSIONAL DEVELOPMENT

Bridging Differences course (audited - UCal – Berkeley course)	2021
Equity, Diversity, & Inclusion Training (hosted by Vidal Chavannes)	2020
InDID you know? - 6-session series on Indigenous issues (hosted by Dr. Johanne McCarthy)	2020
Courage to Act (two-year project to address and prevent gender-based violence at post-secondary institutions in Canada) – I attended multiple webinars	2020, 2021
Suicide Bereavement Clinician Training (John Jordan)	2019
Zero Suicide Conference	2019
Acceptance & Commitment Therapy (ACT) – 4-day Workshop Series (Wanda Smith, Mary Bell, & Sherri Turrell)	2018
Canadian Positive Psychology Association Conference	2016, 2018
Canadian Psychological Association Conference	2017
Canadian Association of Cognitive and Behavioural Therapies Conference	2016
Anti-Stigma Conference (St. Joseph’s Hospital, West 5 th campus)	2015
Appreciative Inquiry Workshop	2015
American Psychological Association Conference	2015
ACT Workshop (Louise Hayes)	2014
Practicing Positive CBT (Fredrike Bannink)	2013
Education for Resilience Conference	2013