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- Currently a contributor to Canadian Occupational Safety – Articles on Burnout, Moral Injury, Workplace Mental Health, Compassion Fatigue:
<https://www.thesafetymag.com/ca/external-contributors/katy-kamkar>

Current academic research:

- **Kamkar, K.** & Papazoglou, K. (2020). Mitigating Risk Factors and Building Protective Factors as Prevention Strategies for Public Safety Personnel Duty Work. In Tom Frame (ed.), *The Moral Challenges of Vocational Wellbeing*, Connor Court, Brisbane.
- **Kamkar, K.**, Edwards, G., Hesketh, I., McFee, D., Papazoglou, K., Pedersen, P., Sanders, K., Stamatakis, T., Thompson, J. (2020). Dialogue Highlights from the LEPH2019 Panel on Police Mental Health and Well-Being. *Journal of CSWB*, 5, 2-7.
<https://journalcswb.ca/index.php/cswb/article/view/123/246>
- **Kamkar, K.**, Russo, C., Chopko, B., Tuttle, B.M., Blumberg, D.M., & Papazoglou, K. (2019). Moral Injury in Law Enforcement. In K. Papazoglou & D.M. Blumberg (Eds.), *POWER: Police Officers Wellness, Ethics, & Resilience* (pp. 117-128). Elsevier-Academic Press: San Diego, CA. <https://www.elsevier.com/books/power/papazoglou/978-0-12-817872-0>
- Papazoglou, K., Blumberg, D.M., Briones Chiongbian, V., Tuttle, B.M., Aukhojee, P., **Kamkar, K.**, Chopko, B., & Koskelainen, M. (2020). The Role of Moral Injury in PTSD among Law Enforcement Officers. *Frontiers in Psychology*, 11:310. Open Access: DOI: 10.3389/fpsyg.2020.00310
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00310/full>
- Papazoglou, K., Blumberg, D.M., **Kamkar, K.**, McIntyre-Smith, A., & Koskelainen, M. (2020). Addressing Moral Suffering in Police Work: Theoretical Conceptualization and Counselling Implications. *Canadian Journal of Counselling & Psychotherapy*, 54(1), 71-87. <https://cjc-rcc.ucalgary.ca/article/view/68490>
- Papazoglou, K., **Kamkar, K.**, & Aukhojee, P. (2019). Fighting the Enemy Within the Fortress. *Crisis, Stress, & Human Resilience*, 1(2), 48-51. <https://www.crisisjournal.org/article/10271-fighting-the-enemy-within-the-fortress>

Most recent Workplace Mental Health & Police/First Responders Mental Health Articles:

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<https://www.thesafetymag.com/ca/news/opinion/psychological-trauma-and-cybercrime/252447>

Kamkar, K. & Field, C. (2021). Surviving and Thriving in Uncertain Times. ACAMS TODAY, The Magazine for Career-Minded Professionals in the Anti-Money Laundering Field, Vol. 20 No.2, March-May 2021. <https://www.acamstoday.org/surviving-and-thriving-in-uncertain-times/>

Kamkar, K. (2021). Beating the Winter Blues and Blahs. The Great Trail of Canada, February 01, 2021. <https://thegreattrail.ca/stories/winterblues/>

Kamkar, K. (2020). Mental Well-being during the COVID-19 Pandemic. Health and Wellness Blog, Toronto Public Library. July 16, 2020. <https://torontopubliclibrary.typepad.com/health-and-wellness/2020/07/navigating-the-next-normal-during-the-pandemic.html>

Mehdzadeh, S & **Kamkar, K.** (2020). COVID-19 and the impact on police services. *Journal of Community Safety and Well-Being*, pages 42-44, July 2020

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Kamkar, K. (2020). Navigating Through the COVID-19 Pandemic: Build your Individualized Self-Care Plan. Section Editor, *Journal of Community Safety and Well-Being, The Dispatch*, pages 2-3, May 2020. <https://madmimi.com/s/295cb01>

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<https://www.thesafetymag.com/ca/news/opinion/18-ways-to-improve-workplace-mental-health/212351>

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Kamkar, K. (August 2018). 11 ways to boost mental health in the workplace. Thomson Reuters, Canadian Occupational Safety, August 7, 2018. <https://www.cos-mag.com/psychological-health-safety/columns/11-ways-to-boost-mental-health-in-the-workplace/> Related video: Canadian Occupational Safety [Top 7 ways to boost mental health in the workplace](#)

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