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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. In Tom Frame (ed.), *Moral Challenges Vocational Wellbeing among first responders*, 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.
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- **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>

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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>

Mehdizadeh, 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. (September 2019). When Struck by a Dark Cloud – Grief & Loss. Unsinkable. September 23, 2019. <https://weareunsinkable.com/when-struck-by-a-dark-cloud-grief-loss/>

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Kamkar, K. (May 2019). 20 warning signs of compassion fatigue: First responders experiencing secondary traumatic stress due to nature of work. Thomson Reuters, Canadian Occupational Safety, May 21, 2019. <https://www.cos-mag.com/psychological-health-safety/columns/20-warning-signs-of-compassion-fatigue/> Related video: Canadian Occupational Safety – Dealing with Compassion Fatigue <https://youtu.be/6ORZNKoc7nYRZNKoc7nY>

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