

Dr. Bianca Lauria-Horner

Bianca Lauria-Horner received her medical degree from the “Université de Montréal” Montreal Quebec. She held a private practice in Lower Sackville NS for 13 years. Subsequently, she joined the Department of Psychiatry at Dalhousie University where she currently holds an academic position as an associate professor. Her role includes teaching, and leading research projects—particularly the design and evaluation of community based mental health awareness programs.

Dr. Lauria-Horner is currently a member of the Mental Health Commission of Canada (MHCC) research and training team, a primary care mental-health expert consultant, extensively involved in CME activities locally, nationally, and internationally. She has been invited as a speaker at over 200 conferences and has extensive experience in leadership: Director of Primary Care Brain Research Network Dalhousie University, managing research staff across 4 Atlantic Provinces. (2001-2004), Atlantic Region Occupational Health and Safety Officer in Charge for the Royal Canadian Mounted Police, managing the Health and Occupational Safety Services across the Maritimes. (2004-2015); Co-director of Psycho-Pharmacological Training and Research Capacity in Cuba, a Canadian International Development Agency and Association of Universities and Colleges of Canada initiative.

Finally, Dr. Lauria-Horner is widely published, including a series of educational books for school children (primary to grade 12) on mental health; Healthy Mind Healthy Body, used across North America, available in English and French; Primary Care Toolkit for Physicians on Anxiety and Related Disorders, and a Book Chapter on Stigma Reduction for Health Care Workers. In the book Entitled “Stigma of Mental Illness: Models and Methods of Stigma Reduction”, p. 161–78. Oxford University Press.