

Biography

LCol (ret'd) Alexandra Heber MD FRCPC CCPE

Dr. Alexandra Heber has over 35 years' experience as a nurse, and as a psychiatrist. After a decade working with HIV+ clients and leading an ACT Team in Toronto, she enrolled in the Canadian Forces in 2006, and deployed to Afghanistan in 2009-10.

In 2016, she became inaugural Chief of Psychiatry for Veterans Affairs Canada. She also worked with the Public Health Agency of Canada to help develop the Federal Framework on PTSD. Currently, she co-chairs the Canadian Military Sexual Trauma Community of Practice.

Dr. Heber has written two online courses on PTSD treatment, using a Trauma-Informed Care approach. She has presented and published nationally and internationally on mental health in military, Veteran, and first-responder populations. Her current research interests include: mental health impacts of COVID-19, military sexual misconduct and trauma, and the effects of minority stress on women, LGBTQ2 Veterans, and other marginalized groups.

Dr. Heber is an Assistant Professor of Psychiatry at the University of Ottawa.

