



Dr. Augustine Meier graduated with a doctoral degree in clinical psychology from the University of Ottawa. He also has a M.Ed. degree with concentration in guidance and counselling from the University of Ottawa.

Dr. Meier is Professor Emeritus, Faculty of Human Sciences, St. Paul University, where he trained graduate students in counselling, directed their dissertations and research, and supervised their clinical practice for more than 20 years.

He continues to offer courses and training in self-in-relationship psychotherapy and clinical supervision, provides continued professional development in clinical supervision and psychotherapy and offers clinical supervision to psychotherapists.

He is a registered Clinical and Counselling Psychologist with the College of Psychologists of Ontario. Dr. Meier has forty years of

experience providing individual, couple, family, and parent-child therapy to adolescents and adults.

Dr. Meier offers professional services to Members of Canadian Armed Forces; first responders; couples and families; teenagers; and adults.

His areas of specialization include: relationship difficulties; parent-child and parent-teenage conflicts; posttraumatic stress disorder, psychological and sexual abuse; depression; anxiety and panic attacks; anger issues; self-esteem and competency; stress and burn out; and grief and mourning.

He is a member of the American Psychological Association (APA); the Canadian Psychological Association (CPA); the Society of Psychotherapy Research (SPR); and the Society for the Exploration of Psychotherapy Integration (SEPI).

He presented more than 40 scientific papers on psychotherapy at the annual international conferences of SPR and SEPI. Dr. Meier has published ten books on psychotherapy and related topics. His two recent books, with Micheline Boivin, are on Self-in-Relationship Psychotherapy (2022, 2024).

He founded the Institute for Self-in-Relationship Psychotherapy for students who have completed a masters degree in counselling and wish to broaden and deepen their clinical skills. SIRP is an innovative approach that makes core relational, self, and physical intimacy needs the center piece of its approach.

Prior to his doctoral studies in psychology Dr. Meier was a high school teacher and guidance counsellor. Being with adolescents and getting to understand them as persons shaped his approach to psychotherapy.

In his personal life, Augustine Meier is happily married to Micheline Boivin, child psychologist. They have one daughter, Molisa, who has established a successful career as a clinical psychologist. When he is not engaged in academic and professional work and socializing, he goes to the gym, plays badminton, cross country skis and cycles along Ottawa's famous canal and watches games by the Blue Jays, Toronto Maple Leafs, and the Regina Roughriders.