

Speaker BIOS

RENEWAL DAY 2024



GUEST SPEAKER DR. BOBBY WALSH

Dr. Robert “Bobby” Walsh is the Therapy Manager of the Psychiatry Therapy Services team at The Johns Hopkins Hospital, where he directs clinical operations and supervises a diverse team of mental health professionals dedicated to delivering high-quality patient care. In addition to his managerial role, Dr. Walsh is the Director of the Johns Hopkins Mental Health Occupational Therapy Fellowship, a premier program he helped shape as its first graduate. He mentors post-masters and doctorate candidates in advanced clinical training, focusing on integrating psychiatry and occupational therapy.

A native of Toms River, NJ, Dr. Walsh holds degrees from The College of New Jersey, Thomas Jefferson University, and Arizona State University. He is a board-certified mental health occupational therapist with a behavioral health doctorate specializing in clinical management.

Dr. Walsh is highly regarded for his commitment to the well-being of patients and clinical staff, making him a sought-after speaker on clinician self-care, resilience, and mental health topics. Known for his passion and advocacy, he inspires audiences with the message that “you can’t pour from an empty cup,” reinforcing the importance of self-care for those who dedicate their lives to others.

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YOGA INSTRUCTOR VERONICA

Veronica is a 500-hour advanced vinyasa yoga instructor, mindfulness coach, and a third-year Clinical Psychology PhD student at Long Island University Brooklyn. She is also a psychotherapist in training at Fordham University. Living in the Bronx with her husband, two cats, and guide dog Inka, she is a passionate advocate and mentor for individuals with disabilities, with extensive experience teaching adaptive yoga. She believes strongly that living with a disability need not limit anyone, and she challenges herself to push past barriers, striving to empower others to do the same.

With a background in music as a jazz vocalist and a love for outdoor activities such as hiking, biking, mountaineering, and climbing, she integrates creativity and resilience into her work. Her approach focuses on the mind-body connection, using mindfulness-based techniques to cultivate resilience, interoceptive awareness, and emotional well-being for individuals of all abilities.

Veronica also mentors blind youth in the EDGE Program. This means that she encourages and empowers young people with vision impairments to live full lives with independence, grace, dignity, and fulfillment: teaching blindness-related skills where necessary and supporting students in accomplishing their goals and aspirations.