Jia Yao’s Bio

Jia Yao (she/her) is a Sexual Violence Support and Response Coordinator at the Sexual Violence Support and Prevention Centre at the University of Toronto. For the past decade, she has worked as a social worker, psychotherapist, intake worker, and crisis responder, in various settings including crisis line, community mental health agencies, and private practice. Jia also has had the privilege of working as a counsellor at the University of Toronto Scarborough Health and Wellness Centre. Jia has a specific interest in working with people who have experienced trauma, and her work is grounded in AOP framework, trauma-informed, client-centred, and strength-based practices. In addition to her frontline work, she is actively involved as a trainer, having led workshops across community and academic settings covering such topics as Narrative Therapy, a modality rooted in social justice and post-structuralism. She is a firm believer in the power of education in creating systemic change.