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Paul completed his undergraduate education in psychology at Queen's University in 1974 and his Master of Social Work at Wilfrid Laurier University in 1978. He worked in child welfare for 4 years before coming to the former Kingston Psychiatric Hospital, now Providence Care, Mental Health Services (MHS), in 1980. Paul was the first social worker on the Treatment Evaluation Unit, a research and special investigations unit that later became the Mood Disorders Research & Treatment Service. He worked on this service with inpatients and outpatients for many years, eventually being exclusively on the Mood Disorders Outpatient Service. Paul was also the Professional Practice Leader for Social Work, first at MHS but eventually at both the MHS and St. Mary's of the Lake sites of Providence Care until his retirement in October of 2016. He is now working part-time as a social worker on the Mood Disorders Outpatient Service.

Paul developed an interest in psychotherapy and completed a postgraduate certificate in long-term psychoanalytic psychotherapy from Smith College School for Social Work in Northampton, Massachusetts in 1983. He began training in interpersonal psychotherapy in 2000 and was a study therapist for the Canadian Cardiac Randomized Evaluation of Antidepressant and Psychotherapy Efficacy (CREATE) trial, published in 2007. As a clinician Paul spends much of his time engaged in the assessment and treatment of severe mood disorders with a focus on individual and group interpersonal psychotherapy. He teaches and supervises residents in this treatment modality.

Paul is a member of the Ontario College of Social Workers and Social Service Workers, the Ontario Association of Social Workers, and the International Society for Interpersonal Psychotherapy. He is certified by the Interpersonal Psychotherapy Institute as an IPT Supervisor and Trainer.