

AFSHEEN ANWAR

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CURRICULUM VITAE

OBJECTIVE

- To serve in human care through skill-based practice of clinical psychology

PROFILE

- Approved with the College of Psychologists, Ontario as a Clinical Psychologist (Autonomous Practice) – License # 6079
- Hold a professional liability insurance
- Member in good standing with Ontario Psychological Association (OPA)
- 20 years of experience in assessment, counseling, therapy, teaching and training (More than 12,000 hours of contact at individual and group level as a psychologist and development consultant)
- Have experience of working with individuals, couples, families and groups in personal and organizational settings in Pakistan and with individuals, couples and families in Canada
- Have dealt with a variety of issues including anxiety, depression, relationship conflict, stress and burnout and addiction
- Have administered Intelligence tests, behavioral observational scales and both objective and projective personality tests and writing assessment reports during clinical practice
- Proficient in use of DSM- V for diagnosis
- Completed two Diplomas in Clinical supervision and supervision of clinicians including psychologists and psychotherapist (from CPPD, UK and CPCAB, UK)
- More than 03 years' experience in supervising counselors and psychologists internationally
- Sufficient understanding and practice of evidence based as well as process-oriented approaches to therapy including CBT, DBT, MBCT, Emotion-focused therapy and existential process-oriented therapy
- More than 18 years of teaching experience at undergraduate and graduate level psychology related courses at reputed educational institutions
- More than 600 hours of supervision (Individual and Group)
- More than 5500 participants trained and 3500 students taught
- Integrative approach to treatment intervention
- Strong initiative, problem solving & conflict resolution skills
- Demonstrated ability to work independently or as part of a team and in leadership positions
- Proficient in English, Urdu and Hindi languages

RELEVANT EXPERIENCE

Clinical and Counseling Psychologist -June 2016-Present

Perform as clinical and counseling psychologist at B&C Health (June 2016 to date), Peel Psychology and Therapy (April 2016 to date) and Dr. Caffrey Craig Clinic (September 2017 to May 2018)

Primary Responsibilities:

- Conduct intake and Psychodiagnosis assessments for adults, couples and families
- Provide psychological intervention for adults, couples and families with various emotional and behavioral issues at an interpersonal and interpersonal level
- Use Cognitive-Behavioral Therapy, Emotion-Focused Therapy and Mindfulness based Therapy with individuals and couples and use Systemic and Structural models with families
- Write screening & psychological assessment and progress reports when required
- Maintain clinical notes for all the clients meeting the standards of College of Psychologists, ON
- Work comfortably and am received well by clients regardless of ethnic, cultural, racial or religious orientation
- Participate in professional development to refresh previous learning as well as to gather new resources and learning within the domains of practice

Director and Lead Psychologist-June 2013-December 2015

Worked as Director and Lead Psychologist with the H Factor Solutions

Primary Responsibilities:

- Supervised intake and psychological assessments conducted in Pakistan for various age groups
- Prepared and supervised screening & psychological assessment reports
- Conducted online counseling and therapy for individuals and couples
- Supervised psychologists and psychotherapists practicing in Pakistan
- Conducted self-help groups for assertiveness, anxiety, burnout and conflict resolution when requested for individuals and organizations in Pakistan periodically
- Managed and coordinated a staff of 05 people including professionals and administrative staff

Lead Faculty and Psychologist-March 2009-June 2013

Worked as the Lead Faculty to train counselors and provided psychological services at Therapy Works, Karachi, Lahore and Islamabad (Affiliated with CPCAB, UK)

Primary Responsibilities:

- Provided training and supervision to students of diploma in integrative counseling who have graduated from the certificate
- Developed and update curriculum as per requirements of CPCAB, UK as the leader of faculty team for the diploma
- Conducted training to help these students acquire counseling skills as per the criteria set by CPCAB, UK adhering to their professional and ethical boundaries in Karachi, Lahore and Islamabad
- Supervised students' clinical work during and after the diploma and their personal growth
- Provided psychological services (including assessment and therapy) to adolescents and adults experiencing various psychological disturbances including anxiety, depression, relationship issues and addiction
- Used a variety of therapeutic approaches in an integrative fashion such as Cognitive Behaviour Therapy (CBT), Brief psychodynamic Therapy, Emotion-Focused Therapy and Existential Process oriented Therapy for individuals, couples, families and groups.

Visiting Psychologist – January 2000-March 2009

Worked as a Psychologist in private practice and on-call at various places (Education Foundation, Karachi; Aga Khan Educational and Youth Services, Karachi, Islamabad, Afghanistan and Tajikistan and the Oasis School, Karachi) while I was accumulating clinical hours for the PhD

Primary Responsibilities:

- Worked towards my clinical hours and organizational research requirements towards PhD
- Conducted psychological assessments – including intelligence, neurological and personality
- Conducted therapy for individuals, couples and families
- Conducted personal and organizational development sessions for corporate and NGO clients
- Was supervised for my work with clients by faculty and established psychologists at the University of Karachi

School Psychologist-1999-2000

Falconhouse Grammar School, Karachi, Pakistan

Primary Responsibilities:

- Conducted psychological assessments of children and administered intelligence, neurological and personality tests
- Developed IEPs for students with special needs and emotional challenges
- Identified referrals for additional professional support in case of recognized learning needs
- Interviewed teachers and parents in order to understand students specific challenges
- Conducted classroom observations as part of assessment of students specific learning needs
- Conducted professional development workshops for teachers to help them understand issues children and adolescents face and ways to address them in an inclusive manner as a team

EDUCATION

Degree	Discipline	Year	Institution
• PhD	Psychology	2012	University of Karachi (Pakistan)
• Diploma	Post Magisterial Diploma In Clinical Psychology	1998	University of Karachi(Pakistan)
• Masters	Clinical Psychology	1997	University of Karachi (Pakistan)
• Bachelor (Honors)	Arts	1995	University of Karachi(Pakistan)

RESEARCH PUBLICATIONS

- 2015 The Impact of violence and related news on television on the mental wellbeing of adult viewers in Karachi (Published in the local university journal at IOBM, Karachi)
- 2012 Mediating effect of perceived self-control in the relationship between optimism and perseverance. *(Presented at the European Network for Positive Psychology, Russia)*
- 2006 Measuring Perceived Person-Environment Fit among Pakistani Managers – Issues in Methodology *(Presented at 5th European Conference on Research Methodology, Ireland)*
(Published in the International Journal of Social Sciences)
- 2005 Examining the link between emotional competencies and perceived person-environment fit – A gender analysis *(Presented at the International Conference on Gender Work and Organization, UK)*

- 2001 Differences in Academic Achievement between children in schools situated in quiet and noisy areas (*Published in Pakistan Journal of Psychology*)

COMMUNITY/VOLUNTEER SERVICES

- 2008 to 2012 The Citizen Foundation, Karachi
Volunteer as Mentor for their 'Rahbar' (Mentor) Program – provided personal and career guidance and counseling to adolescents from disadvantaged communities
- 2001 to 2004 Education Foundation, Karachi
Carried out field testing and counseling program for special children
Advised on issues and initiatives to promote education in marginalized communities
- 2000 Institute of Behavioral Sciences , Karachi
Carried out testing, counseling and therapy for children and adults with psychological problems

PROFESSIONAL DEVELOPMENT

- 2018 University of Florida USA
Healing with Arts (Online course in using art for trauma and grief)
- 2017-to date Jason Winkler Toronto
Group Process and Supervision in Existential Therapy
- 2016 Jason Winkler Toronto
Certificate training in Existential Therapy for Individuals and Groups (one-year)
- 2016 The Centre for Mindfulness Toronto
Mindfulness Based Cognitive Therapy Training
- 2002-to date Therapy Works (Karachi) Pakistan
Trainings on Use of Art in Therapy; Handling Adolescent Behavioral Issues, Mindfulness Based CBT; Body-Mind Psychology; Facilitating a Family Constellation
- 2014 Vancouver Couples Institute, Vancouver, BC Canada
Externship in Emotion-Focused Therapy for Couples (ICEFT)
- 2014 Hellinger Family Institute USA & Canada
Facilitating Systemic Family Constellations
- 2012 European Network for Positive Psychology, Moscow Russia
6th European Conference on Positive Psychology
- 2011 The International Academic Forum, Osaka Japan
2nd Asian Conference on Social Sciences
- 2010 International Conference on Social Sciences, Izmir Turkey
4th International Conference on Humanities and Social Sciences
- 2007 Maastricht Institute of Management Sciences Netherlands
Diploma in Project Development and Management
- 2006 Trinity College Dublin Ireland
5th European Conference on Research Methodology for Business & Management Studies
- 2005 Keele University, Newcastle UK
4th International Conference on Gender, Work & Organization
- 2002-4 Institute of Behavioral Sciences, Karachi Pakistan
Psychological Assessment; Cognitive Behavioral Therapy; Psychodynamic Psychotherapy

REFERENCES

All references are available upon request

