

# Yalda Sharif



Mental Health Therapist  
Psychological Associate

## CONTACT

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## EDUCATION & MEMBERSHIPS

Psych Associate (BOP)  
PsyD Clinical Psychology (Intern)  
2021-Present – TCSPP (LA Campus)  
MA Clinical Psychology 2014  
CCPA professional membership  
CAMFT Affiliate membership

## CERTIFICATIONS

**EFT- Emotion-focused therapy**, by Sue Johnson- 2021

**ACT- Psychwire organization-** Toronto 2021

**DBT-** Psychotherapy Academy, 2018

David Scharf on couple and family therapy- 2016

3 months workshop on **CBT**-2017

3 months workshop for **sexual- dysfunctions and interventions-** 2017

"Introduction to Psychodrama and **Advanced**

Psychodrama", 2014 and 2016 by Maria Isolda  
"Behavioral Therapy" at Iranian Psychological Association, 2015

"Couple and Family Therapy", 2015 "Stress Management", Shiraz, 2014

"Mindfulness", Iranian Psychological Association, 2012

"Creativity, Innovation and change", Penn State University, online course, 2011

"CBT for family therapy", Irsa, 2011

"Interpretations of the Paintings and Art Therapy", SB University, Iran, 2011

## PROFILE

Doctorate of Clinical Psychology (Candidate) at The Chicago School of Professions Psychology (TCSPP-LA)/PsyD Intern; Psychological Associate in the state of California. Experienced in counseling and psychotherapy, case management, assessment, behavior management, youth education, and workshop management, with proven records of success.

## AREAS OF EXPERTISE

- Over ten years of experience as a psychotherapist and mental health practitioner
- Extensive experience in individual and family counseling, as well as assessment.
- Proficiency in CBT, DBT, EFT, mindfulness, brief psychotherapy, anti-oppressive, trauma-informed psychotherapy, narrative psychotherapy, and psychodynamic psychotherapy
- Couple and Family therapy sessions run by a systemic approach
- Art Therapy, sand therapy for kids and adults, along with some play therapy experience
- Ability to work with diverse populations, held successful counseling services to support them
- Advanced skills in designing and delivering educational workshops for community residents, youth, and adults in a multidisciplinary setting
- Strong ability to write reports and prepare relevant case documentation, modify and perform action plans as required, and strong administrative abilities.
- Team Building and Leadership skills, as well as being proactive, well-blended with the team constructs by implementing communicational, and interpersonal skills.
- Languages: Fluent in "English" and "Persian (Farsi)"

## PROFESSIONAL EXPERIENCE

### **Theracare Wellness Centre- Anaheim- California**

**Sep 2022- Oct 2023**

*PsyD Practicum trainee, Psychological Associate*

I have over 750 hours of supervised practice, including one-on-one therapy sessions, some assessments (MMPI and MCMI, PAI), report writing, and psychological training.

Approaches for Psychotherapy: CBT, DBT, Psychodynamic Psychotherapy & Art Therapy

### **EAP (Employment Assistance Program) - Canada**

**March 2021- Present**

*Mental Health Therapist- telehealth- part-time*

One-on-one working with clients diagnosed with a range of psychological matters to personality disorders such as Borderline or Bipolar Personality Disorders, depression, anxiety, as well as family conflicts (in the family therapy context). My approach in psychotherapy sessions has been Psychodynamic Psychotherapy, DBT, CBT, EFT, mindfulness, Positive Psychology, and systemic therapy for family therapy sessions, as well as Art Therapy. Clients include refugees, new immigrants, LGBTQs, Teenagers, seniors, and families.

### **Sarvin Sabet Psychological Services, Toronto**

**Feb 2021- Feb 2022**

*Mental health Counselling and psychotherapy services, Independent therapist*

Delivered mental health counseling services for clients facing traumatic experiences, usually referred to us by lawyers after a vehicle accident. I have been working with Sarvin Sabet Psych. services as an independent insured contractor. I have also worked with families and individuals affected by the traumatized incident. My approaches in therapy have been CBT, DBT, EFT, mindfulness, Trauma-informed psychotherapy/ psychodynamic psychotherapy, art therapy, and narrative therapy. Writing detailed reports and exclusive psychological assessments were parts of my job.

### **Persian Women's Organization, Toronto**

**Feb 2021- April 2021**

*Group therapy for Iranian and Afghan Women*

Worked diligently with women dealing with depression, anxiety, and relationship problems who were participating in this group therapy. I ran three different groups of Farsi speaking on three weekdays. Each session lasted about 1.5 hours.

### **Riverdale Immigrant Women's Centre, Toronto**

**June 2019 -March 2020**

*Violence against Women coordinator and counselor, Placement students supervisor  
workshops coordinator*

I have been seeing clients with a frequency of 4-5 clients per day, focusing on women encountering trauma and members of LGBTQ. My approaches have been DBT, CBT, and mindfulness, as well as a feminist anti-oppressive approach in the context of a Trauma-informed program, art therapy, and narrative therapy. I ran several group therapy sessions implementing art therapy and other relevant techniques combined with documentation and providing support letters for clients. I have also supervised two BSW placement students in this organization. I have been running the family therapy sessions when required. (Laid off due to pandemic).

### **Co-Facilitator for Triple P program (volunteer)- Blue Hills**

**May 2019 - June 2019**

### **Co-Facilitator for Mother Goose Program (volunteer) - Blue Hills**

**March 2019 - May 2019**

### **Iran Social Work Clinic, Tehran, Iran**

**Sep 2014-Oct 2016**

*Psychotherapist, Psychologist*

Implemented Eclectic Psychotherapeutic methods in treatment plans

Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills, and functional living skills. Documented all patient information including service plans, treatment reports, and progress.