

I hope this message finds you well.

My name is Yalda Sharif, and I am currently in my final semester of doctoral studies in clinical psychology (PsyD).

I am reaching out to inquire about potential predoctoral internship opportunities within your esteemed facility for the upcoming semester in July or September, part-time or full-time (Preferably). I would greatly appreciate your guidance and consideration regarding any available positions that would allow me to contribute to your organization. I prefer being hired in a paid role that is either in-person or hybrid/remote within the facility, in accordance with my school requirements.

Thank you for your time and assistance.

I look forward to the possibility of discussing this further.

Warm regards,

Yalda Sharif

Yalda Sharif

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EDUCATION

2021- Present

PSYD - CLINICAL PSYCHOLOGY

California Southern University (Candidate)

GPA: 3.98

2011-2014

MA CLINICAL PSYCHOLOGY

Science and Research Tehran University, Tehran, Iran

GPA:3.9

PROFESSIONAL EXPERIENCE

MARCH 2022- PRESENT

EAP (Employment Assistance Program/ Workplace Options)

Mental Health Therapist/ Counselor

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.

SEP 2022- FEB 2023

THERACARE WELLNESS CENTRE- ANAHEIM (Orange County)

PsyD Practicum trainee, Psychological Associate

Over 600 hours of supervised practice, including one-on-one therapy sessions, assessments (MMPI and MCMI, PAI), writing reports, and psychological training. Approaches for Psychotherapy: CBT, DBT, Psychodynamic Psychotherapy, art therapy and narrative therapy

MAY 2020 – MAY 2024

UNIVERSAL COUNSELING SERVICES INC. Toronto

Mental health Counselor- Private Practice

I held online mental health counseling sessions with clients In English and Farsi. I worked with individuals with Anxiety, Depression, OCD, and mental health disorders. In addition, my clients ranged from refugees, newcomers, teenagers to LGBTQ2S, and differently-abled (physical, visual, and auditorial disabilities) to families facing some relationship complications. Approaches: CBT, DBT, brief therapy, psychodynamic psychotherapy, art Therapy, and systemic family therapy.

FEB 2021- DEC 2022**AFGHAN WOMEN'S ORGANIZATION, Toronto***Group Therapy for Iranian and Afghan Women- Contract basis*

Women dealing with depression, anxiety, and relationship problems participated in this group therapy. I ran three different groups of Farsi speaking on three weekdays. Each session lasted about 1.5 hours.

JAN 2020 – DEC 2020**Riverdale Immigrant Women's Centre, Toronto- Contract basis***Violence against women coordinator and counselor, Placement student supervisor, workshops coordinator*

I have seen clients with a frequency of 4-5 clients per day, focusing on the women encountering trauma and outstanding outcomes. My approaches have been: DBT, CBT, Psychoanalytic Psychotherapy, and mindfulness, implementing a feminist anti-oppression perspective in the context of a Trauma-informed program and documenting patient information, including service plans, treatment reports as well as support letters. I held some art therapy and social skills workshops. (Laid Off due to the Pandemic)

MAR 2019-JUNE 2019**Blue Hills, Toronto- Volunteer***Facilitator for two programs of Positive Parenting Program and Mother goose Program***JULY 2014-JUNE 2016****Azad Tehran University***Lecturer, TA*

Taught courses on English literature, Child Psychology, Developmental Psychology, Clinical Psychology, and Cultural Psychology at Azad Tehran University for BA Psychology students.

SEP 2013-OCT 2015**Iran Social work Clinic, Iran***Psychotherapist, Psychologist Assistant.*

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

PUBLICATIONS, PRESENTATIONS & DISSERTATION

- "How adult attachment styles predict intimacy in romantic love" Yalda G. Sharif, Hassan Ashayeri, Khadijeh Abolmaali Accepted by Social behavior and personality journal – 19.06.20
- "Personality Factors (Five-Factor Model, FFM) in Persian Male & Female Students: The Role of Brain Asymmetries" - Amir Mohammad Shahsavarani, Hassan Ashayeri, Yalda G. Sharif, Morvarid Lotfian, Kolsoum Sattari, Mostafa Mohammadi, Iman Hosseini, *Journal of American Science* 2013; 9(6)
- Oral Paper presentation of "Friendship and Psychoanalysis" in Second Iranian Congress of Psychoanalysis and Dynamic Psychotherapy, Nov 2016
- 9th International Congress for Psychotherapy/ Asian chapter of WCP/ May 2016 "Cultural Aspects Of Psychotherapy", Oral Presentation.

- "Music therapy and the effects on Optimism and Mental Health" Accepted by the Shahid Beheshti Second Art Therapy Conference. Orally presented Oct.2009, Second Conference of Art Therapy.
- The Book:" Physics of Living", by Norman Amundson, Translated by Yalda Sharif, was published in Tehran, 2015

MEMBERSHIPS

Member of Canadian Association of Play-Therapy	2025
Member of LACPA	2024
Registered Member of CCPA (Registered Counselor in Canada/ ON)	2017
An active member of the Iranian Psychological Association (IRANPA)	2015
Established the branch of "Art, Literature, and Psychology" at IRANPA	2015

WORKSHOPS AND ACTIVITIES

- " Embodiment in Action, a master class, *Guiding Clients from Awareness to Change* Masterclass "- three months, 15 hrs.- Mental Health Academy, by Dr. David Treleaven, March 2025
- " Cognitive-behavioral Therapy"- three months, 15 hrs.- Irsa, April 2023
- " Acceptance Commitment Therapy (ACT)" – 10hours – Psychwire -2022
- " An introduction to Object Relations and couples therapy" - Dr. Kamran Alipanahi (Argentinian Psychoanalytic Association member) - Nov 2022
- " Dialectical Behavior Therapy (DBT)" – 10hours – Psychwire (2021)
- "Emotion Focused Therapy (EFT)" – 15 hours – Sue Johnson (2021)
- "CBT for sexual problems" (Workshop, Irsa, 2015)
- "Couples Therapy" at Iranian Psychological Association, 2012
- "Pre-marriage Counseling" at Iranian Psychological Association, 2012
- "Sex therapy" at Iranian Psychological Association, 2012
- "Mindfulness" at Iranian Psychological Association, 2012
- "Behavioral Therapy" at Iranian Psychological Association, 2012
- Attended The 2nd Iranian Congress of Psychotherapy, Nov 2016- Tehran
- Attended David Scharf Workshop for couple therapy, Nov 2016- Tehran
- Attended 9th International Congress for psychotherapy/ Asian chapter of WCP/ May 2016
- " Theme therapy" (Workshop, Oct.2009, at SB University, Iran)
- " Narrative Therapy" (Workshop, Oct.2016, Iranian Psychological Association)
- Introduction to psychodrama and advanced psychodrama, 2014 and 2016 by Maria Isolda
- "Play of life", by Maria Isolda, 2016
- Workshop of the couple and Family Therapy, 2015
- "Kleinian Theory", by Dr. Kamran Alipanahi, 2015 -2016
- "Social Psychology" with Wesleyan University Oct 2013 (Coursera)
- "Creativity, Innovation and change" Penn State University, online course. Nov2013
- Attended "Care of Elders with Alzheimer's Disease and other Major Neurocognitive Disorders" 2014, Johns Hopkins University (Coursera)
- " Play-Therapy " (Workshop, Oct.2009, at SB University, Iran)
- " Interpretations of the Paintings and Paint Therapy ", (Workshop, Oct.2009, at SB University, Iran)

- "Philosophy and Psychology in art," Conference, April 2008. Represented by Dr. Babak Ahmadi, At the University of Tehran, Faculty of fine arts.
- Participated in " Stress Management and Therapies " free workshops. The University of Shiraz. 2007.

EXTRACURRICULAR ACTIVITIES

- Participated in four concerts playing Violin, Daf, and singing, in Tehran, Iran
- Held three photography exhibitions in Tehran, Iran, 2013, 2014, 2015
- Participated in an art exhibition called 100 Art Pieces, 100 Artists by Lili Golestan, awarded for my watercolor painting, 2013

RESEARCH & TEACHING INTERESTS

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| • Love and Attachment | • Child Psychology and Parenting |
| • Immigration | • Eastern Psychology |
| • Multiculturalism | • Art Therapy |
| • Cultural Psychology | • Play Therapy |
| • Relationships | • Psychodrama |
| • Couple Therapy | • Group Therapy |
| • Family Therapy | • Woman's Psychology |
| • Modern and Classical Psychoanalysis | |
| • Neuroscience | |

LANGUAGES

English (Fluent), Farsi (Fluent), Spanish (Intermediate- actively learning)