

ARCH

Psychological Services

Kiran Qureshi

(M.A, R. Psych)

Rainbow Lake (in person and online) – Edmonton & Grande Prairie (online)

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Summary

Registered Psychologist (B.A., M.A.) practicing at ARCH Psychological Services.

Highlights of Qualifications

- B.A Degree in Clinical Psychology.
- M.A. Degree in Behavioral Sciences with the focus in the area of Clinical/Counselling Psychology.
- Experience in working with First Nations and immigrants.
- Proficiency in English, Urdu, Hindi and Punjabi languages.

Summary of Skills and Experiences

- Extensive active listening and communication skills, giving full attention to clients and taking the time to understand their point of view.
- Critical thinking and complex problem-solving skills to help determine the best course of action for client care.
- Excellent knowledge of psychology, therapy, and counseling to help provide clients with appropriate care for their individual situations.
- Very caring and compassionate with a strong desire to help people and make a difference.
- Self-motivated and good at meeting deadlines.
- Strong commitment to team environment dynamics with the ability to contribute expertise and follow leadership directives at appropriate times.
- Great communication and writing skills needed in drafting and giving reports.

Professional Affiliations

College of Alberta Psychologists 5068

Psychologists' Association of Alberta 26908

Relevant Employment History

Registered Psychologist Mar. 2022 – Present

ARCH Psychological Services

- Working with various populations of clients in an out-patient environment (Edmonton, Alberta) - providing individual, couples, and family therapy and assessments.
- Providing therapy for various concerns, such as severe trauma, depression, anxiety, substance abuse and other behavioral concerns.
- Providing various assessments, such as Psychological, Psycho-educational, PDD/AISH, and parenting assessments.

School Psychologist

Apr. 2019 – Oct. 2020

MP Psychology

- Assists students in early childhood and elementary and secondary schools to aid in any imbalance in their emotions and self-worth.
- Assessing students' mental and physical capabilities and researching on sources hampering growth.
- Inspecting classroom and home environment and recommending improvement.
- Counseling students in person and documenting their response by monitoring changes in them.
- Initiating and facilitating open communication between students, parents, and teachers.
- Discuss with parents and teachers on emotional issues students are going through and provide management methods.

Addictions Counselor

2015 – 2016

Thorpe Recovery Center

- Evaluated the client's physical and medical condition as a result of substance abuse.
- Worked with clients to help them identify the root causes of their disorders.
- Assisted clients in developing skills in order to prevent relapse after recovery.
- Created treatment plans for clients and assisted them in adhering with the plan objectives.
- Worked with the client's families and relatives to help the client with his recovery.
- Referred clients to Psychiatrists and other Physicians as needed.
- Provided individual as well as group counselling services.
- Provided support for creating the aftercare plan for the clients so they can keep working on recovery and find social support to maintain abstinence.

Clinical Internship

Clinical Psychology Intern

2009 - 2010

CMH Hospital, Department of Psychiatry

- Provided psychotherapy from cognitive behavioural and Client-centered theoretical orientation to adult population, presenting with a variety of diagnoses including trauma, chronic mental illness and/or medical conditions and addictions.
- Assessed client's needs and recommended suitable and appropriate methods of treatment.
- Worked in accordance with the policies and procedures which govern data protection, confidentiality, disclosure and information sharing.
- Maintained accurate records of clinical work.

Education

Certified Addictions Counsellor

2016

Canadian Addiction Counsellors Certification Federation

Masters in Behavioural Sciences

2007 – 2009

Fatima Jinnah University, Pakistan

- Specialization in counseling.
- Awarded gold medal for highest achievement.

Bachelor of Arts

2002 – 2006

Federal Government Post-Graduate College

Training/Workshops

2-Day Anxiety Certification Course: Integrate CBT and Exposure & Response Prevention for Treatment of GAD, Panic Disorder, OCD, Social Anxiety, & Phobias	Feb. 2023
Working with Attachment Injury Embedded in Complex Trauma: Untangling the Somatic Wounds	Jan. 2023
Disordered Drinking: A Shame-Free Approach to Helping Clients Examine Their Relationship with Alcohol	Dec. 2022
3-Day Dialectical Behavior Therapy Certification Training	Dec. 2022
Psychology Professional Development Workshop	Jan. 2020
EMDR Training	Mar. 2020

Volunteer activity

Registered Provisional Psychologist 2015
Thorpe Recovery Center Blackfoot AB

- Provided psychological services to clients enrolled in residential program for recovery from substance abuse.
- Provided support and community resources referrals.

References and Documentation Available Upon Request