

# Arzoo Bhatia

**Address:**  
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Email- [arzoo\\_bhatia@hotmail.com](mailto:arzoo_bhatia@hotmail.com)  
**Registered Psychotherapist (CRPO)**  
**Licensed Meditation Coach**  
**Inclusivity & Compassion**



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<b>EDUCATION</b>	<b>Masters of Arts – Spiritual Care and Psychotherapy</b> <b>Martin Luther University College, Wilfrid Laurier University, Toronto</b>	<b>2020</b>
	<b>Bachelor of Arts (honours) – Major in Philosophy, Minor in Psychology</b> <b>York University – School of Liberal Arts and Professional Studies, Toronto</b>	2016
	<b>Licensed Meditation Coach – Yoga Alliance USA</b>	2022
	<b>Trained Past Life Regression Therapist – The Weiss Institute/Omega Institute, NY</b>	July 2018
	<b>NeuroLinguistic Programming Trainer (NLP)– Level 1 – NLP Canada Inc.</b>	Summer 2016
<b>PROFESSIONAL EXPERIENCE</b>	<b><u>Registered Psychotherapist (1000 hrs)</u></b> 360 HELP, (Private Practice), Delhi	Jan 2021 -currently
	<ul style="list-style-type: none"><li>• Provide comprehensive assessment and therapy to clients from all backgrounds – 18+ preferred</li><li>• Specialization- Trauma and attachment, OCD, Adult ADHD, addictions, anxiety/depression, existential issues, interpersonal relationships, psychosomatic pain, chronic pain.</li><li>• Therapeutic Modalities- CBT/DBT, EFT, psychosomatic approaches Narrative therapy, spiritual based practices, Mindfulness, Trauma informed, Attachment Theory.</li><li>• Motivational Interviewing, Stages of change- Addictions</li><li>• Conducting meditation and mindfulness support groups and group therapy</li><li>• Online workshops on Trauma management, psychosomatic psychotherapy, psycho-oncology.</li><li>• Creating and coordinating Mental Health Camps across Delhi, NCR</li><li>• Experience providing virtual and phone therapy, crisis intervention.</li></ul>	
	<b><u>Registered Psychotherapist (700 hrs)</u></b> Advance Health, Toronto (Online)	April 2021- currently

- Provide comprehensive assessment and therapy to clients from all backgrounds – all age groups
- Specialization- Trauma and attachment, OCD, Adult ADHD, addictions, anxiety/depression, existential issues, interpersonal relationships
- Therapeutic Modalities- CBT/DBT, EFT, psychosomatic approaches Narrative therapy, spiritual based practices, Mindfulness.
- Motivational Interviewing, Stages of change- Addictions
- Conducting meditation and mindfulness support groups and group therapy
- Admin- Scheduling, case notes
- Experience providing virtual and phone therapy

**Registered Psychotherapist (450)**

Inspire Therapy Inc., Canada - <https://www.inspiretherapy.ca/copy-of-seniha-yildiz-3> December 2020-22

- Provide comprehensive assessment and therapy to clients who are marginalized and South Asian population amongst others with a Trauma informed holistic approach.
- Specialization- Immigrants, Trauma, Addictions, anxiety/depression, OCD, Adult ADHD, Existential issues, Interpersonal relationships, and couples, stress management, anger management.
- Therapeutic Modalities- CBT/DBT, EFT, spiritual based practices, Mindfulness, Narrative therapy, psychosomatic approaches
- Motivational Interviewing, Stages of change- Addictions
- Supervision – discuss case notes and any other issues
- Admin- Scheduling, Intake, case notes
- Experience providing phone therapy

**Psychotherapist (370 client hours)**

**The Delton Glebe Counseling Centre, Canada**

May 2019- May2020

- Provide comprehensive assessment and therapy to clients who are marginalized and South Asian population amongst others with a Trauma informed holistic approach.
- Addictions, anxiety/depression, eating disorders, Adult ADHD, Existential issues, Interpersonal Issues (individual and couples)
- Therapeutic Modalities- CBT/DBT, EFT, spiritual based practices, Mindfulness, Narrative therapy, psychosomatic approaches
- Motivational Interviewing, Stages of change- Addictions
- Crisis Management – Walk-Ins and brief solution focused therapy
- Group Therapy -suicidal ideation group based on a Mindfulness/CBT approach
- Advocating and awareness on mental health on university campuses across Waterloo region.
- Supervision – discuss case notes and any other issues
- Admin- Scheduling, Intake, case notes,
- Experience providing virtual and phone therapy

Sept. 2018- Sept. 2020

**Mental Health Worker**

**KW – Habilitation, Canada**

- Assessment and Support for individuals of all ages (4 years >) with developmental disabilities (ADHD, Down syndrome, Epilepsy etc.) and other concurrent disorders.
- Activities of daily living support – encourage healthy eating habits and rehabilitation through play and movement.
- Life Skill support- promote people’s skills, problem solving skill, help make informed decisions, implement individualized routines, and manage financial needs.
- Health and Wellness support- Manage and Re-direct behaviors, crisis intervention, Medications administration.
- Administrative Duties – case notes, correspondence with families, organizing fun events and life plans.

**Mental Health Worker, Part Time**

June 2017 – Feb 2018

**York Support Services Network (YSSN), Canada**

- Mental Health First Aid certified
- Crisis Support - over the phone
- Support in completing case management and housing applications for homeless and mental health clients (Ages 16>)
- Provide various resources and housing supports within the community
- Application data management
- Conducting Research to compile additional / new resources within York region and south Simcoe

**Mental Health Worker - Internship**

Oct 2016 - Feb 2017

**Tulasi Psychiatric and Rehab Centre, Delhi, India**

- Training under the most renowned Psychiatrist in Delhi – Dr. Gourav Gupta
- Approaching and Building rapport with patients
- Writing case histories- M.S.E, Intervention Plan
- Conducting meditation classes and attending classes with patients to generate addiction insight and other addiction related topics
- Learning and teaching relapse prevention and anger management techniques
- Conducting rehabilitation exercises (group therapy)- playing Pictionary, draw your addiction, write a poem, literature reading (12 stupid things, Narcotics Anonymous, Alcoholic Anonymous, how do we get addicted?)
- Conducting personality tests on patients under the guidance of a clinical psychologist
- Attending classes with patients and AA sponsors
- Observing family therapy sessions

**Legal Administrative Assistant**

Nov 2015 – Aug 2018

**Law office of Imran Khan, Canada**

## **VOLUNTEER EXPERIENCE**

- Clerical duties - receiving and dispatching mails, drafting letters, scanning, photocopy, making schedules, booking appointments
- Answering the phone, directing calls and clients
- Transcribing and minute taking
- Invoicing – Purchase Orders
- Travel bookings

April 2022-currently

### **Mentor/Mental Health Therapist Love Without Boundaries**

- **Advocating for Mental Health amongst Orphanages**
- **One-one therapy and peer support sessions with kids**

### **Mentor – Big Brothers Big Sisters of Waterloo Region, Canada**

Oct. 2019-2022

- Encouraging open communication, healthy behaviour and boundaries
- Emotional support and confidence building
- Planning activities with mentee to encourage social participation -such as games, arts, events etc.
- Supporting with school work as needed
- Being a supportive, available, and a positive role model

### **Peer Support Group x CMHA Wilfrid Laurier University – Waterloo Campus, Canada**

Oct. 2018- May 2020

- Co-Facilitate the peer support group – share and discuss concerns and stressors involved in being a graduate student at WLU
- Promote effective listening and a supportive environment
- Reinstating group guidelines and managing boundaries
- Crisis intervention if and as needed
- Share on campus and regional self-care resources

### **Volunteer – Job Shadow Southlake Regional, Newmarket**

March 2017

- In-patient, Out-patient- youth & adult
- Case history
- Attended in-patient youth group counselling
- Read case histories & attended family counselling session
- Attended day program
- Observed outpatient crisis intervention

### **SPCA – Toronto/Kitchener**

- Fostering
- Shelter cleaning
- Behavioral management/Training – Socializing animals for adoption and rehoming

May 2014 – Dec 2019

- Working with paralyzed animals (helping defecate, building recovery schedules, following vet appointments)
- Fund raising, adoption events and drives

## HONORS AND ACTIVITIES

### **Waterloo Representative, Graduate Student Association, Wilfrid Laurier University (2019-20)**

- Represent the graduate student voice in various social and educational events on campus
- Plan creative townhall events for the Kitchener, Waterloo & Brantford campus
- Participate in strategic planning for the next 4 year-term
- Represent the graduate student association in the Senate Academic Committee amongst others
- Plan for orientation week and promote volunteerism and wellness on campuses
- Attend Graduate Faculty Council meetings
- Educate and advocate on Mental Health

### **President, Campus Church, York University (2015-2016)**

- Organising worship, prayer, workshops and Bible study every Friday and Saturday- presentations, worship singing etc.
- Open sharing and support sessions for Undergraduate students
- Planning and managing social events within the group and the University.
- Coordinating charity events and social service programs – cooking for homeless shelters, worship hour at homeless shelters.

## LANGUAGES

**Computer Programs:** IAPRO, DMS, CRM, OARS, Case Files, Microsoft Office.

Fluent – English and Hindi.

Basic – German and Punjabi

## CERTIFICATIONS

Mental Health first Aid, Emergency CPR/AED & NVC certified.