



# TEHREEN BASRA

## Counselling Psychologist



+91 7743000907



tehreenbasra07@gmail.com

## SKILLS

- Suicide Prevention & Crisis Intervention (ASIST, SafeTALK)
- Therapeutic Interventions (CBT, ACT, MBSR)
- Psychological Assessments & Diagnosis
- Crisis Intervention & De-escalation
- Empathy & Active Listening
- Client-Centered Counseling
- Multidisciplinary Collaboration
- Psychoeducation & Mental Health Advocacy
- HR & Recruitment for Counseling Professionals
- Ethical Practice & Industry Knowledge
- Trauma-Informed Care

## LANGUAGES

English  
Hindi  
Punjabi

## PROFESSIONAL SUMMARY

Compassionate and empathetic Counselling Psychologist possessing a Master's in Clinical Psychology. I am passionate about helping individuals overcome emotional and psychological challenges. Experienced in evidence-based therapeutic modalities, including CBT, ACT, and mindfulness. Skilled in conducting psychological assessments, creating personalized treatment plans, and collaborating with multidisciplinary teams.

## WORK EXPERIENCE

### Canadian Counselling and Psychotherapy Association (CCPA)

#### Human Resources Associate

- Managed recruitment processes for CCPA, including posting job openings, screening resumes, conducting interviews, and supporting hiring for counseling professionals.
- Coordinated training and development programs, advancing members' skills in counseling, ethics, and industry standards.
- Organized webinars, workshops, and conferences on counseling practices, legal requirements, and mental health advocacy.

### Family-Centered Practices Group

#### Behavior Interventionist

- Conducted behavioral assessments to identify and address challenging behaviors.
- Applied evidence-based behavioral interventions such as ABA.
- Provided psycho-education and emotional support to families.

### PsychSchool

#### Educator & Counselor

- Developed and taught a curriculum on emotional well-being and mental health awareness.
- Delivered one-on-one counseling sessions using CBT, ACT, and MBSR.

## EDUCATION

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### Master of Arts in Clinical Psychology.

2016-2020

#### **Amity University**

Dissertation: The Role of Religion as a Mediating Factor in Psychological Well-being – A Cross-Cultural Perspective

Relevant Coursework: Abnormal Psychology, Neuropsychology, Counselling and Psychotherapy, Psychological Assessment, Research Methodology.

### Post-Baccalaureate Diploma in Criminal Psychology.

2021-2024

#### **Justice Institute of British Columbia**

Focused on criminal behavior, mental health in the criminal justice system, and rehabilitation methods.

Relevant Coursework: Forensic Psychology, Crisis Intervention, Ethical Issues in Forensic Settings, Psychological Assessment of Offenders, Crisis Management.