



In the Name of Allah, the Beneficent, the Merciful

الإسلام في أمريكا الشمالية - كندا

The Islamic Society of North America – Canada

About your Counsellor

Shahnaz Ahmed earned her Master degree in Psychology from the Dhaka University of Bangladesh. She further worked in the Ministry of Women and Children Affairs, Dhaka, Bangladesh as a Counselor for about five years. She then moved to the USA and earned her Master of Social Work degree from the City University of New York. She is a Licensed Master Social Worker (LMSW) in the state of New York. She worked as a Psychiatric Social Worker at a very renowned Mental Health Clinic named the Child Centre of New York for ten years. She then moved to Canada and got registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW). She also became a member of the Ontario Association of Professional Social Workers (OASW). In Canada she periodically worked at the Family Enhancement Centre, Brampton, MIAG the Centre for Diverse Women & Families, Mississauga, and Muslim Families and Child Services of Ontario, Toronto. She is currently working at the Associated Youth Services of Peel as a Walk-in/ Brief Counselor.

While working at these agencies, Shahnaz continues to enhance her clinical skills by taking relevant professional training courses which included Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Narrative Therapy, Solution Focused Brief Therapy, Motivational Interviewing (MI), Suicide Intervention (ASSIST), Mental Health Diagnosis and many more.

Shahnaz holds an expertise in Couple Relationship Issues, Mental Health Challenges, Domestic Violence, Child Welfare Issues, and Extended Family Issues. Shahnaz has assisted children, adolescents, adults and their families with a range of emotional, relational, and behavioral difficulties. Shahnaz has worked in domestic violence shelters, children's mental health agencies, and crisis support services. This range of experience has allowed her to develop an understanding for individuals of diverse backgrounds and situations.

Shahnaz can provide services in English, Bengali, Hindi, Urdu, and Punjabi. She has a strong belief in evidence based and culturally sensitive social work intervention. As a counselor, she simply helps her clients to access the strengths and wisdom within themselves, teaching them strategies to maximize these qualities to better equip them to deal with challenges. As a registered social worker Shahnaz is ethically bound to keep her clients' information **private and confidential**, therefore the client is free to discuss any issues with her.

Education and Professional Memberships:

- Master of Science in Psychology- The University of Dhaka, Bangladesh
- Master of Social Work, Hunter- The City University of New York, USA
- Registered Member of the Ontario College of Social Workers and Social Service Workers (OCSWSSW)
- Certified Member of the Ontario Association of Social Workers (OASW)
- Licensed Masters Social Worker of New York State College of Social Worker (LMSW)

ISNA - Canada Headquarters: 2200 South Sheridan Way, Mississauga, Ontario L5J 2M4

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Professional Trainings and Workshops Certification:

- Cognitive Behavioral Therapy (CBT) for Depression, Anxiety Disorder, Oppositional Defiant Disorder, Obsessive Compulsive Disorder (USA, and Canada)
- Dialectical Behavioral Therapy (DBT) for Borderline Personality Disorder, USA & Canada
- Solution Focused Therapy- (Single Session Therapy model) Hincks & Dellcrest Centre, Toronto
- Violence Against Women and Children- (Empowerment and Supportive model, USA)
- Family Restructuring Therapy- (High Conflict Separated and Divorced Families) YWCA, Toronto
- Narrative Therapy- (Trauma, PTSD, Grief & Loss at the Hincks & Dellcrest Centre, Toronto)
- Assist- (Suicide Intervention at the Center For Addiction & Mental Health, Toronto)
- Healing Journey (Dealing with severe medical diagnosis at Wellspring Cancer Support Program through St. Margaret Hospital)
- Mental Health Diagnosis & Treatment (at CUNY, USA)

Services Provided to Individuals and Families for:

- Stress, Anxiety, Depression
- Anger Management
- Partner Assault Response (Court Mandated program)
- Parenting Skills
- Separation and Divorce
- Domestic Violence
- Dealing with Medical Diagnosis
- Grief and Loss
- Parent-Child Conflict
- Self- Esteem and Bullying Issues
- Couple Relationship issues & Family Restructuring Processes

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