

Student Name	Session Day/ Time	Teams Links	DCP Student Bio
Lihua Lydia Yang	Tuesdays @ 2:00pmAT	<a href="https://teams.microsoft.com//meetup-join/19%3a7caaa0db2c9847619b8f98727582cbaf%40thread.tacv2/1730412465820?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3a7caaa0db2c9847619b8f98727582cbaf%40thread.tacv2/1730412465820?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>Lydia Yang is a Registered Social Worker and Psychotherapist with over ten years of experience in mental health counseling, specializing in supporting youth and marginalized communities. As the Clinical Director of a counseling center, Lydia manages clinical operations and provides supervision to a team of dedicated therapists. She holds a Master of Social Work from the University of Windsor and has completed several advanced certifications.</p> <p>Lydia's expertise includes trauma-informed care, dialectical behavior therapy (DBT), and family therapy. She is particularly passionate about addressing the unique mental health needs of diverse populations, including international students and immigrant communities.</p> <p>In her supervisory role, Lydia integrates multiple supervision models, including the Developmental, Reflective, and Social Justice Supervision Models, to foster the growth and competence of developing clinicians. She is committed to empowering her supervisees to build critical skills and develop their professional identities as capable, culturally sensitive mental health practitioners.</p>
Farhana Kassam	Wednesdays @ 3:00pmAT	<a href="https://teams.microsoft.com//meetup-join/19%3a40ab65ecbe5d4d99841a8c9d61cce020%40thread.tacv2/1730412621242?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3a40ab65ecbe5d4d99841a8c9d61cce020%40thread.tacv2/1730412621242?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>Hello MACP Students! My name is Farhana Kassam. My areas of practice include mental health with a specialization in acute crisis intervention with a focus on suicide understanding, intervention and prevention. My training is in Crisis Intervention, Dialectical Behavioural Therapy and Cognitive Behavioural Therapy with a focus of Mindfulness. My theoretical focus is derived from existentialism and rooted in attachment theory, behavioural theory, and cognitive theory. As a clinician, I work alongside adults over the age of 18, and deeply value the integration of cultural dignity, integrity and autonomy of self.</p>
Margaret Smit-Vandezande	Thursday @ 11:00amAT	<a href="https://teams.microsoft.com//meetup-join/19%3acd437ab4e4a841699e07cae0f63eb375%40thread.tacv2/1730412766150?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3acd437ab4e4a841699e07cae0f63eb375%40thread.tacv2/1730412766150?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	<p>I have been working in the counselling field for about 25 years. My educational background includes a BSW from the University of Western Ontario and MSW from the University of Calgary. Much of my professional experience has been as a clinician,</p>

			<p>clinical manager and program director for several Family Service Ontario counselling centres. I am currently part of a clinical team with the Arthritis Society Canada, with an area of specialty in Mindfulness and Cognitive Behavioural Therapy interventions, helping clients to self-manage chronic pain challenges. My work is guided by a person-centred and bio-psychosocial model of care which acknowledges the interaction between mental and physical well-being, while respecting each individual's right to self-determination and their inherent capacity for resilience and growth. I also align with a systemic and constructionist orientation, which recognizes how social systems shape an individuals' perceptions of themselves, their abilities, relationships, and the meaning they attach to the world around them. I am honoured to have this opportunity to work with students from Yorkville's MACP program and look forward to engaging in a collaborative supervision relationship as we continue our learning journey together.</p>
<p>Haneen Aboshawish</p>	<p>Thursdays @ 1:00pmAT</p>	<p><a href="https://teams.microsoft.com/l/meetup-join/19%3af135aabd512142afbfe9b7a4a40ef6ec%40thread.tacv2/1730412926707?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com/l/meetup-join/19%3af135aabd512142afbfe9b7a4a40ef6ec%40thread.tacv2/1730412926707?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a></p>	<p>Hello, my name is Haneen. I am an integrative trauma-informed psychotherapist pursuing a Doctor of Counselling and Psychotherapy (DCP) at Yorkville University. With a Master's in Counselling Psychology (MACP), I am a Certified Canadian Counsellor (CCC) and a Registered Psychotherapist (RP) in good standing with both the Canadian Counselling and Psychotherapy Association (CCPA) and the College of Registered Psychotherapists of Ontario (CRPO). My practice is rooted in cultural humility and a deep understanding of the diaspora experience. I am particularly passionate about blending these values with evidence-based approaches to address the unique needs of clients, especially those dealing with complex trauma and chronic stress (e.g., BIPOC and Arab clients). My approach is integrative and client-centered, drawing on CBT, Emotion-Focused Therapy, Narrative Therapy, Motivational Therapy, and Play Therapy techniques, among others. While I currently work directly with clients, I look forward to growing into a clinical supervisory role. My life experiences and academic journey are fueling my passion for developing a culturally sensitive self-care framework, and I am constantly</p>

			fascinated by the intersections of mental health, culture, and resilience. Outside of my professional life, I enjoy cooking, spending time with my dogs, and embracing moments of humor to stay grounded
Charlene Blanchard	Thursdays @ 8:30pmAT	<a href="https://teams.microsoft.com//meetup-join/19%3a927c696f320d4453bebca983492302f8%40thread.tacv2/1730412028872?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3a927c696f320d4453bebca983492302f8%40thread.tacv2/1730412028872?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	Hello! My name is Charlene. I have a master's degree in counselling psychology, a degree in psychology, and a diploma in social service work. I am a licensed Registered Psychotherapist with the College of Psychotherapists of Ontario (CRPO). I have trained and coached new therapists for several years. My clinical background includes over nine years of experience, including private practice, mental health work, crisis and addiction counselling. I primarily work from a cognitive, behavioural, and emotionally focused lens, drawing upon narrative, attachment-based, and solution-focused modalities. I work with both adults and couples, navigating such challenges as relationship issues, anxiety, depression, trauma, emotional regulation and life transitions.
Kylie Gillis	Saturdays @ 9:30amAT	<a href="https://teams.microsoft.com//meetup-join/19%3a7395f9da91b8479cbaf37cf3c8e11037%40thread.tacv2/1730413063689?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3a7395f9da91b8479cbaf37cf3c8e11037%40thread.tacv2/1730413063689?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	Currently, I work at a non-profit organization specializing in children's rehabilitation as well as a private clinic. My roles vary drastically in the sense that I provide psychotherapy to children with disabilities and their caregivers and on the other side, I focus on anxiety, eating concerns, depression and school difficulties with children and teenagers. I practice from a cognitive behavioural orientation with a focus on an anti-oppressive approach. I commonly utilize CBT, DBT, FBT and solution-focused therapy with the children and teenagers I counsel.
Amy Gee Wai Lo	Saturdays @ 1pmAT	<a href="https://teams.microsoft.com//meetup-join/19%3aac3d882c00144c418a1978666e122781%40thread.tacv2/1730411779984?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d">https://teams.microsoft.com//meetup-join/19%3aac3d882c00144c418a1978666e122781%40thread.tacv2/1730411779984?context=%7b%22Tid%22%3a%228e5c33be-6efe-45ef-b195-6787de8fd649%22%2c%22Oid%22%3a%226bd09bb0-d5a0-435e-a271-576cdb738c93%22%7d</a>	Amy Lo is a Registered Psychotherapist and Clinical Supervisor with extensive experience in working with diverse populations, including survivors of trauma, neurodivergent individuals, and those navigating mental health challenges. Holding a Master's degree in Counselling Psychology, Amy integrates multiple therapeutic approaches, such as Emotionally-Focused Therapy (EFT), Internal Family Systems (IFS), Cognitive Behavioural Therapy (CBT), and more, to provide client-centered support. Amy also has expertise in Couple and Family Therapy, helping clients work through relational challenges and fostering stronger connections within families.

			Amy's therapeutic style is deeply rooted in a person-centered, trauma-informed approach, emphasizing cultural sensitivity and collaborative care. She is also dedicated to providing culturally infused clinical supervision to emerging therapists and mental health professionals.

Coaching Skills Sessions Run Weekly from November 4 to December 8, 2024

Please note all sessions are held in Teams