

ARCH

Psychological Services

Aisha Penddah

Practicum Student

Edmonton (in person and online) – Grande Prairie (online)

780.428.9223

arch@archpsychological.com

Summary

Practicum student at ARCH Psychological Services.

Highlights of Qualifications

Master of Counselling, City University of Seattle, September 2023

Professional Affiliations

Student Member, College of Alberta Psychologists, 2023

Student Member, Psychologists' Association of Alberta, 2023

Clinical Internship

Practicum Student

May 2023 – Present

ARCH Psychological Services

- Working with various populations of clients, 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 and Psycho-educational.

Relevant Employment History

Crisis Intervention Worker

Dec. 2021 – Present

WIN House

- Completed comprehensive, collaborative, and client-directed assessments to identify safety concerns, personal goals, and areas of support for clients.
- Provided telephone and in-person crisis support to callers on the crisis lines, callers seeking shelter services, and new clients to the shelter.
- Provided appropriate risk-management strategies, resources, information, and referrals to crisis line callers.
- Provided clients and callers with information about the cycle of abuse and domestic violence in families, in order to validate their experiences and support them to safety plan.
- Collaborated with staff to provide trauma informed care and harm reduction strategies for clients.
- Acted as a client advocate with external community services to coordinate care to meet clients' needs.

- Provided clients with accurate referrals and information on community resources and programming available through the shelter.
- Assisted with planning, implementing, and assessing programming policies and procedures to ensure that the program continued to promote goal attainment, skill development, and wellness.
- Assisted clients with tasks of daily living such as arranging appointments, transportation, or providing support to access community and financial support as needed.

Psychological Assistant/ Psychometrist

Feb. 2018 – Sept. 2021

CASA Child, Adolescent and Family Mental Health Services

- 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.
- A contributing member of a multidisciplinary clinical team consisting of Psychologists Psychiatrists, Therapists, Speech language Pathologist and Occupational Therapists all focused on assessment, treatment, behavioral analysis, case review, therapeutic intervention and consultation.
- Facilitated psychoeducational groups to educate parents and caregivers on mental health disorders, behavioral concerns, and academic and behavioral strategies.
- Administered and scored various cognitive, neuro, academic, behavioral, and social emotional assessments with school aged children from diverse cultural and socioeconomic backgrounds, with a variety of complex needs.
- Utilized interpersonal skills to develop rapport with high-risk youth and their families to create supportive and inclusive environments for sharing, learning, and collaboration.
- Conducted research to inform the creation of a resource bank.
- Communicated regularly with patient support networks (families, teachers, counsellors, etc.) to provide ongoing mental health and academic supports both in the classroom and at home.
- Conducted structured and semi structured clinical interviews and intake screenings with parents/guardians of clients and the client's classroom teachers in order to assess the client's needs.
- Co-Chaired the Cultural Advisory committee which worked to promote a workplace that respects cultural diversity, restorative justice practices, and delivery of culturally relevant services.
- Liaised with cultural organizations within the community to create partnerships for ongoing staff personal development and to also provide mental health resources and psychoeducation.
- Assisted with report preparation for Psychologists (i.e., File reviews, organization of background information, and populating tables of results, development of resources).
- Maintained testing resources, equipment and inventory levels of all assessments and supplies.

Classroom Behavior Specialist

May 2016 – Feb. 2018

CASA Child, Adolescent and Family Mental Health Services

- A contributing member of a multidisciplinary clinical team consisting of Psychologists Psychiatrists, Therapists, Speech language Pathologist and Occupational Therapists all focused on assessment, treatment, behavioral analysis, case review, therapeutic intervention and

- consultation.
- Conducted classroom behavioral observations of high-risk school aged children with complex mental health diagnoses and needs to produce detailed observation reports for Psychiatrists, Psychologists and Therapists.
- Utilized client centered and family centered models of practice to create behavioral intervention programs to address behaviors of concern as well as academic and learning needs for youth in the home and school settings.
- Consulted with parents, guardians, and teachers to review behavior observation reports, provide individualized recommendations and strategies to address behavioral, social emotional, and learning concerns.
- Coached parents and school staff to model, implement and monitor the behavior plans I created.
- Collected observation data, questionnaires, and interviews and created clear, descriptive reports that included behavioral analysis, intervention plans, and recommendations.
- Reports were clear, detailed and were easily understood by parents, school staff, therapists, and doctors.
- Visited schools and created connections with staff in order to promote mental health awareness and to provide consultation on academic, behavioral, and social-emotional support for students and families.
- Conducted structured and semi structured clinical interviews with parents/guardians of patients and the patient's classroom teachers, and all applicable school staff.
- Attended weekly clinical case conferences to review, discuss, and collaborate with other clinicians to determine appropriate strategies and supports for current clients.
- Facilitated psychoeducational groups to educate parents and caregivers on mental health disorders, behavioral concerns, and academic and behavioral strategies.
- Performed research to determine new and more effective recommendations and strategies.
- Maintained detailed records of school visits, observation notes, completed questionnaires, parent and teacher interviews, and school consultations.
- Participated in the Cultural Advisory committee which worked to promote a workplace that respects cultural diversity, restorative justice practices, and delivery of culturally relevant services.

Interventionist

June 2014 – Aug. 2016

Center for Autism Services Alberta

- Member of a multidisciplinary team consisting of a Psychologist, a Speech Language Pathologist, an Occupational Therapist and a Program Coordinator.
- Developed relationships with caregivers, children, and their families from diverse cultural and socio-economic backgrounds.
- Worked with children with Autism in the home and the community to provide support regarding social skills, relationship building, parenting, and behavior management.
- Implemented behavioral treatment plans in the home and the community.
- Collected data from treatment trials and recorded and documented child behaviors.
- Created culturally mindful activities for school aged children to teach targeted skills.

Education

Master of Counselling

Sept. 2020 - Present

City University of Seattle

- Enrolled in a three-year Master of Counselling Program

- Relevant Coursework: Counselling Psychology Practice, Assessment in Counselling Psychology, Systemic Theory-Diversity and Cultural Psychology, Child and Adolescent Counselling, Psychology of Human Development and Sexuality, Psychological Theories and Counselling Practices, Psychopathology and Psychopharmacology, Psychology of Loss and Grief, Professional Ethics and Law, Brief Therapy Models, Research Methods and Statistics, Family Systems Therapy, Group Counselling Psychology, Qualitative Research Methods in Counselling Psychology, Practicum I: Case Conceptualization & Counselling Psychology Treatment, Practicum II: Ethical Issues in Counselling Psychology Practice, Counselling Psychology: Research Project

Studies in Special Education and Psychology

University of Alberta

Edmonton, AB
Sept. 2015 – Apr. 2016
Sept. 2013 – Apr. 2014

- Relevant Coursework: Psychometrics, Introduction to Clinical Psychology, Research Methods in Psychology, Cultural Psychology, Adolescent Psychology, Assessment & Instruction for Adolescents with Special Needs, Teaching Students with Challenging Behaviors.

Bachelor of Science

University of Alberta

Sept. 2009 – June 2013

- Attended the University of Alberta and majored in Biology with a minor in Psychology.

Training/Workshops

Certified in Level B Standardized Assessments – Calgary Regional Consortium.

Apr. 2021

Certified in standard first aid and level C CPR and AED.

Sept. 2021- Sept. 2024

Certified SAFE Assessor.

July 2020

SNAP – Stop Now and Plan – Child Development Institute.

Apr. 2017

Certified in Therapeutic Crisis Intervention.

May 2020 and Refresher training May 2020

Certified in Non-violent Crisis Intervention.

Jan. 2021

Certified in Suicide Intervention.

Dec. 2014

Completed Brain Story Training – Alberta Family Wellness Initiative.

Jan. 2019

Completed the Gender Based Analysis Plus course – Government of Alberta.

Dec. 2022

Completed 8-hour Indigenous Families and Mental Health training.

May 2016

Volunteer activity

Distress Line Volunteer

Canadian Mental Health Association Edmonton (formerly The Support Network)

Sept. 2014 – August 2016

- Identified and assessed safety risks to callers in a variety of crisis situations.
- Established rapport with callers from diverse cultural and socioeconomic backgrounds.
- Created a safe non-judgmental environment for callers to share and explore their issues and related feelings.

- Empowered and supported callers in crisis/and or callers with mental health concerns, to identify strengths, goals, and to develop action plans.
- Utilized a database to search for community resources and support requested by callers.
- Provided psychoeducation on suicide intervention, child abuse reporting, and a variety of mental health concerns to empower callers to advocate for their needs.

President

May. 2012 – May. 2014

Canadian Mental Health Association Student Group University of Alberta

- Promoted mental health awareness among students and staff on campus through a variety of educational events and fundraisers.
- Provided information to students and staff about the mental health resources available on campus and throughout the Edmonton area.
- Represented the Canadian Mental Health Association Student Group at the University of Alberta at inter-group/disciplinary functions both on campus and in the community.
- Established and maintained strategic working relationships with internal or external partners/stakeholders.
- Acquired and maintained partnerships between different campus and community organizations.
- Demonstrated initiative by identifying and pursuing opportunities to promote mental health awareness within the campus community and the community at large by working together with the CMHA-ER to create unique learning experiences and resource lists that were distributed by the CMHA-ER
- Supported the executive members development, confidence, and professional boundaries through direct consultation, weekly team meetings, goal setting, and action planning.
- Supported the ongoing development, evaluation and refinement of the group's tools, processes, services and outcomes.

References and Documentation Available Upon Request