

## **Curriculum Vitae**

**ARPITA BISWAS, Ph.D., C. Psych.**

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### **CAREER HIGHLIGHTS**

- Psychologist (in the Clinical and Counseling area), in good standing, registered with the College of Psychologists of Ontario.
- Thirty years of extensive experience in clinical and counselling psychology
- Extensive experience in conducting medico legal assessments, conducting clinical and psycho-vocational assessments.
- Testified in Ontario Court as Expert Witness.
- Consultant with Viewpoint, Health Impact, SOMA medical, Seiden Health and CBI, Bay Medical conducting regular IE/Medico legal assessment for MVA patients.
- Consultant Psychologist associated with CARF accredited chronic pain program and occupational rehabilitation programs
- Experience of working in multidisciplinary/interdisciplinary team setting, with medical professionals, chiropractors, physiotherapist, social workers, nurses and psychotherapists
- Providing supervision to psychologists (supervised practice) who are registering with the College of Psychologists.
- Supervising registered psychotherapists, registered social workers and psychologists in supervised practice.
- Extensive research experience in psychology and behavioral science (with completion of three separate research dissertations as part M.Sc., M.Phil. and Ph.D. curriculum)
- Faculty at Centre for Mindfulness Studies, Toronto
- Faculty for Canadian Society of Clinical Hypnosis – Ontario Division.
- Experience in teaching various psychology curriculum in University
- Number of published research articles in scientific journals and peer reviewed journals
- Certificates in a number of psychotherapy modalities including Cognitive Behavioral Therapy, Clinical Hypnosis, EMDR. Mindfulness Meditation and Gottman Couple Therapy

### **PROFESSIONAL WORK EXPERIENCE**

**Clinical Director and Psychologist (in Private Practice)**  
**Scarborough Psychology Clinic**

**Ongoing (since 2006)**

- Provides psychotherapy services – individual/family/groups
- Administers and interprets different Psychological Assessments as needed
- Conducts Independent Medico-legal assessments for MVA and TORT
- Conducts independent assessments for WSIB client and Return To Work clients
- Provides Supervision to psychotherapists and psychologists under supervised practice, recognized supervisor for Master's and Ph.D. level students.
- Specialized in Pain, Trauma, Anxiety and Depression

- Certification on CBT, Mindfulness based Meditation, Clinical Hypnosis, Motivational Interviewing, EMDR
- Provides Clinical Supervision to other therapist and psychologists under supervised practice and manages administration

**Consultant Psychologist** **2010 – Present**  
 (Various IE companies including LifeMark, Seiden Health, CanAssess, Focus and Vista)

- Regularly Conduct Insurers' Psychological Examinations for Motor Vehicle Accident patients

**Faculty**  
**Centre for Mindfulness Studies, Toronto** **2011 - 2021**

- Taught and facilitated MBCT courses for people recovering from anxiety, pain, and depression

**Consultant Psychologist** **2008 -2013**  
 ICC Health Net (Mississauga, Toronto, Richmond Hill)

- Conducted psychological assessments for MVA clients
- Managed CARF Accredited Chronic Pain Program and Occupational rehabilitation Program
- Supervision of psychotherapists

**Psychologist** **2006 – 2008**  
**Health and Wellness Centre, University of Toronto**

- Psychotherapy and counseling services
- Supervision of other therapists and placement students
- Psychological assessments
- Conducted training programs and workshops on different mental health issues

**Psychotherapist/Counsellor** **December 2001 - 2005**  
 Toronto East Counselling and Support Services, Toronto, Ontario

- Intake assessments
- Counselling and psychotherapy
- Crisis plans and crisis management
- Locate and coordinate necessary resources, advocacy and referrals.
- Supervision of interns and placement students
- Delivered workshops in other social service agencies and hospitals

**Counsellor** **July 2001 – December 2001**  
 Lake Shore Area Multi- Service Project, Toronto  
 Drug Abuse Prevention Program

- Planning, conducting and delivering workshops on drug use/ abuse
- Outreach work to obtain potential referrals

- Parenting workshops

**Chief Clinical Psychologist**

**1996 April – May 2001**

Department of Psychiatry, Bokaro General Hospital, India

- Psychological assessments for assessing personality, cognitive and intellectual functioning and for providing formulation and diagnosis
- Worked with a diverse group of population – adults, children, families, couples
- Provided both psychological and neuropsychological assessments
- Provided varied modalities of psychotherapy including behaviour therapy and management, biofeedback, cognitive therapy, psychodynamic therapy, family therapy, marital therapy, crisis intervention techniques with clients sufferings from different types of emotional and mental disorders.
- Ran a Special Clinic for children with emotional disorders or developmental disabilities
- Ran an Anxiety- Disorder clinic
- Conducted research and published papers in the field of psychiatry and mental health.
- Took regular classes teaching psychology related course to medical interns and nursing students
- Supervised other psychologists and psychotherapists

**Clinical Psychologist**

**1990 – 1996 April**

Private Practice, Calcutta, India

- Extensive experience of conducting psychometric and neuropsychological assessments to children, adults and geriatric population, analyzing and formulating the cases and writing the reports
- Provided psychotherapy and counselling services to children and adults suffering from emotional and mental disorders or disabilities
- Consultation and Supervision to schools and other social service organisations

**Consultant for the High Court at Calcutta, India, with Special Judicial Power in West Bengal (Special Officer) to develop Community Rehabilitation Program**

**1993-1994**

- Visiting the different jails of West Bengal and different community projects to review and formulate action plans for the rehabilitation of the chronic mental patients languishing in the prisons
- Developed a model of care and submitted the action plan to the High Court and To the Government for implementation
- Conducted extensive training programs for different mental health professionals and community workers to implement the model of care

**Consultant, Rehabilitation**

**1992 - 1993**

Paripurnata Half-Way-Home, Calcutta, India

- Development of group therapy programs for the patients suffering from chronic mental illness.
- Conducted family therapy
- Taught crucial mental health issues to the caregivers and mental health staff

**Clinical Psychologist, Psychiatric Clinic:  
1990 – 1992**

Baulmon - A Centre for Human Mind, Calcutta, India.

- Conducted history taking, psychometric assessments and diagnosis
- Conducted extensive individual and family therapies following various psychotherapeutic modalities.

**Clinical Psychologist, Child Guidance Center  
1990 - 1992**

Psychosocial Research and Training Center, Calcutta, India

- Conducted psychometric assessments of children having developmental disabilities, autism, different emotional disorders
- Diagnosed and formulated the cases
- Treatment programs
- Ran Learning disability and ADHD clinic
- Ran parent's groups

**EDUCATION**

**Ph.D. in Psychology** **2001**  
(Accredited by U of T as equivalent to Ph.D. from any reputed North American University)

University of Calcutta, India

- Thesis topic: 'Application of Cognitive Therapy in Patients with Generalized Anxiety Disorder'.

**M.Phil in Medical & Clinical Psychology** **1990**

National Institute of Mental Health & Neurosciences (NIMHANS), India

(Accredited by the University of Toronto as equivalent to Master of Psychology)

- A two years course under supervision following the **research-practitioner model** recognized by Indian Association of Clinical Psychologists as a mandatory training program for practicing as a Clinical Psychologist in India.
- Thesis topic: 'Prevalence and Pattern of Psychological Disturbance in Eight to Eleven Year Old School Going Children'.

**Master's Degree in Applied Psychology** **1986**

University of Calcutta, India

- A two-year course with specialization in Clinical Psychology.
- Dissertation topic: 'To Study the Family Environment and Personality of the Drug Dependents'.

**Bachelor's Degree with Honours in Psychology** **1984**

University of Calcutta, India

- A three year course

## ACADEMIC EMPLOYMENT

### **Research Fellow**

**1991 - 1996**

Department of Psychology, University of Calcutta

- Funded by University Grants' Commission for conducting researches related with psychology

### **Lecturer**

**1991 - 1993**

Department of Psychology, University of Calcutta

- Taught different psychology related course to the students enrolled in the bachelor's degree and master's degree program in the University

### **Lecturer**

**1993 - 1994**

Antara, West Bengal, India

- Taught Psychology to students in Postgraduate Diploma Program in Psychiatric Social Work

## ACADEMIC HONOURS

- **National Scholarship** for B.Sc. result
- **1<sup>st</sup> rank** (Gold Medalist) in Calcutta University in the M.Sc.Exam
- Awarded **National Fellowship** (NET Scholarship, through a National Level Test) for conducting doctoral research work

## ACADEMIC PUBLICATIONS

- **Biswas, A., & Chattopadhyay, P.K.** (2001). Predicting psychotherapeutic outcomes in patients with generalized anxiety disorder. *Journal of Personality and Clinical Studies*, 17, 27 - 32.
- **Biswas, A., & Chattopadhyay, P.K.** (2000). Cognitive therapy of generalized anxiety disorder: psychological and psychophysiological outcomes. *Indian Journal of Clinical Psychology*, 27, 182 - 188.
- **Biswas, A., Biswas, D., & Chattopadhyay, P.K.** (1995). Cognitive behaviour therapy in generalized anxiety disorder. *Indian Journal of Clinical Psychology*, 22, 2, 1 - 10.
- **Biswas, A., Kapur, M., & Kaliaperumal, P.V.** (1995). Stressful life events and adjustment pattern of psychologically disturbed and non-disturbed children of middle childhood period. *Indian Journal of Clinical Psychology*, 22,1, 7 -13
- **Biswas, A., Kapur, M., & Kaliaperumal, P.V.** (1995). The prevalence and pattern of psychological disturbance in school going middle childhood children. *NIMHANS JOURNAL*, 33 - 41.
- Chatterjee, T.K., & **Sarkar, A.** (1991). Drug dependents and their family: A dynamic study. *Samiksha*, 45, 79 - 90.

## **PRESENTATIONS**

**2021** - Mindful Self Compassion in Difficult Times – Presenter Dr. Arpita Biswas at the International Conference: Redefining Well-being in the wake of Pandemics, Organized by The Department of Psychology at University of Calcutta ( May 15, 2021).

**2016** – Introductory course on Clinical Hypnosis, organized by Canadian Society of Clinical Hypnosis – Ontario Division, March 4 and 5, 2016

**2013** – Basic Foundation in Mindfulness Meditation and its Application in Clinical Practice, Mon Foundation, Kolkata. (May, 2013)

**2009** – Foundational Knowledge in working with South Asian Community and practical implications in Psychotherapy practice. Ontario Psychological Association’s Annual Convention. (February, 2009)

**2006** - An introduction to Cognitive Behavioural Therapy. Applied Psychology Department, Calcutta University, India.

**2006** - Recent Developments in Cognitive Behavioural Therapy. Psychology Department Calcutta University, India

**2004** - Challenges in Community Mental Health. Sunnybrook Women’s College WRAP program, Toronto, Canada

**2001** - Child and Adolescent Mental Health. Chinmaya Vidyalaya, Bokaro, India

**1998** - Post-Traumatic Stress Disorder and Application of CBT. Bokaro General Hospital, India

**1995** - An overview of the psychological treatments for the rehabilitation of chronically mentally ill people. National Conference on Psychiatric Rehabilitation, India.

**1993** - Application of Cognitive Behavioural Therapy in Anxiety Disorders. Annual National Conference for Clinical Psychologists, India

**1993** - Psychological treatment for drug dependence, Annual Conference for Indian Psychiatric Association, West Bengal Chapter.

## **ADVANCED PROFESSIONAL TRAINING**

Ontario Psychological Association’s 75<sup>th</sup> Anniversary Conference. November 23-24, 2022

Couple Therapy Training - One Year Developmental Model Training Program in Couple Therapy from Ellyn Bader, The couple Institute: January - December 2022

Advanced Workshop in Clinical Hypnosis – An Integrative Mind Body Approach to Hypnosis: Application in Gut Health, Autoimmune Problems and Addiction Issues, Presented by Dr. Mark Weisberg, June 4 and 5, 2021

Mindful Self Compassion – 8 Weeks Program – Conducted by Dr. Shari Geller and Megan Prager March 22 - May 17, 2021, Toronto, Ontario

Ontario Psychological Association Annual Conference 2019, Nov. 15 – 16, 2019, Toronto, Ontario

Neurofeedback Fundamental Workshops – June 4 – June 8, 2018. Led by Dr. Lynda Thompson and Dr. Michael Thompson of ADD clinic, Ontario.

Gottman Couple Therapy – Level 1 Training. Organized by Dr. Julie and John Gottman. In Home Learning with PESI examination. Completed on September 29, 2017.

Hypnosis Relaxation Therapy in the Treatment of Anxiety, Stress, Pain, Hot Flashes and Sleep. Presented by Dr. Gary Elkins. Advanced Workshop. Organized by Canadian Centre of Clinical Hypnosis – Ontario Division (CSCH –OD). September 15 and September 16, 2017.

Body Keeps The Score: New Frontiers in Trauma Treatment. Led By Bessel Van Der Kolk. April 26 and April 27, 2017. Organized by Leading Edge Seminars. Toronto, Ontario.

Chronic Pain Management with Self Hypnosis Training. Mark P. Jensen. October 21 and October 22, 2016. Advanced Workshop, organized by The Canadian Society of Clinical Hypnosis.

Application of Clinical Hypnosis in the treatment of Anxiety and Trauma. Carolyn Daitch. July 8 and July 9, 2016 Intermediate workshop. Organized by The Canadian Society of Clinical Hypnosis.

Hypnosis Skills and Application: June Intermediate Workshop. Organized by The Canadian Society of Clinical Hypnosis. June 19 and 20, 2015

The Pain Paradox: Mindfulness, Compassion, and a New Paradigm for Trauma Therapy: John Briere, Ph.D., Organised by Leading Edge, May 28 and May 29, 2015

Strategic Single Sessions Interventions: Identifying and hitting meaningful targets: Michael D Yapko, April 23 – 24, 2015

Ontario Psychological Association's 68<sup>th</sup> Annual Conference February 19 -21, 2015

Addressing Stuck Places in EFT Couples Therapy: A Master Class with Sue Johnson, Organized by Leading Edge, November 28, 2014.

100 Hour Clinical Hypnosis and Strategic Psychotherapy Training with Michael D. Yapko in Chicago, Illinois, 2014.

Trauma focused CBT for Children and Adolescents: Blending Theory with Innovative Techniques: Liana Lowenstein and Angela Cavett. Organized by Leading Edge November 21 and November 22, 2013

Prescriptive Authority (RXP) Initiative in Ontario – Organized by CAPDA November 1, 2013

Hardwiring Happiness: The Practical Science of Growing Inner Resources – By Rick Hanson,  
Organized by Leading Edge Seminars, Toronto, October 22, 2013

DSM 5: Overview, Critique, Recommendations – organized by CAPDA June 21, 2013

Mindfulness Based Stress Reduction – A 7 day professional Training with Jon Kabat-Zinn and  
Saki Santorelli at Omega Centre, Rhinebeck May 31 – June 7, 2013

Mindfulness Based Cognitive Therapy – Teacher Training Intensive: refining Enquiries – 5 day  
professional training with Susan Wood and Char Wilkins June 17 – June 22, 2012

Mindfulness Based Cognitive Therapy Practicum for Clinicians February 6 – June 11, 2012  
Conducted by The Centre for Mindfulness Studies. Facilitators: Dr. Patricia Rockman and Dr.  
David Denis

Mindfulness based Cognitive Therapy – 5 day professional training with Dr. Zindel Segel and Dr.  
Patricia Rockman September 2011

Regular attendance in a number of one day to five day retreats with different mindfulness  
practitioners 2009-2011

8 weeks Mindfulness Based Stress Reduction program with Dianna Last of Mindfulness  
Everyday 2011

Core Practises in Mindfulness Based Interventions for Professionals: Mentoring Group with Dr.  
Zindel Segel and Dr. Patricia Rockman 2010-2011

136 hours of extensive training in Clinical Application of Mindfulness Meditation with Michael  
Stone – (including 4 day silent retreat) 2009

EMDR Part 1 Part 2 Basic Training Certificate 2008-2009

Certificate in Clinical Hypnosis – Basic, Intermediate and Advanced – Obtains regular yearly  
training from 2008 onwards

Certificate in Cognitive-Behaviour Therapy (from OISE, U of T) - 2005

### **ORGANIZATIONAL MEMBERSHIPS**

Professional Member of Ontario Psychological Association

Professional Member of the American Psychological Association

Professional Member of Ontario Society of Clinical Hypnosis

Fellow, Indian Association of Clinical Psychologists



### **CURRENT VOLUNTEER ACTIVITIES**

- President Elect and Executive Member of the Board of Directors in Ontario Society of Clinical Hypnosis
- Executive Member of the Educational Committee, Ontario Society of Clinical Hypnosis
- Clinical Director of OPPSTA ( An online Educational Academy for teaching Psychology Skills)

**(Updated: April 2023)**

**References Available upon Request**