

Nelly Movasseli

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EDUCATION

- 2010- 2012 **Masters of Social Work (MSW), University of Toronto**
- 2009- 2010 **Ontario College Advanced Honors Diploma** for Behavioural Science Technology (BST) one-year intensive program, *George Brown College*
- 2004- 2009 **BSc. Honors Specialization Psychology, York University**

AWARDS

- 2011 University of Toronto Entrance Scholarship
2009/2010 Dean's honour list, George Brown College
2006-2008 Dean's honour list, York University

CLINICAL EXPERIENCE

- Sept. 2021-Present **Virtual Counselling & Psychotherapy in private Practice, Self employed**
- Counselling and psychotherapy to adolescents and adults suffering from various mental health difficulties (stress, burnout, relationship challenges, coping strategies, depression, anxiety disorders etc...)
 - Cognitive Behavioural Therapy (CBT), Solution focused & Mindfulness practice as the main mode of therapy
- May 2019- June 2023 **Ontario Shores Centre for Mental Health Science, Ontario Structured Psychotherapy (OSP) (Full Time) Clinical Social Worker/Psychotherapist**
- Providing manualized Cognitive Behavioural Therapy (CBT) to adults with depression and anxiety disorders (Depression, Social Anxiety, OCD, GAD, Panic Disorder, PTSD & Phobia)
 - Facilitation of a Depression group in the program
 - Assessing and administering mood and anxiety related measures.
- June 2017- May 2019 **Ontario Shores Centre for Mental Health Science, Forensics Outpatient Services (FOS) (Full Time) Social Worker**
- Assessments (mental status assessments (MSA), suicide assessments, home safety), risk management ensuring safety of client and public, toxicology screens (urine and breathalyser), facilitation of groups (mindfulness, concurrent disorders, social intelligence), case management, individual counselling and skill building.

- Delivery of a manualized family therapy and an internal pilot study on social intelligence.

July 2012-June 2017

**Ontario Shores Centre for Mental Health Science, Forensics
Rehabilitation Unit (FRU) (Full Time) Social Worker**

- Psychosocial and Approved Persons assessments, counselling, facilitation of a Social Skills, Reducing Relapses, Facts about Mental Illness, Self-esteem, Skills for Recovery, Concurrent Disorders (pre-contemplation and relapse prevention) and Wellness Recovery Action Planning (WRAP) groups, manualized family therapy, liaison between families and treatment team, case management, advocacy, liaison between community social agencies, partnership with the Concurrent Disorder program at Ontario Shores, active member of an interdisciplinary team, discharge planning, supervision of MSW students and involvement in research on the topic of social intelligence.

Sept. 2011- April 2012

**Southlake Regional Health Centre, Adult Brief Therapy Clinic
Social Work Clinical Internship**

- Completed assessments, case formulations, clinical treatment plans, intake phone screenings and provided referrals and advocacy for clients with a range of presenting mental health difficulties.
- Co-facilitated and shadowed a CBT-based Anxiety group, CBT-based Mindfulness group, DBT-based Emotional Regulation group and a Recovery treatment group.
- Developed and co-facilitated an 8-week CBT-based Self-Esteem group.
- Shadowed the Crisis Team in the emergency department

Jan.-June 2011

Toronto District School Board (TDSB), North Toronto & Deaf/Hard of Hearing Students, Social Work Clinical Internship

- Counselling children, youth and their families on issues related to bullying, anxiety, depression, stress, abuse, disability and parental separation.
- Worked as an integral member of an interdisciplinary team including, psychologist, speech language pathologist, principal, teachers and caregivers.
- Liaised between the school team, caregivers, clients and CAS workers.

Jan.-Aug. 2010

Exceptional Learning Centre (EXL) Instructor Therapist

- Utilized Applied Behaviour Analysis (ABA) and Intensive Behaviour Intervention (IBI) techniques with children and youth with Autism, developmental disabilities, learning disabilities and behavioral difficulties.

Oct. 2009- June 2010

**Finding the Way & Exceptional Learning Centre (EXL)
George Brown College Clinical Internship (700 hours completed)**

- Utilized ABA and IBI techniques with children and youth with Autism, developmental disabilities, learning disabilities and behavioral difficulties.

- 2009-2010 **Community Helpers for Active Participation (CHAP) Respite Worker**
- Provided support and relief to caregivers of children and youth with developmental disabilities.
- Jan.-June 2009 **Geneva Centre for Autism, Sportball program Volunteer**
- Demonstrated strong communication and interpersonal skills by facilitating and teaching social and communication skills through play to children with a variety of disabilities.
- 2008- 2009 **Milton & Ethel Harris Research Initiative (MEHRI) Development & Neuroscience Lab at York University Research Volunteer**
- Demonstrated strong analytical skills by analyzing, identifying and evaluating EEG data in a research experiment of a treatment for children with autism.
- 2000 & 2007- 2008 **York Central Hospital Emergency Clinic Volunteer & Escort**
- Provided social support to patients and their families.
 - Demonstrated strong organizational skills by prioritizing tasks and following through with refilling supplies, reordering fast track charts and transporting patients, equipment, charts and specimen to their destinations in the hospital.

Professional Development

- 2022 First Aid/CPR re-certification
- 2021 Assessing & Managing Suicide Risk (AMSR) (6.5 hours)
- 2021 CBT for Anxiety & Related Disorders 3, OCD & PTSD (76 hours)
- 2021 CBT for Anxiety & Related Disorders 2, Social Anxiety, Health Anxiety & Phobia (67 hours)
- 2020 CBT for Anxiety & Related Disorders 1, GAD & Panic disorder (70 hours)
- 2020 CBT for Depressive Disorders (70 hours)
- 2019 Increasing Access to Structured Psychotherapy Fundamentals of CBT (60 hours)
- 2018 Hincks Dellcrest Centre: CBT certificate-level 1 (24 hours)
- 2017 Behaviour Family Therapy (BFT) 5-day clinical training by Meriden
- 2016 Mindfulness & Reality Acceptance for Personal and Professional Practice, Linehan Institute Behavioural Tech.
- 2016 CBT-p Professional Workshop certificate of attendance, 1-day workshop
- 2016 Safe & Effective use of self in psychotherapy certificate (30 hours)
- 2016 Motivational Interviewing Workshop-Part I, Institute for Healthcare Communication Canada
- 2016 5-day SafeWards Champion Training, Ontario Shores
- 2015 Mindfulness Workshop 1-day training
- 2015 Behaviour Activation 1-day training
- 2014 Wellness Recovery Action Planning (WRAP) 4-day Facilitator Certificate
- 2014 Behavioural Skills Training for Concurrent Disorder 1-day workshop
- 2014 CBT for Concurrent Disorder 2-day workshop
- 2014 Hincks Dellcrest: CBT the essentials for anxiety, depression & PTSD (11 hours)
- 2014 Solution Focused Therapy 2-day workshop certificate of attendance
- 2013 Fundamentals of Tobacco Intervention training certificate of completion

2013 Choices & Changes Certificate by Institute for Healthcare Communication
Canada
2013 OASW Certificate of Attendance to Narrative Therapy: The Tree of Life
2013 Hincks Dellcrest Centre: Introduction to DBT 1-day workshop
2012 Hincks Dellcrest Centre: Getting Grounded 1-day workshop
2012 Wellness Recovery Action Planning (WRAP) 3-day introductory Certificate
2012 Trauma-Focused CBT continuing education certificate of completion
2011 Applied Suicide Intervention Skills Training (ASIST) certificate
2011 Southlake Regional Health Centre's Clinical Day certificate
2012 First Aid/CPR Certificate
2011 Money Matters Workshop by Wellspring
2010 Certificate of Training, Picture Exchange Communication System (PECS)

REGISTRATION & MEMBERSHIP

2012-Present Ontario College of Social Workers and Social Service Workers
(Registration #: 820569)

LANGUAGES

English and Persian (Farsi): Native