

ZAHEEDA VIRANI, PSY.D.

EDUCATION

Adler University (APA Accredited) Doctorate of Clinical Psychology <i>Child & Adolescent Clinical Psychology Emphasis</i> <i>Advanced Adlerian Psychotherapy Emphasis</i>	2014 - 2019 Chicago, IL
Adler University (APA Accredited) Master of Arts in Clinical Psychology	2014 - 2016 Chicago, IL
Simon Fraser University Open Studies	2011 - 2012 Burnaby, BC
University of Alberta Bachelor of Arts in Psychology Biological Sciences Minor	2003 - 2009 Edmonton, AB

SUPERVISED PRACTICUM EXPERIENCE

Children's Program <u>Psychologist Resident</u> <i>Primary Supervisor: Rose Eagle, Ph.D.</i> <ul style="list-style-type: none">• Complete private diagnostic evaluations for children and adolescents to address concerns related to developmental delays, academic difficulties, attention and focus challenges and other emotion-related concerns.• Conduct permanency and case planning evaluations for Oregon's Department of Human Services.• Provide outpatient therapy services to children, adolescents and families.• Co-lead behavior management, socioemotional learning and social skills groups.	09/2019 – Present Portland, OR
Pacific Psychology and Comprehensive Health Clinic (APA Accredited) <u>Psychology Doctoral Intern</u> <i>Primary Supervisor: Jennifer R. Clark, Ph.D.</i> <ul style="list-style-type: none">• Provided assessment services to families with a wide range of referral questions including rule-outs of developmental, learning, behavioral and emotional disorders.• Managed an active therapy caseload of individual, family and Parent-Child Interaction Therapy (PCIT) clients ranging in age from 3 to 30 years.• Responsible for the supervision of practicum students from Pacific University's School of Graduate Psychology.• Developed didactic and training materials for practicum students.• Facilitated weekly outreach and interprofessional team meetings within the clinic.• Implemented and conducted outcome evaluations of a behavioral health program initiative at the Hillsboro clinic to fulfil the clinic's objective of becoming a fully integrated health care system.• Taught an introductory interprofessional course at Pacific University for students from all graduate programs.	07/2018 – 08/2019 Hillsboro, OR

Advocate Children's Hospital – Pediatric Developmental Center

07/2017 – 06/2018

Advanced Extern

Chicago, IL

Primary Supervisor: Laura Mulford, Ph.D.

- Completed over 20 integrated psychological reports that included: Mullen Scales of Early Learning, Leiter-3, WPPSI-IV, WISC-V, WJ-IV, ADOS-2, CPT3, CATA, KCPT-2, NEPSY-II, ABAS-3, BASC-3, Conners-3, CDI-2, RCMAS-2, SRS-2, SCQ and Sensory Profile.
- Conducted individual therapy with children between 2 and 16 years of age with varying verbal and developmental abilities.
- Offered family therapy services to address systemic and intrafamily relational concerns.
- Co-led support, skills training and parent training groups.

Bridge View & Challenger Day Schools

08/2016 – 08/2017

Therapy Extern

Niles, IL

Primary Supervisor: Rina Norris, Psy.D.

- Provided individual therapy services to adolescent clients in a therapeutic day school with emotional and behavioral concerns, as well as those with learning disabilities, Autism and other health impairments.
- Co-facilitated process groups to encourage students to better understand their affect and cognitions in group settings as a means of strengthening the social skills needed for effective and positive interpersonal relationships.
- Created lesson plans and taught interactive groups based on Dialectical Behavioral Therapy (DBT) to increase the students' coping strategies repertoire and problem-solving abilities.
- Supported the Director of Mindfulness and Yoga Practices in leading weekly yoga therapy sessions to help students achieve mindfulness and internal calmness through yoga stretches, meditation and guided imagery.
- Participated in Individualized Education Plan (IEP) meetings with various stakeholders invested in the student's academic success including school district representatives and parents to determine student goals.
- Engaged in milieu therapy with students to improve their academic experience.

Adler Community Health Services

09/2015 – 09/2016

Diagnostic Extern

Chicago, IL

Primary Supervisor: Christine Beecroft, Psy.D.

- Conducted clinical interviews, psychological evaluations and feedback sessions for clients between the ages of 6 and 55 years across a range of settings including community mental health centers, forensic and school-based settings.
- Completed 19 integrated psychological reports that included cognitive, intellectual, functional and personality testing.
- Liaised with collateral informants to gather information to aid in case conceptualization and provide treatment recommendations.
- Increased knowledge and competency of novel psychological tests through research and supervision.
- Effectively worked in navigating a multisystem organization with diverse requirements and protocols.

Primary Supervisor: Devon Lovell

- Completed Mandated Reporter Training for the state of Illinois.
- Assisted in fundraising efforts including the annual gala and Walk-a-Thon.
- Participated in after-school tutoring program through Family Connections to help participants reach grade-appropriate learning objectives.
- Contributed to various projects associated with the Teen Girls and Teen Boys Programs to cultivate leadership and community involvement.

TEACHING EXPERIENCE

Adler University
Teaching Assistant

09/2016 – 12/2016
Chicago, IL

Instructor: Leigh Johnson-Migalski, Psy.D.

Course: Adlerian I: Assessment and Case Conceptualization

- Provided administrative and supportive services to a doctoral level professor that included the preparation of weekly teaching handouts and email correspondence with students.
- Participated in role plays with the professor to exemplify the use of Adlerian assessment and intervention measures, such as the Adlerian Lifestyle Inventory, in case conceptualizations.
- Aided in the facilitation of small group student discussions and role plays to offer students the opportunity to practice psychotherapy skills taught in class.
- Responsible for marking student assignments under the supervision of the professor and providing subsequent feedback to students on their progress in the course.

RESEARCH EXPERIENCE

Adler University

Dissertation

Completed 08/2019

Topic: Identification of Themes Between Self-Identified Bullies and Victims Through the Use of the Early Recollection Rating Scale-2
Chair: Jerry Westermeyer, Ph.D.

PRESENTATIONS

Virani, Z., Boles, Y., & Sesso-Osburn, F. (2018, June). *Instilling hope and encouragement to facilitate agency among LGBT individuals.* Workshop presented at the North American Society of Adlerian Psychology 66th Annual Conference, Toronto, ON, Canada

Johnson-Migalski, L. & **Virani, Z.** (2017, May). *Rewriting early recollections to facilitate therapeutic change.* Workshop presented at the North American Society of Adlerian Psychology 65th Annual Conference, Vancouver, BC, Canada

Sesso-Osburn, F. & **Virani, Z.** (2017, May). *The incorporation of spiritual beliefs in the treatment of substance use in minority clients using a medical disease model.* Poster presentation at the North American Society of Adlerian Psychology 65th Annual Conference, Vancouver, BC, Canada

Virani, Z. & Sesso-Osburn, F. (2017, April). *Culturally-sensitive treatment recommendations for substance use in Muslims using a medical disease model. Introduction to addictive patterns panel. Speaker at the Ninth Annual Muslim Mental Health Conference, East Lansing, MI*

Virani, Z. (2016, November). *Asian American mental health: Challenges and recommendations*. Poster presentation at the Multifaceted Themes of Diversity Conference, Chicago, IL.

Virani, Z. (2016, May). *Providing psychological services to Asian Americans*. Poster presentation at the Association of Chicagoland Externship and Practicum Training Annual Conference, Chicago, IL.

WORK EXPERIENCE

Adler University Office of Student Affairs 02/2017 – 07/2018
Career Development Assistant Chicago, IL

- Developed and maintained an online career services portal for current students and alumni.
- Liaised with training coordinators from Adler University's three campuses – Chicago, Vancouver and Online – to obtain applicable career-related materials for all programs.
- Researched additional beneficial resources to be included on the website.

Adler University Institute on Public Safety and Social Justice 01/2015 – 07/2018
Social Exclusion Simulation Team Member Chicago, IL

- Role played in simulations to expose participants to social structures that are in place, how they operate and the related challenges present for certain demographics in relation to social integration.
- Encouraged participants to engage in dialogue to promote the creation of a more socially just society through the questioning of perceptions and assumptions.
- Conducted research on a variety of topics related to social justice including the interconnectedness of social systems for further education and publication purposes.

Adler University Diversity Leadership Program 08/2015 – 07/2016
Diversity Leadership Mentor Chicago, IL

- Discussed academic issues relevant to students of ethnic minorities.
- Organized events that promoted issues of diversity and the advancement of ethnic minorities in higher education.
- Generated a support system for minority and underrepresented peers currently attending Adler University.

Norburn Medical 05/2012 – 08/2014
Medical Legal Secretary Burnaby, BC

- Provided information and served as a resource to aid patients on various insurance claims and legal matters such as Medical Leave, Provincial Disability Claims and motor vehicle accidents.
- Liaised with lawyers, insurance companies and other medical professionals to gather information and support clients to ensure their medical needs were being met.
- Dictated medical legal reports and other documentation as required for ten family physicians including those to be used for visa applications and litigation.
- Coordinated private patient billings as well as in-office services as billed to BC's Medical Services Plan by maintaining accurate, up-to-date ledgers and issuing receipts for received payments.

COMMUNITY SERVICE EXPERIENCE

Center for Adlerian Practice and Scholarship (CAPS) – Adler University 09/2020 – Present
Advisory Board Member Chicago, IL

- Aim to support, educate, train and engage people about Adlerian Psychology through live trainings, workshops and conferences.
- Partner with members from all three Adler University campuses (Chicago, Vancouver and online) to create an inclusive environment.
- Consult with Adler University and other community institutions on how to incorporate the Adlerian tenets into their organizations and trainings.

National Education Board – Ismaili Council for the United States 08/2019 – Present
National Project Manager for Parental Involvement Portland, OR

- Assess the needs of the national population through communication and outreach with regional Education Board members.
- Design informational presentations on a variety of topics related to parental involvement in children's academic success including the importance of attachment, screen management, positive discipline and holistic living.
- Support local teams with the implementation of modules ranging from training facilitators to logistics management.

Social Welfare Board – Ismaili Council for the Midwestern United States 10/2015 – 07/2018
Mental Health Team Member Chicago, IL

- Developed lesson plans as part of an initiative to teach high school students in religious education classes about mental health including sleep hygiene, mindfulness, boundary setting and nutrition.
- Acted as a consultant for community members looking for information and resources on a variety of psychologically-related topics.
- Organized events to fulfill the mandate of the program in bringing awareness about mental health to the Ismaili Muslim community while aiming to reduce the associated stigma such as the Mental Health Awareness Week.

Aga Khan University 07/2007 – 07/2015
North American Aga Khan University Ambassador Edmonton, AB

- Travelled overseas to establish rapport with youth in the United Kingdom, Pakistan and Dubai.
- Learned about microfinance and rural developmental projects in Northern Pakistan.
- Visited heritage and architectural sites established by His Highness Prince Aga Khan.
- Presented findings and information to North American youth to broaden their views about others living in various developed and underdeveloped parts of the world.

Women's Development Portfolio - Ismaili Council for Canada 09/2011 – 08/2014
Teen Talk Member Burnaby, BC

- Constructed and presented workshops aimed towards girls between the ages of 12 and 17 on topics that included positive body image and breaking stereotypes.
- Mediated a safe environment for open discussion among peers on issues relevant to the lives of today's adolescents.
- Provided parents with resources on topics such as bullying, dating and parent/child relationships.

Zaheeda Virani

Social Welfare Board - Ismaili Council for Canada

03/2013 – 08/2014

Poverty Alleviation Member

Burnaby, BC

- Collaborated with team members to aid those in penury to overcome challenges to help improve their quality of life.
- Communicated with external organizations to establish a resource database of services available at low or no cost in the areas of education, healthcare, finance and employment.
- Analyzed data to better understand the needs of families in the program and formulate a plan for the allocation of resources.

Education Board - Ismaili Council for Canada

09/2009 – 06/2010

Religious Education Teacher

North Vancouver, BC

- Developed and carried out lesson plans for students in Grades 4 and 5 in accordance with international guidelines.
- Acted as a one-on-one special education teacher for a student with developmental and learning challenges to advocate and facilitate her inclusion in learning activities.

CERTIFICATIONS

- Cognitive Processing Therapy for PTSD – Completed January 2019
- CPTWeb: An Online Training Course for Cognitive Processing Therapy – Completed October 2018
- Military Culture: Core Competencies for Health Care Professionals – Completed August 2018
- Positive Discipline Parent Educator (CPDPE) – Completed February 2018
- Collaborative Institutional Training Initiative Program (CITI) – Completed January 2018
- Autism Diagnostic Observation Schedule-2 (ADOS-2) – Completed August 2017
- Mental Health First Response Training – Completed April 2017
- Trauma-Focused Cognitive Behavioral Therapy Module – Completed September 2016

ACADEMIC MEMBERSHIPS

- Adlerian Psychology Students Organization – Co-founder and President (2018 – 2019)
- Adler Psi Chi – Chapter Vice-President (2017 – 2018), Member-at-Large (2014 – 2018)
- Adler University Admission's Office – Student Ambassador (2016 – 2018)
- Adler University Peer Mentor Program – Peer Mentor (2015 – 2018)
- Adler University International Students Association – Member-at-Large (2014 – 2018)
- Adler University Child & Adolescent Committee – Member-at-Large (2014 – 2018)

PROFESSIONAL MEMBERSHIPS

- International Honor Society in Psychology (Psi Chi) – Member
- American Psychological Association (APA) – Student Member
- American Psychological Association of Graduate Students (APAGS) – Member
- Division 37: Society for Child and Family Policy and Practice – Member
- Division 53: Society of Clinical Child and Adolescent Psychology – Member
- North American Society of Adlerian Psychology (NASAP) – Member