

# Jelani Adams, MSW, RSW



## Professional Summary

Jelani is a dedicated therapist with diverse experience working in the mental health field. He has extensive understanding of the needs of diverse individuals and is able to relate to them on all levels. Jelani is passionate about developing in-depth knowledge of behaviour and the effects of societal trends and influences on his clientele. Jelani is proficient in his knowledge and experience with Cognitive-Behavioural Therapy as he has attended numerous CBT courses, trainings and workshops. Jelani is focused on connecting with clients and is committed to helping people create positive change in their lives.

## Professional Specialties

- Depression
- Anxiety
- Mood Disorder
- Self-esteem issues
- Relationship Issues
- Panic Attacks
- PTSD
- OCD
- AD/HD

## Education

- Master of Social Work Degree (MSW) - Wilfrid Laurier University
- Honours Bachelor of Science Degree in Psychology - York University
- Certificate in Rehabilitation Services - York University & Seneca College
- Certified as a Cognitive-Behavioural Therapist - Academy of Cognitive Therapy (ACT) and the Canadian Association of Cognitive and Behavioural Therapies (CACBT)

## Professional Experience

In addition to his work with TeleCBT, Jelani is the Clinical Director of Thrive CBT, a group counselling practice based out of Whitby, ON. His past work experience includes working for various community mental health organizations.



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