

Shahrzad Nemati MSW, RSW



Professional Summary

Shahrzad is a knowledgeable and accomplished therapist with over two decades of experience. She is an effective motivator, communicator and believes that successful counseling requires a collaborative approach which depends on building trust and establishing a strong rapport between therapist and client so that the most successful outcomes can be achieved. She works with a diverse clientele including children and youth with behavioral and mental health issues. Over the course of therapy, and with a focus on CBT, Shahrzad's clients will learn many strategies and techniques to deal with life's day to day situations. Shahrzad is an important advocate for self-determination, empowerment and the promotion of equity and social justice in society. She continues to be very active in contributing innovative solutions and helping to make major improvements to operations and/or services provided for those dealing with mental health issues. Shahrzad is fluent in English and Farsi.

Professional Specialties

- PTSD & Trauma
- Emotional Issues
- Domestic & Sexual Abuse
- Crisis Intervention
- Recovery & Psychosocial Rehabilitation

Education & Certification

- Master of Social Work - University of Windsor
- Bachelor of Social Work with Honors - York University
- Diploma, Women and Children's Counsellor/Advocate - George Brown College
- Post Diploma, Advanced Counselling Skills - George Brown College
- Cyber Counselling Training (ongoing) - Therapy Online
- Trauma in Mind's Eye - Hincks-Dellcrest Centre-Gail Appel Institute
- Ontario HIV and Substance Use Training Program - CACCF
- Trauma Group Therapy - Cedar Centre
- ASIST (Applied Suicide Intervention Skills Training), Living Works, Toronto
- Introduction and Overview to Substance Use/Abuse, Addiction, and Treatment - CAMH

Professional Experience

In addition to being a TeleCBT therapist, Shahrzad has also been working at YRSA Therapy, Trauma Group Therapist at Cedar Centre and as a Case Manager at the Mental Health Association in York Region. She has been a women's counselor at the Women Support Network of York Region, and assistant counselor at Dr. Babadi Psychiatry Clinic. Shahrzad has volunteered at the Women Support Network of York Region as a Crisis Line Counsellor responding to calls from women who have experienced sexual violence and are in need of intervention or prevention.



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