

Dr. Vinita Puri, RSW, Coach, Mediator, Consultant



Professional Summary

Dr. Vinita Puri is an experienced Social Worker, Mediator, Coach, and Consultant, with expertise in Culturally Adapted Cognitive Behavioural Therapy (CaCBT), Mindfulness Based Stress Reduction (MBSR) and Alternative Dispute Resolution (ADR). Over the past 20 years, she has provided customized mental health counselling and wellness services to support diverse clients and groups. She has also provided workplace interventions to a wide range of organizations to facilitate organizational wellness and development. These services include workplace assessments, strategic planning, policy development, leadership coaching, mediation,

employee engagement and return to work services.

Professional Specialties

- Return to Work Services
- Leadership Coaching
- Organizational Wellness and Development
- Conflict Mediation and Resolution
- Employee Motivation and Engagement
- Chronic Pain Management
- Addictions and Trauma
- Stress and Anger Management
- Bullying and Harassment
- Anxiety and Depression

Education

- Doctorate in Industrial and Organizational Psychology
- Masters in Criminological Research
- Masters of Social Work
- Specialized Honours B.A. in Sociology
- Master Trainer (CAMH) for Culturally Adapted Cognitive Behavioural Therapy (Ca-CBT)



Convenient Confidential Counseling

Dr. Vinita Puri, RSW, Coach, Mediator, Consultant

- Professionally trained in Conflict and Dispute Resolution (ADR)
- Registered Social Worker with the Ontario College of Social Workers

Professional Experience

In addition to her work with TeleCBT, Vinita is the Clinical Director of Resilience Counselling and Coaching Services, where she provides psychotherapy services, mediation, coaching and consulting services to diverse individuals, communities and groups.



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