

APARNA SEKHAR, M.Ed.,
C. Psych, Ontario. General psychologist, Active Australia and NZ

PROFESSIONAL MEMBERSHIPS

General Psychologist – New Zealand Psychologists Board
General Psychologist – AHPRA, Australia
Former Associate Member – APS
Registered Member – New Zealand Psychological Society
Registered Member– The college of Psychologists of Ontario.
OAPA – Ontario Association of Psychological Associate
Former Member, Psychologist Registered – Saskatchewan College of Psychologists

PROFILE:

While in Canada I had competencies in Clinical and Forensic Psychology and worked there as a registered psychologist for over 12 years in private, mental health and forensic settings. Presently I have my general registration with AHPRA and the New Zealand Psychologist Board and have practicing in NZ for over 5.5 years.

Trauma	Risk Assessments	Groups and Individuals	Crisis Intervention
---------------	-------------------------	-------------------------------	----------------------------

- Conducted several court ordered, parole board and risk assessments in both correctional and mental health settings. Presently working in NZ Corrections as well completing parole board assessments and working with Maori and Pasifika Youth under 25.
- Worked extensively with clients from First Nations cultures and now have expanded to working with clients from war torn regions of the world.
- Extensive experience with trauma, PTSD, substance abuse, depression, anxiety, and personality disorders.
- Have responded and presented to several First Responders as well as provided Critical Incident Stress Management at settings such as hospitals, corporations and institutions.
- Assessment and training in Suicide Intervention.
- Have training in conducting investigations for corrections.
- I am highly effective working as part of a team and collaborating on effective service that best serves client needs.

EMPLOYMENT HISTORY

General Psychologist, Private Practice, NZ	Sept 2022 – Present
---	----------------------------

- Treatment with individuals who have sensitive claims with ACC.
- Completing supported assessments and diagnoses for mental health injuries.

General Psychologist, Corrections, NZ	May 2020 – Present
--	---------------------------

- Assessment and treatment of young men aged 17 to 25 within the Hawkes' Bay Regional prison system. Providing the NZ parole board with assessment of risk and management of

enhance connection and communication within the family unit. Attending stakeholder meetings to help advocate for clients and best manage their needs within a prison environment.

General Psychologist, New Zealand

Jan 2020 – May 2020

- Worked for a EAP firm in New Plymouth. The work included one on one short-term individual counseling, crisis management, and helping individuals with workplace disruptions.

General Psychologist, Australia.

June 2019 – Dec 6, 2019

- Providing therapy for adolescents, and adults for various psychological ailments. In addition, completing assessments for third party and worker's compensation and providing treatment plans.

Psychologist

Medical Centers

Feb 2016 – June 2019

Provide in depth Motor Vehicle Accident Assessments (MVA) and provide therapy to clients for the subsequent psychological impairments they are experiencing.

- Serving clients from many war torn countries that are experiencing trauma effects as well in addition to being in an MVA (Iraq, Syria, Sri Lanka, etc.).
- Providing tools and resources to help them succeed and overcome systemic barriers.

Psychologist

Traumatology Institute

August 2015 – March 2016

I utilize Evidence Based Trauma specific therapy to address symptoms of Post Traumatic Stress. The therapy is specific to a tri-phasic model that first addresses safety and self-soothing, moves on to processing trauma and finally reconnection in an adaptive manner. The focus of therapy is cognitive behavior therapy layered with relaxation and mindfulness to access the parasympathetic nervous system.

- Conduct assessments for Workers compensation, insurance, and motor vehicle accidents.
- Administer assessments such as the Personality Assessments Inventory, The Beck Depression and Anxiety Scale, The PTSD checklist, The Life Events Checklist, SUDS, and the Mini Mental Status Exam to name a few.

Psychologist

PAR Consultants

January 2013 – July 2015

I provided long-term and short-term psychotherapy for individual adults, adolescents, children, couples, and families. Clients were private clients or referred through the Employee Assistance Family Program (EFAP). I focused on building good relationships with invested companies by providing prompt services for crisis management (CISM); company lay offs and workplace conflict.

- Use of Hypnosis to help clients with grief, confidence, maladaptive beliefs, and anxiety.
- Provided therapy and intervention for clients who presented with issues such as grief, post-partum depression, eating disorders, trauma, depression, marital discord, and workplace conflict.
- Administered assessment tools such as the Brief Symptom Inventory, and Beck Depression and Anxiety scales.

- Clients were seen regularly averaging 20 clients per week and often at two-week intervals.

Psychologist Federal Government, CSC Oct 2011 – Dec 2012

I Conducted parole board requested, forensic-risk assessments while simultaneously providing therapy services for minimum, medium and maximum-security inmates. In addition the needs of the institution and clients were served by prompt and effective responses for suicidal and psychotic inmates. Therapy addressed anger, trauma, and conflict.

- Administered and Interpreted forensic assessments such as the Level of Service Inventory, The Static and Stable Sex Offender Assessment, Personality Assessment Inventory, and the Violent Risk Scale.
- Responded to crisis and completed suicide risk assessments.
- Conducted clinical forensic interviews and therapy with clients.
- Worked with First Nations Elders collaboratively to deliver culturally sensitive therapy.
- Provided individual CBT therapy to several clients a week while also completing 2 to 4 in-depth risk assessments a month.

Psychologist Mental Health, PAPAHR July 2010 – Oct 2011

I Provided Therapy and conducted assessments to address the psychological needs of children and adults. Clients were helped with accessing resources in the community to enhance their mental well-being.

- Facilitated group therapy for men who were domestic abusers as well as a psycho-educational group for depression/anxiety.
- Provided therapy for at-risk youth from detention centers as well conducting in-depth court ordered assessments as requested by the Justice System.
- Assessments utilized were the Jesness Inventory, MMPI, Wechsler Intelligence scales for adults and children, Connors Scale and continuous performance tests, the Ravens progressive matrices, and Structured assessment of violent risk in youth as well as the Level of Service Inventory.

Psychological Associate Federal Government, CSC Jan 2009 – June 2010

- Performed intake interviews and diagnostic evaluations.
- Conducted pre and post assessments to help determine adjustment issues while at the penitentiary that might affect mental health.

Psychologist (provisional) PAR Consultants Jan 2007 – Jan 2009

- Provided therapy for clients presenting with mental health concerns at home and the workplace.

Educational/Career Counselor SIAST WASCANA Jan 2007 – Jan 2009

- Provided career counseling and planning for clients who were transitioning and/or out of work as well as new immigrants to the country. Referred clients when needed to community resources.

Parental Care Worker Paul Dojack Youth Center April 1999-Dec 2008

- I worked with a large First Nation Adolescent population to provide supportive services such as therapy, security, crisis intervention, administration, and tutoring. Also helped build cultural connections by taking clients to cultural ceremonies as well as participating with them.
- Worked with a large First Nations youth population and attended culture awareness workshops to expand cultural knowledge and understanding.

Teachers Assistant Regina Public Schools July 2006-Jan 2007
 Provided supportive services to elementary and high school students with learning, mental and physical disabilities.

- Provided Teacher support services.

PROFESSIONAL DEVELOPMENT AND AFFILIATIONS

- Passed EPPP in North America and National Psychology Board Exam in Australia
- *Integrating IFS Techniques for Trauma Resilience Led by Dr. Richard Schwartz, Ph.D.* Dec 2024 – Online.
- *EMDR Level 1 – Part 1 – Tal Moore, Sept 2024 – Dunedin*
- *NTE – Dept Of Corrections – August 2024 – Various Topics.*
- *Somatic Training for Trauma – March to July 2024 – 65 hours, Paris Williams*
- *Schema Level 1 and Level 2 Training, April and June 2023, 6 days.*
- *Static and Stable assessment training, June 2023, 2 days.*
- *NTE training through DOC, September 12-14, 2022, 3 days*
- *Schema Level 1 Training, April 2023, 3 days*
- *ACT training, Part 1, July 2022, 2 days*
- *Acceptance and Commitment training, Part 2, May 2022, 2 days*
- *Attachment and Maltreatment Seminar, Oct 2021, 1 day*
- *Schema Level 1 training – September 2021, 3 days*
- *Maori Ora – Sir Mason Durie, August 2021, 1 day*
- *Rangatahi Maori – Meihana Durie, July 2021, 1 day*
- *LSCMI Training, Online, February 2021, 12 hours*
- *Complex Cases: Treatment of Chronic and Recurrent Mental Health Problems by personality Functioning Informed Therapy – Tobias Schulze, November 2020, 2 days*
- *Cognitive Self Change Training, October 2020, 1 day*
- *VRSSO Training, October 2020, Online, Hawkes' Bay, 2 days*
- *NTE training through Corrections NZ, October 2020, 2 days*
- *Static-99R Training, August 2020, 2 days*
- *PCL-R Training, Nick Wilson, July 2020, 3 days*
- *Violence Risk Scale Training, July 2020, Hamilton, 2 days*
- *Gottman Couples Training – Level 1 Training, Gottman Institute, May 2019, Toronto, ON*
- *Life Coach Certification – Certified Coach Practitioner, Certified Coaches Federation, November 17 and 18, 2018, Toronto, ON*
- *Catastrophic Training – clinical skills and mental behavioral track, Canadian Society of Medical Evaluators, September 14-16, 2018, Toronto, ON*
- *CBT and Mindfulness-Based Cognitive Therapy (MBCT) for depression (CBT Intensive Part 2) – with Peter Bieling, May 30-31, 2018, Leading Edge Seminars, Toronto, ON*
- *Treating victims of Interpersonal Violence: A lifespan Approach, Donald Meichenbaum, November 2017, Toronto, ON*
- *Effective Use of Solutions for Concurrent Anxiety Disorders, Margaret Wehrenberg, May 2017, Toronto, ON*

- *The Future of Psychotherapy*, OAPA, Nov 2016, Toronto, ON
- *Certificate of Clinical Traumatologist*, Traumatology Institute, Jan 2016, Toronto, ON
- *Dialectical Behavior Therapy Part II*, Oct 2015, Toronto, ON.
- *Certified Hypnotherapist course*, Feb 2015, Regina, SK
- *DSM 5*, Nov 2014. Regina, SK.
- *Trauma & Mental Health Workshop*, Nov 14-15, 2013, Calgary, AB
- *Sex offender assessment – Static, Stable & Acute*, Feb 7-9, 2012, Calgary, AB
- *Violence Risk Scale Training*, May 11, 2009, Regional Psychiatric Center, Saskatoon, SK
- *Suicide Assist Workshop*, March 25 and 26, 2009, Prince Albert, PAMH, SK
- *Forensic Mental Health Conference*, Feb 24-26, 2009, Scott Miller – presenter, Edmonton, AB
- *Motivational Interviewing*, June 23 – 25, 2008 – Through the Paul Burke Institute, Regina Workprep, SK
- *Addictions Workshop*, June 11, 2008 – SLAST WASCANA CAMPUS, Regina, SK
- *Aboriginal Awareness Workshop.*, June 5, 2008 – SLAST WASCANA CAMPUS workshop, Regina, SK
- *Reality Therapy*, May 2007 – Completion of Basic Intensive Week Training, Regina, SK
- *Attachment Theory*, Jan 2007 – Attended workshop on attachment theory, Regina, SK Positive Psychology Workshop, May 8, 2008 – Workshop through PSS, Saskatoon, SK