

# TAYYAB RASHID

---

[www.tayyabrashid.com](http://www.tayyabrashid.com)  
tayyabrashid@gmail.com

## EDUCATION

### Post-doctoral Clinical Training, 2004-05

Positive Psychology Center, University of Pennsylvania, Philadelphia, PA  
Devised and empirically validated Positive Psychotherapy (PPT): Supervisor: Martin Seligman

### Ph.D., Clinical Psychology, 2004

Fairleigh Dickinson University (FDU), Teaneck, NJ

### Pre-doctoral Clinical Training, 2003-04

Counseling & Psychological Services, University of Pennsylvania, Philadelphia, PA

## LICENSURE

College of Psychologists of Ontario, Expertise: Clinical & School Psychology, 2007

## PROFESSIONAL EXPERIENCE

2011 to date Psychotherapist, Health & Wellness Centre, University of Toronto, Scarborough (UTSC)

2016 to date Associate faculty, Graduate Psychological Clinical Science Program (UTSC)

2014 to date Adjunct Faculty, Executive Masters in the Positive Leadership Strategy,  
IE University, Madrid, Spain

2010 – 11 Director, Applied Research, Values in Action Institute, Cincinnati, OH

2005 – 10 School & Clinical Psychologist, Toronto District School Board

2006 – 10 Trainer, Penn Resilience Program, U of Pennsylvania

## RELATED EXPERIENCE

2002 – 03 Counselor, Health & Wellness Centre, Pratt Institute, NY

2001 – 02 Extern, Counselling & Psychological Services, Montclair State University, NJ

2000 – 01 Extern, Counselling & Psychological Services, Rutgers University, NJ

2001 – 02 Clinician, Youth Consultation Service, NJ

1998 – 00 Practicum Student, Psychological Services, Fairleigh Dickinson University, NJ

2002 – 03 Counselor, Health & Wellness Centre, Pratt Institute, NY

2001 – 02 Extern, Counselling & Psychological Services, Montclair State University, NJ

2000 – 01 Extern, Counselling & Psychological Services, Rutgers University, NJ

2001 – 02 Clinician, Youth Consultation Service, NJ

1998 - 00 Practicum Student, Psychological Services, Fairleigh Dickinson University, NJ

## AFFILIATIONS/MEMBERSHIPS

- Canadian Association of Colleges & University Student Services (CACUSS)
- American Psychological Association (APA)
- International Positive Psychology Association (IPPA)
- Canadian Positive Psychology Association (CPPA)
- Canadian Psychological Association (CPA)

## POSITIVE CLINICAL PSYCHOLOGY EXPERTISE

**Individual Therapy:** Applied positive psychology constructs in individual therapy to more than 500 UTSC students in past six years (2011-17; ongoing), experiencing symptoms of depression, anxiety, psychosis, procrastination, trauma, relationship and adjustment concerns, acculturative stress & difficulties in familial relationships

**Group Therapy:** Led at least one Positive Psychotherapy (PPT) Group per semester at Health & Wellness Centre, UTSC for past six years, with clients experiencing severe symptoms of depression and anxiety; evaluated the effectiveness of these groups and published findings in peer reviewed journals

**Clinical Assessment:** Have completed more than 200 clinical, psychological, and psycho-educational assessments in past twelve years, with children, adolescents, and adults experiencing a wide range of clinical issues; devised and published

**Crisis Intervention:** Handled more than 100 crises in past 12 years, in variety of clinical situations, incorporated a strengths-based approach integrating risks & resources, symptoms & strengths to facilitate a collaborative decision making process by involving administration, relevant campus security, on- & off-campus resources including family, especially with students from diverse cultural background utilizing their communal strengths and resources (whenever appropriate)

## POSITIVE CLINICAL PSYCHOLOGY APPLIED RESEARCH

**Randomized Clinical Trial of Positive Psychotherapy:** Completed a three-year randomized study, comparing group PPT with Dialectical Behavioral Therapy (DBT) with clients experiencing symptoms of Borderline Personality Disorder (BPD), in collaboration with a clinical faculty, published results in a top-tier scientific journal

**Strengths-based Intake & Outcome System:** Led in devising a new Intake and Outcome System (IOS) at the Health & Wellness Centre, UTSC, completely digital, incorporating a comprehensive measure of character strengths, moving initial part of the online, and entire process paperless and incorporating; has produced the most comprehensive cross-sectional and longitudinal clinical data (N= ~ 2200) set of measures of strengths and symptoms

**Flourish:** Led a multidisciplinary team in designing, implementing and evaluating a strength-based preventative mental health program. Participated by more than 2000 UTSC student, the program includes a comprehensive online clinical assessment, full-day workshops and shows effectiveness in reducing distress and increasing well-being

**Flourish Ambassador Program:** Designed and delivered Flourish Ambassador Program, a peer-led initiative which have trained more than 20 UTSC undergraduate students in offering strengths-based peer program which aim to foster resilience and well-being. Flourish Ambassadors have played a key role in organizing more than 10 campus wide events in the past two years at UTSC. A video featuring Flourish Ambassadors can viewed at <http://www.utsc.utoronto.ca/flourish/>

## APPLYING POSITIVE PSYCHOLOGY WITH TRAUMA SURVIVORS

- Syrian families recently arrived in the Toronto Area, February 2016 to date
- 9/11 families, through Hold the Door Organization ([www.holdthEDOOR.com](http://www.holdthEDOOR.com)), 2003 to date
- Survivors of domestic abuse, through Thorncliff Community Centre, Toronto, 2013-14
- Survivors of Asian Tsunami, (travelled to Thailand to deliver positive psychology training)
- Flood relief medical professionals in Pakistan, 2012

## POSITIVE CLINICAL PSYCHOLOGY: SUPERVISION & TRAINING EXPERIENCE

- Supervised clinical psychology faculty for registration with the College of Psychologists of Ontario, 2012-15, as a result, positive psychotherapy has become part of psychotherapy course
- Supervised six graduate students for their clinical practicums, 2011 to date; every student was exposed to a variety of ways strengths and positive psychology constructs can be incorporated in clinical practice
- Supervised five doctoral students from School and Clinical Child Psychology Program, Department of Applied Psychology & Human Development, University of Toronto, 2007-2010; these five students learnt ways to incorporate character strengths in psycho-educational assessments and in report writing

## POSITIVE CLINICAL PSYCHOLOGY: CURRENT RESEARCH WITH LEAD ROLE

**Flourish:** A Strengths-based Resilience (SBR) approach to support students with mental health issues in secondary & post-secondary settings, in collaboration with Shoniker Clinic, Centenary Hospital, & Toronto District School Board (TDSB); <http://www.utsc.utoronto.ca/flourish/>

- **Innovation Awards:** Flourish has won Excellence in Innovation Awards (Excellence in Innovation, University of Toronto; 2014; Canadian Association of Colleges & Universities Student Services (CACUSS)'s Innovative Award, 2014).
- **Grant Award:** The innovative aspect of the Flourish has also won a competitive Mental Health Innovation Fund (MHIF) grant (\$ 225, 000) from the Ministry of Advanced Education & Skill Development (AESD).
- **Dissemination:** Flourish has been adapted and is being implemented at six universities

**Strengths-Based Resilience (SBR):** A structured positive psychology intervention currently being run at four schools, and at an outpatient clinic; more than 65 educators and mental health professionals have been trained in this intervention; [www.strengthsbasedresilience.com](http://www.strengthsbasedresilience.com)

**WELLFOCUS PPT:** Positive Psychotherapy adapted for psychosis, in collaboration with the Institute of Psychiatry, Psychology & Neuroscience, King's College London; co-authored three peer-reviewed journal papers to date. The manual of the intervention has been published (Slade, Brownell, Rashid & Shrank, 2017)

**Role of Character Strengths in Facilitating Clinically Significant Changes:** A project at Health & Wellness Centre, UTSC exploring the role of character strengths in mediating clinically and statistically significant changes

## EDITORIAL AND REVIEWER EXPERIENCE

- **Guest Editor:** Journal of Clinical Psychology, May, 2009
- **Reviewer:** Ad hoc *Journal Reviewer for Psychological Assessment, Journal of Positive Psychology, Journal of Well-being*
- **Theme Advisor:** Minds Matter Magazine, UTSC, Introduction to Post-Secondary Mental Health, Fall, 2015

## CURRENT SUPERVISED RESEARCH

- **The Power of Resilience:** Positive Psychotherapy for Youth at Clinical Risk for Psychosis, CAMH; co-supervising a doctoral dissertation, the project has recently won The Ontario Mental Health Foundation Award, \$48,000
- **Positive Clinical Interventions:** a meta-analysis: a doctoral dissertation, serving as an external supervisor, Fairleigh Dickinson University.
- **Positive Intervention for Anxiety Disorders:** A Systematic Analysis: Honors thesis, external supervisor, Yale University
- **Malleability of Character Strengths & A Well-being Course for Graduate Students:** Supervising two capstone projects, Masters in Applied Positive Psychology, University of Pennsylvania

- **Stigma Against Seeking Mental Health Service:** Role of Acculturation Among Young Adults, Honors thesis, UTSC
- **Predictors of Suicidal Behavior:** Predictors of Suicide Behavior, Supervising an Honors thesis, which explores clinical symptoms, diagnostic impressions and character strengths measures, concrete health measures simultaneously

### **SUPERVISED POSITIVE PSYCHOLOGY BASED SUPERVISED CAPSTONES & THESIS:**

- Supervised six Capstones Projects, Masters Applied Positive Psychology, on application of positive psychology in a variety of settings
- Supervised nine UTSC students for the honors thesis, independent studies, service learning courses and independent research projects on positive psychology, resilience and well-being projects including ways to combat stigma against mental health by incorporating character strengths in clinical practice, narrative of strengths

### **GRANT SUPPORT SECURED**

**Principal Investigator:** Mental Health Innovation Fund, \$225, 000, 2015-17

A Strength-based Resilience (SBR) Approach to Support Students with Mental Health Issues; In collaboration with the Toronto District School Board (TDSB) & Shoniker Clinic - Rouge Valley Health System (SC-RVHS)

### **CLINICAL TRAINING OFFERED INCLUDING INVITED WORKSHOPS & LECTURES**

Conducted more than 100 workshops and talks on well-being, resilience, positive psychotherapy, self-development and positive education in a variety of settings

### **CLINICAL TRAINING & WORKSHOPS ON POSITIVE PSYCHOTHERAPY, STRENGTHS-BASED RESILIENCE**

- Workshop: Positive Psychotherapy for Psychosis, Centre for Addiction & Mental Health (CAMH), August 2014
- Workshop: Strengths-based Resilience, Institute & the Academy for Children, Adolescents & Families, Graz, Austria, July 2014
- Workshops: Positive Psychotherapy for Psychosis, Institute of Psychiatry, Kings College, London, U.K, January 2013
- Three-Day Strengths-Based Resilience Training, University of Toronto Scarborough/Toronto District School Board, September-December, 2011
- Workshop: Strengths-Based Resilience for Health Care Workers, Pakistan Medical Association, January 2011

### **GRAND ROUND & INVITED TALKS AT HOSPITALS AND HEALTH CARE FACILITIES**

- Royal Ottawa Hospital, May, 2016
- University of Connecticut Medical Centre, Connecticut, USA, October 2014
- Sick Kids Hospital, April 2014
- University of Alabama at Birmingham, April, 2014
- Centenary Hospital, Rouge Valley Health System, January 2014
- Khoo Teck Puat Hospital, Alexander Health, Singapore, March 2013
- Faculty of Medicine, University of Toronto, 2013
- Long Island Jewish Medical Centre, November 2011
- Workshop: Positive Interventions, William Osler Health Centre, Brampton, October 2010

### **INVITED TRAINING & LECTURES AT ACADEMIC INSTITUTES & NON-PROFIT ORGANIZATIONS**

- **Training:** Strengths-Based Resilience (3-day), compressive positive psychology based training, lead trainer, two cycles of three-day training, with 65+ educators, mental health professionals and student services professionals, Fall, 2016-Winter, 2017
- **Discussion:** Character Day, Global Q&A, Featured Interview, September, 2016
- **Lecture:** Positive Psychotherapy: Healing from the Future: Featured presentation at Prospection Conference, Vienna, Austria, July 2016
- **Workshop:** Strengths-based Resilience: Canadian Positive Psychology Association Conference, Niagara at Lake, June, 2016
- **Workshop:** The Becoming, Strengths-based workshops, CACUSS, June, 2016, Winnipeg
- **Lecture:** Approach to Mental Health, Open Minds Conference, Hart House, University of Toronto, March, 2016
- **Workshop (half-day):** Positive Psychotherapy, University of Punjab, Pakistan, January 2016
- **Workshop (full-day)** Positive Psychotherapy, Integrating Yin-Yang of Human Experience,
- **Training (two-day):** Self-Development, IE University, Spain, April 2015
- **Workshop:** Strengths-based Resilience, for teachers working in slums of Karachi, Citizens Archives of Pakistan, October, 2014
- **Workshop (full-day):** Positive Psychotherapy, McGill University, December 2014
- **Lecture:** Positive Psychotherapy, University of Melbourne, August 2013
- **Lecture:** Positive Residence, University of Wollongong, Australia, August, 2013
- **Training:** (6-day): Strengths-Based Resilience, Geelong Grammar School, Australia, August 2013
- **Lecture:** Incorporating Strengths in Understanding Cultural Complexities, Ryerson University, May 2013
- **Workshop:** (full-day): Strengths-based Approach to Education, University of Manitoba, April 2013
- **Workshop (full-day):** Positive Psychotherapy, University of Maastricht, January 2013
- **Workshop: (full-day):** Positive Psychotherapy, University of Ottawa, January 2013
- **Workshop: (half-day):** Strengths-Based Resilience, Princeton University, October 2012
- **Training (2-day):** Resilience for Bright Students, Hua Chong Institute, Singapore, April 2013
- **Lecture:** Positive Psychology in Educational Settings, University of Pennsylvania, April 2012
- **Workshop (full-day):** Positive Psychotherapy, University of Western Ontario, December 2011
- **Workshop(full-day):** Positive Psychotherapy, University of Paris, January 2011
- **Training (6-day):** Penn Resilience Program, Reading College, London, UK, July 2010
- **Training (21-day):** Penn Resilience Program, Geelong Grammar School, Australia, January 2010
- **Workshop:** Positive Psychotherapy, McMaster University, October 2010
- **Training (7-day):** Penn Resilience Program, Geelong Grammar School, Australia, January 2008
- **Discussion:** Strengths-Based Clinical Practice, Harvard University, May 2008
- **Workshop:** Incorporating Character Strengths in working with Students, Monroe Community College, NY, May & Oct, 2008

## PRE-CONFERENCE WORKSHOPS ON APPLIED POSITIVE PSYCHOLOGY TOPICS

- International Positive Psychology Congress, Los Angeles, 2013 & Orlando, 2015 Positive
- European Positive Psychology Conference, Amsterdam, 2014
- Canadian Positive Psychology Conference, Ottawa, 2014
- World Congress of Positive Psychotherapy, World Congress, 2014
- American Psychological Association, Washington, DC, 2013
- Canadian Psychological Association, Toronto, 2013
- Canadian Association of College & University Student Services (CACUSS), 2014
- Psychotherapy at the Asian Applied Positive Psychology Conference, Hong Kong, 2012
- American College Health Association Conference, 2011

## INVITED KEY NOTE ADDRESSES

- Trailblazers Conference: Explore: Your Purpose, from Your Passion, Trailblazers Conference, January, 2017
- Character Day, Featured Interview, September, 2016
- Leadership Conference, University of Toronto Scarborough, September 2015
- Healthy Minds Canada, Taking Charge, Conference, June, 2015
- Resilient Parenting, Toronto District School Board, May, 2015
- World Congress of Positive Psychotherapy, Antalya, Turkey, November 2014
- Strength-based Banking Summit, Kiev, Ukraine, October 2014
- Third International Conference on Psychology and Allied Sciences (ICPAS), Amity University, Noida, India (via web), September, 2014
- Guidance Counsellors Day, UTSC, April 2015
- Toronto Association for Health Promotion in Higher Education (TAHPHE), July 2014
- PACE: Strengths-Based Approach with Cognitively Bright Students, Toronto, November 2013
- Distinguished Lecture, University of Manitoba, Winnipeg, October 2013
- Youthlink, Toronto, May, 2013
- Strength-based Leadership, Equitable Leader Assessment (ELA) Training, Toronto, April, 2013
- Distinguished Lecture, University of Manitoba, Winnipeg, October 2013
- Human Rights Commission Committee of Toronto, January, 2012

### **AWARDS, HONORS & APPOINTMENTS**

- Emerging Professional Award, Canadian Association of College & University Student Services (CACUSS), 2015
- Innovation Award, Flourish, Canadian Association of College & University Student Services, 2015
- Excellence Through Innovation Award, University of Toronto, 2015
- Research Award: Unpacking Clinical Change, (CACUSS), 2014
- Co-chair: Post-Secondary Student Mental Health Working Group, (CACUSS), 2014-15
- Excellence Award, For Teaching Positive Psychology Interventions to students, teachers and professional staff, Toronto District School Board, 2010
- The Dr. McCreay Hold the Door Healer Award, Hold the Door, Inc. NJ, 2007
- Morris Viteles Award for supervising Best Honor's thesis, 2005
- Research Fellowship, Mind and Life Summer Institute, Garrison, NY, 2004
- Research Fellow, Positive Psychology Summer Institute, Milan, Italy, 2004
- Arthur A. Schere Graduate Student Research Award, New Jersey Psychological Association, 2002
- Best Graduate Research Award, 9th Annual Research Exhibition, FDU, Teaneck, NJ. Title, 2002
- Winner of Outstanding Syllabus, Teaching Positive Psychology, University of Pennsylvania, 2002

### **RELATED PROFESSIONAL & COMMUNITY WORK**

- Founding Board Member: Canadian Positive Psychology Association
- Member: Scientific Advisory Board, CorStone: a project to empower girls in Slums of Kolkata, India
- Consultant - Hold the Door, a 9/11 inspired NGO promoting post-traumatic growth

### **INVITED DELEGATE FOR POLICY DELIBERATIONS & TEDX**

- Centre for Innovation for Mental Health, 2016
- Consensus Conference on Mental Health of Emerging Adults, Mental Health Commission of Canada, November 2015
- Human Right Commission of Ontario, 2012

## WORK FEATURED IN DIGITAL MEDIA, YOUTUBES

- [Character Day, 2016: LiveCast Q&A with Tayyab Rashid](#)
- [TEDxUTSC: Tayyab Rashid: About Happiness](#)
- [What Are You Good At?: Tayyab Rashid at TEDxUTSC](#)
- [Tayyab Rashid on Using Strengths at a Time of Trauma](#)
- [Positive interventions in clinical practice](#)
- [Taking Charge: Speaker Spotlight: Tayyab Rashid](#)
- [Tayyab Rashid Presents: Character Strengths and Counselling/Psychotherapy \(VIA Pioneer Series\)](#)
- [Flourish at UTSC: In Introduction to a Strength-based Program](#)
- [Portrait of a Graduate: Leader's Series](#)

## MEDIA

- [Starting from Strengths: UTSC Oct 3<sup>RD</sup>, 2016](#)
- [How student mental health issues have changed by Paul Attfield, Globe & Mail, Oct, 18th, 2016](#)
- [Why Are You Never Happy by Gulli, Kathy, Mcleans, 48-51, March 16th, 2016.](#)
- [Stephens, Laurie, \(2016\). Positive news for mental health: Building on strengths can be as effective as treating symptoms, Bulletin, March, 1, 2016](#)
- [Healthy Minds: As U of T responds to a rise in mental health needs on campus, a powerful source of help emerges: students themselves by Cynthia Macdonald, University of Toronto Magazine, Winter, 2016](#)
- [Research Digest, Positive Psychotherapy: A Strengths-Based Approach](#)  
<http://www.instituteofcoaching.org/resources/research-digest-volume-1-july-2015>
- [Strengths-based Resilience](#), International Positive Education Network
- [Good Therapy: Positive Psychotherapy: Using Strengths to Promote Balance](#)
- [A place to call home, Canadian Immigrant, May 30, 2011](#)
- [Interview with Ben Dean](#)
- [Resilience Consortium;](#)
- CBC Fresh Air Interview, April 4th, 2014  
<https://www.facebook.com/cbcfreshair/posts/713489465340139>
- [Award-winning Mental Health Program Helps First-Years Build Resilience](#)
- [Tayyab Rashid on Canadian Broadcasting Co-op's program, Definitely Not Opera \(DNTO\)](#)  
Topic: What happened when life handed you lemons?  
(interview around 41:00 minute)

[Canadian Broadcasting Cooperation \(CBC\), Townhall meeting: Off Course, On Campus Town hall  
On stigma among young males to seek mental health treatment](#)

[Hold the Door: Story of Growth: Hope http://www.holdthEDOOR.com/tayyab.htm.](http://www.holdthEDOOR.com/tayyab.htm)

[Therapy That Keeps on the Sunny Side of Life: Rising Number of Therapists Focus on the  
Positive Instead of Bad Parents, Other Demons, By Elizabeth Bernstein, Wall Street Journal,  
September 26, 2006](#)

- [How Happy Are You? What Modern Science can Teach you about turning that upside down, by  
Richard Connif, Men's Health, January/February, 2006, pages 118-123.](#)

[ABC of Mental Health](#)

- [Howdy Stranger; Globe & Mail Citizen; Fall 2005](#)