



RAKSHANDA KHAN

MA, DTATI, RP (Qualifying)

Highlights of Skills & Experience

I am an experienced Psychotherapist and Art Therapist, capable of facilitating individual and community mental health and wellness activities, including offering workshops/webinars.

Qualified to offer online and in-person Art Therapy, Person-Centered and Trauma-Informed Psychotherapy.

Versatile professional with experience in corporate external communications and web technologies.

Award Recipient, Canadian Art Therapy Association Student Research Grant, 2020

Get in touch!

Phone:

647-972-5800

Email:

rakshanda@arttherapycomics.com

Website:

www.songbirdarttherapy.com

Address:

Richmond Hill, Ontario

Professional Experience

Part-time Program Worker

YWCA Toronto | October 2020 - Present

Program Worker providing group counselling and mental health support through the 'Choices for Living' program.

Art Therapist and Psychotherapist

Songbird Art Therapy | October 2020 - Present

Online art therapy workshops offered by a collective of 4 mental health professionals committed to providing a mind-body-spirit approach to art therapy for groups and individuals in the GTA and beyond.

Part Time Faculty

Toronto Art Therapy Institute | Sep 2020 - Present

Course development and instruction on 'Digital Art Therapy.'

Peer Supporter

Krasman Centre, GTA | February 2019 - Present

Peer Supporter providing person-centered support to individuals in North Toronto, York region and South Simcoe, following clinical treatment for mental health and/or substance use challenges.

Online, Individual & Group Art Therapy Facilitator

Various Locations, GTA | January 2018 - June 2020

Group, Individual and Online Art Therapy for youth at Covenant House, Youthdale Treatment Centers, and Skylark Youth; palliative patients, bereaved adults and children at Kensington Health Hospice and Doane House Hospice; young mothers at Jessie's, The June Callwood Centre for Young Women; complex care patients at Mackenzie Health Hospital and Bridgepoint Hospital; families fleeing domestic violence at Sandgate Shelter and York Region Center for Community Safety; adults with mental health and substance use challenges at Krasman Centre, and Indigenous women and children at the Native Women's Resource Center.

Professional Registrations & Memberships

Registered Psychotherapist (Qualifying)

College of Registered Psychotherapists of Ontario.
Registration #: 009036

Professional Member

Canadian Art Therapy Association.
Membership #: 54102684

Languages Spoken

English, Urdu & Hindi

Presentations & Workshops

Online Workshop 'Online Art Therapy with Comics', YMCA Toronto, October, 2020.

Online Workshop 'Creative Coping with Comics', YMCA Toronto 'Peace by Piece' event, December, 2020.

Online Workshop, Self-care with Art Therapy, YMCA Toronto staff event, December, 2020.

Online Workshop 'Body-Wise with Henna and Movement', November and December, 2020

Virtual Presentation 'Comics in Online Art Therapy with Pakistani Adolescents', Canadian Art Therapy Association Virtual Conference, 2020.

Virtual Presentation 'Comics in Online Art Therapy with Pakistani Adolescents', Flyover Comics Symposium, September, 2020.

Lightning Talk 'The Psychotherapeutic Benefits of Comics as an Art Therapy Modality with Adolescents', Graphic Medicine Conference 2019, U.K.

Award Recipient

Canadian Art Therapy Association Student Research Grant, 2020

Thesis 'Comics in online art therapy with Pakistani adolescents' demonstrated outstanding commitment to the development, advocacy, and growth of art therapy research in Canada.

Mental Health Comic Artist, Zine Maker & Exhibitor

October 2017 - Present

Exhibited at the Toronto Art Therapy Institute Gala event at the Women's Art Association of Canada, Toronto.

Comic 'A sketch in time' published in an independent zine by the Toronto based Bleating Heart Press.

Trainee Youth Counselor

November 2013 - September 2015

Youth Counselor for a High School and Trade School in Pakistan.

Manager, Marketing & Communications

May 2012 - July 2015

Fundraising, resource development, mental health advocacy and communications specialist for various non-profit agencies in Pakistan,

Part Time Faculty

April 2011 - April 2014

Comic Illustration at Haque Academy (middle school), Pakistan.

Performance and Type and Illustration at Iqra University, Pakistan.

Advertising Design, Experimental Film making, Media Ethics and History of Film and TV at PAF KIET, Pakistan.

Associate Television Producer

June 2005 - November 2011

Television production of live, daily, and weekly TV shows and documentaries for CNBC Pakistan and Samaa TV, Pakistan

Research, coordination and production assistance for AAG TV, London, U.K. Production assistance for BBC HardSpell and BBC Mastermind at BBC GMR, U.K.

Academic History

Graduate Diploma in Art Therapy

Toronto Art Therapy Institute | September 2017 - June 2020

Diploma in Humanistic Integrative Counselling

CPPD Counselling School | February 2013 - August 2015

MA Design and Art Direction

Manchester Metropolitan University | September 2003 - 2004

Bachelor's Degree in Communication Design

Indus Valley School of Art and Architecture | January 1998 - December 2002

Certifications

Standard First Aid, CPR & AED

St. John Ambulance York Region (March, 2019).

Integral Expressive Arts Therapy Training

Sankalpa Journeys (September - February, 2021).