



RAKSHANDA KHAN

MA, DTATI, RP

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.

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

Get in touch!

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Address:

Richmond Hill, Ontario

Professional Registrations & Memberships

Registered Psychotherapist

College of Registered Psychotherapists of Ontario.
Registration #: 009036

Professional Member

Canadian Art Therapy Association.
Membership #: 54102684

Languages Spoken

English, Urdu & Hindi

Professional Experience

Mental Health Counsellor

Toronto Business College, a Loyalist College in Toronto partner | February 2022 - Present

On-site college counsellor for international students at a career college.

Art Therapist and Psychotherapist

Art as Therapy | March 2021 - Present

Online, In-person, individual and group art therapy and psychotherapy services for children, youth, and adults in Halton region.

Part-time Program Worker

YWCA Toronto | October 2020 - February 2022

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

Art Therapist and Psychotherapist

Songbird Art Therapy Collective | 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 | September 2020 - Present

Course development and instruction on 'Digital Art Therapy.'

Peer Supporter

Krasman Centre, GTA | February 2019 - March 2021

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 at Covenant House, Youthdale Treatment Centers, Skylark Youth, Kensington Health Hospice, Doane House Hospice, Jessie's, The June Callwood Centre for Young Women; Mackenzie Health Hospital, Bridgepoint Hospital, Sandgate Shelter, York Region Center for Community Safety, Krasman Centre, and the Native Women's Resource Center.

Conferences:

Webinar "Telling the story of living through a pandemic", Canadian Art Therapy Association Virtual Conference, 2021.

Virtual Panel Presentation "Collective Trauma and Temporal Experiences during the Covid-19 Pandemic", Comic Studies Society Virtual Conference, August, 2021.

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.

Workshops

Hybrid Workshop 'Staying Rooted', YMCA Toronto, November, 2021.

8-week Online Art Therapy Group 'Creative Coping', Hard Feelings Mental Health, April - May, 2021

Online Workshop 'Creative Coping with Comics', YMCA Toronto, December, 2020.

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

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

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

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.

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

Publications & Awards

Khan, R. (2021). Comics in online art therapy with Pakistani adolescents. **Canadian Art Therapy Association Journal.**

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.

Certifications

Standard First Aid, CPR & AED

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

Trauma Informed Expressive Arts Therapy Level One

Trauma-Informed Practices & Expressive Arts Therapy Institute (January - February, 2021).

CPI Nonviolent Crisis Intervention Training

Crisis Prevention Institute (October, 2021)