

# TAYYAB RASHID

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## EDUCATION

Post-doctoral Clinical Training, Positive Psychology Center University of Pennsylvania, Philadelphia, PA Devised and empirically validated Positive Psychotherapy (PPT): Supervisor: Martin Seligman	2004 – 2005
Pre-doctoral Clinical Training Counseling & Psychological Services, University of Pennsylvania, Philadelphia, PA	2003 – 2004
Ph.D., Clinical Psychology Fairleigh Dickinson University (FDU), Teaneck, NJ	1998 - 2004

## LICENSURE

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

## LEADERSHIP EXPERIENCE

2021 to date	Member, Clinical Advisory Committee, Student Mental Health Research Initiative, School of Nursing, U of Toronto
2021 to date	Member, Leadership Council, Academic Resilience Consortium
2019 to date	Board of Director (BOD), Director at Large – Practice International Positive Psychology Association (IPPA)
2019 to date	Chair, Campus Affairs Committee, UTSC Campus Council
2016 to date	Elected Member, Campus Council, UTSC, three times, 2015, 2018 and 2021
2016 to 2019	President, Clinical Division, IPPA
2014 to date	Co-chair, Campus Mental Health Community of Practice Canadian Association of College and University Student Services (CACUSS)
2014 to 2016	Board of Directors, Canadian Positive Psychology Association (CPPA)
2012 to 2014	Board of Directors, Community Resources & Connections of Toronto
2010 – 2011	Director, Applied Research, Values in Action Institute (VIA), Cincinnati, OH

## TEACHING EXPERIENCE

2016 to date	Associate Faculty, Graduate Department of Psychological Clinical Science, University of Toronto Scarborough, Toronto, Ontario
2014 to 2019	Adjunct Faculty, Executive Masters in Positive Leadership Strategy, IE University, Madrid, Spain
2006 – 2010	Trainer, Penn Resilience Program University of Pennsylvania, Philadelphia, PA

## CLINICAL EXPERIENCE

2011 to date	Psychotherapist, Health & Wellness Centre, University of Toronto Scarborough (UTSC)
2005 – 2010	School & Clinical Psychologist, Toronto District School Board
2003 – 2005	Psych Intern, Counselling & Psychological Services, University of Pennsylvania, PA
2002 – 2003	Drug & Alcohol Counselor, Health & Wellness Centre, Pratt Institute, NY

2001 – 2002	Psych Extern, Counselling & Psychological Services, Montclair State University, NJ
2001 – 2002	Clinician, Youth Consultation Service, Jersey City, NJ
2000 – 2001	Psych Extern, Counselling & Psychological Services, Rutgers University, NJ
1998 – 2000	Practicum Student, Psychological Services, Fairleigh Dickinson University, NJ

## STUDENT MENTAL HEALTH PROJECTS IN POST-SECONDARY SETTINGS

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- **Flourish:** Led from 2012 to present a multidisciplinary team in designing, implementing and evaluating a strengths-based program focused to enhance emotional, academic, social and career resilience of First Year students. More than 3700 UTSC students have participated in a program that includes comprehensive online clinical assessment and full-day workshops and has shown effectiveness in reducing distress and increasing well-being. The program has won a national innovation award and has been adapted and implemented at numerous universities.  
<http://www.utsc.utoronto.ca/flourish/>
- **Strengths-Based Resilience (SBR):** Designed, delivered and disseminated on a large scale a group-based resilience intervention; wrote with a colleague a 280+ page train-the-trainer manual; conducted train-the-trainer and research on an approach to support students with mental health issues in secondary and post-secondary settings, in collaboration with Shoniker Clinic, Centenary Hospital and Toronto District School Board (TDSB). An SBR-based intervention was run at five schools, and at an outpatient clinic. Trained more than 130 educators mental health professionals, and more than 100 student service staff members from universities across Canada in this intervention (2015-19); overview at [www.strengthsbasedresilience.com](http://www.strengthsbasedresilience.com).
- **Online Intake & Outcome System:** Led development of new, completely paperless, online Intake and Outcome System (IOS) at the Health & Wellness Centre, UTSC, which incorporates symptoms, strengths and continuous outcome measures; the system has produced the most comprehensive cross-sectional and longitudinal clinical data (N= ~ 2700) in Canada
- **Positive Psychotherapy (PPT):** Created field of Positive Psychotherapy (PPT), empirically validated it, with Martin Seligman, founder of Positive Psychology, completed and published three randomized clinical studies; Published manual and workbook (Rashid & Seligman, 2018; Oxford) . Currently being translated in nine languages; three published (Portuguese, German, Chinese)
- **Systemic Approach to Post-Secondary Student Mental Health:** Led a national group to design and launch Comprehensive Assessment and Planning Inventory to encapsulate a Systemic Approach towards Student Mental Health; the comprehensive interactive website [www.cop-cacuss.com](http://www.cop-cacuss.com) offers a systemic approach to campus mental health through assessment and planning guide
- **Minds Steeped in Hopelessness:** Currently leading longitudinal study: What Predicts, Prevents & Heals a Suicidal Mind; based on quantitative-qualitative and longitudinal data of more than 2500 young adults who sought psychotherapy at a university-based, urban, and culturally diverse campus, this project explore what predicts and heals suicidal behaviour, along with protective roles of character strengths.

## WELLBEING & RESILIENCE TRAINING

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- How Racism Impacts Clinical Outcomes? Implications for Healthcare Professionals, University of Toronto, Presentation, March, 2021
- American Muslim Health Professional, Resilience and Family relationships During COVID-19: Webinar Presentation and Panelist, June 28, 2020
- Christchurch Hospital – School of Nursing, Compassion Fatigue: Caring for those who care, Presentation, Christchurch, NZ, July, 2019
- Royal Ottawa Hospital, Ottawa, May 2016
- Centre for Addiction & Mental Health (CAMH), August 2014
- University of Alabama at Birmingham, USA, April 2014
- Khoo Teck Puat Hospital, Alexander Health, Singapore, March 2013
- Kings College, Institute of Psychiatry, London, U.K, January 2013
- Grand Rounds Presentations: Rouge Valley Health System, Toronto, Canada, January 2014

- Professional Development Session: Wellbeing and Resilience, Faculty of Medicine, University of Toronto, July 2013
- Grand Rounds Presentation: Positive Psychotherapy, University of Alabama at Birmingham, USA, April 2014
- Grand Rounds Presentation: Strengths-Based Resilience, Sick Kids Hospital, Toronto, April 2014
- Hong Kong Health Authority, Hong Kong, 2012
- Pakistan Medical Association, 1-day SBR for Health Care Workers, January 2011

## COVID-19 RELATED COMMUNITY WORK

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- Flourishing in Times of COVID-19, Webinar, Nur International University, Lahore, Pakistan (delivered online), March 26<sup>th</sup>, 2021
- Flourishing in Times of Crisis, Webinar, Human Flourishing Engineering Institute, Morocco, (delivered virtually), February 2<sup>nd</sup>, 2021
- United in Strengths with the VIA Institute on Character, Interview, February 8, 2021
- Building Resilience in the New Normal, Keynote, Employment Readiness Scale, February 10, 2021
- Character Strengths and Mindfulness Session, featured talk in series, United in Strengths with the VIA Institute on Character, February 8<sup>th</sup>, 2021
- Building Resilience in the New Normal, Presentation, International Development Relief Fund, January 10, 2021
- Racial Equity in Education, South Asian Community Forum, Panelist, November 26, 2020
- Campus Mental Health in Times of COVID-19 Pandemic: Evolving Needs and Emerging Resources for Accessible, Effective and Culturally Responsive Supports: Insights from a National Survey, Centre for Innovation in Campus Mental Health, Presentation, Annual Conference, November 3<sup>rd</sup>, 2020
- Turning Our Pain into Our Power: Skills and Strategies for Combatting Racism, Presentation at Connections & Conversation Series, Presentation, U of Toronto, October 22, 2020
- Designing, developing and Evaluating resilience Programming Amidst covid-19: Eight Key Considerations; Two part Webinar Series, Canadian Association of Colleges and University Student Services; CACUSS), August-September, 2020
- Supporting Mental Health During COVID-19: Needs, Challenges & Opportunities: Results of a National Survey CACUSS Webinar (Canadian Association of Colleges and University Student Services), August 28, 2020
- Webinar, Perspectives on International Student Mental Health During COVID-19; Panelist, Webinar by CACUSS, August 27, 2020
- Daily Dose of Strengths-Based Actions to Maintain Resilience and Wellbeing, Presentation at the Vienna Global Leadership Summit, June 17<sup>th</sup>, 2020
- Faith, Spirituality and Wellbeing, June 15<sup>th</sup>, 2020, Panelist, Multi-faith Centre, Hart House, Health & Wellbeing, U of Toronto, June 15<sup>th</sup>, 2020
- Strength-Based Career Counselling, Avandia, Webinar, June 16<sup>th</sup>, 2020
- Cultivating Resilience To Cope, Adapt, and Perhaps Grow from COVID Crisis: Webinar, April 5<sup>th</sup>, 2020, Naseeha, a community mental health agency, April 5<sup>th</sup>, 2020
- Act with Uncertainty: Skills and Strategies to Manage Anxiety in Uncertain Times: Presentation at Employee Engagement in Turbulent Times, Achieve Engagement, online Presentation attended by 927 participants, April 6<sup>th</sup>, 2020
- Mental Health and Social Media: Presentation, Gibraltar Leadership Academy, April 11<sup>th</sup>, 2020
- Hope in Times of Uncertainty, Muslim Association of Canada, April 18<sup>th</sup>, 2020
- Crisis with Crisis: Understanding the Paradox of COVID-19, Webinar, April 21, 2020, for Naseeha
- Reviving the Deep Bond of Loving and Healthy Relationships, Webinar, April 26<sup>th</sup>, Naseeha

### University of Toronto Scarborough (UTSC)

- Maintaining Good Mental Health in Times of COVID-19: Presentation at Success Over Stress Symposium, Psychological Health Society, March 31, 2021
- Combatting Racism: Three part Workshops, with Dr. Kosha Bramesfeld, and Chanda Chandalala, September- November, 2020
- Quarantine Follow-up: Individually followed up with 250+ international students, quarantining at Hotels, after arriving in Canada, August-September, 2020;
- [Related blog post:](http://tayyabrashid.com/in-quarantine-an-opportunity-to-create-a-better-version-of-yourself-2/) <http://tayyabrashid.com/in-quarantine-an-opportunity-to-create-a-better-version-of-yourself-2/>

- COVID-R: Maintaining Resilience, Cultivating Wellbeing & Planting Seeds for Potential Growth: A ten session group at UTSC: May 14-July 16, 2020; Thursdays, 3-4:30 pm
- Spirituality and Mental Health, Panelist, Multi-faith Centre, UFT, June 15<sup>th</sup>, 2020
- Self-management and Coping Skill: First week at Job, working remotely, Presentation at Get Hired Conference, April 29<sup>th</sup>, 2020
- Managing Exam Anxiety Through Resilience: A Webinar for Student Affairs, April 15<sup>th</sup>, 2020

#### COVID-19 and Resilience in Post-secondary Settings

- Managing Exam Anxiety: Evidence-based Strategies for Studying April 9<sup>th</sup>, 2020
- Managing Anxiety and Cultivating Resilience in an Age of Online Learning, April 16<sup>th</sup>, 2020
- Strategies to Remain Socially Connected, from a Safe Distance, April 23<sup>rd</sup>, 2020
- Searching for Purpose and Meaning Amidst COVID-19, April 30<sup>th</sup>, 2020

#### Four-Part Webinar Series for International Positive Psychology Association (IPPA)

- Tuning into your narrative of loss and growth & hope, May 4<sup>th</sup>, 2020
- Harnessing your strengths to tolerate anxiety and build psychological stamina to endure the course of COVID-19, May 13<sup>th</sup>, 2020
- Nurturing your relationships with daily doses of gratitude, kindness, and forgiveness, May 18<sup>th</sup>, 2020
- Sustaining Hope and Optimism for a Better Tomorrow, May 21, 2020  
Two-part Positive Clinical Psychology Webinar

#### Publications:

- **Rashid, T.**, Gillham, J., Leventhal, S., Zarowsky, Z., & Hareem, A. (2021). Designing, Delivering and Evaluating programs in post-secondary institutions in times of COVID-19: Ten Key Consideration. In White, M. A., & McCallum, F. (Eds.) *Critical Perspectives on Teaching, Learning, and Leadership: Enhancing Educational Outcomes* (1st ed.). Singapore: Springer.
- Waters, L., Cameron, K., Crone, D.L., Kern, M.L., Lomas, T., Owens, R., Pawelski, J.O., **Rashid, T.**, Warren, M. A, White, M., Williams, P. (in Press). Collective Wellbeing and Posttraumatic Growth During COVID-19: How Positive Psychology can help Families, Schools, Workplaces and Marginalized Communities. *Journal of Positive Psychology*
- Rashid, T., & McGrath, R. E. (2020). Strengths-based actions to enhance wellbeing in the time of COVID-19. *International Journal of Wellbeing*, 10(4), 113-132. <https://doi.org/10.5502/ijw.v10i4.1441>.

#### COVID-19 and Campus Mental Health: National Survey

- Campus Mental Health in Times of COVID-19 Pandemic: Data-informed Challenges and Opportunities. Conducted a nationally representative survey of 64 Canadian Post-secondary Institutes, to ascertain mental health challenges, online mental health services and future considerations, in collaboration with Dr. Lina Di Genova, McGill University  
**Report available:** <https://bit.ly/3m7wpDu>  
Currently collaborating with Mental Health Commission of Canada to conduct next wave of data collection

#### Multi-media

- Huffpost: United Kingdom: How Happiness Experts Stay Happy During a Pandemic: I have tried to see some silver linings:  
<https://bit.ly/3sk8BPY>
- Strengths-Based Actions to Enhance Wellbeing in Times of COVID-19;  
<https://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1441>
- Blog Post: In Quarantine: An Opportunity to Create a Better Version of yourself  
<http://tayyabrashid.com/in-quarantine-an-opportunity-to-create-a-better-version-of-yourself-2/>
- Blog Post: 101-Strengths-Based Action to Connect, from a Safe Distance
- Published at: <https://www.viacharacter.org/pdf/101StrengthsBasedActions.pdf>
- Tips to Deal with Anxiety during COVID-19 published by Turkish International Television, World (TRT-World)
- Twitter: <https://twitter.com/trtworld/status/1253728751122350091>
- Youtube: <https://www.youtube.com/watch?v=sJb0X3g2gvE>
- Facebook: <https://www.facebook.com/watch/?v=257663508751975>

## RESEARCH SUPERVISION

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### Under-Graduate

- Psychological Distress in Treatment-Seeking University Students: An Examination of Asian Identity and Gender Intersectionality, Senior Year Honor's Thesis, 2020
- How Culture Impacts Presenting Concerns of Students at a Post-Secondary Counselling Centre, Senior Year Honors' Thesis, 2019
- Current Suicidal Ideation in Students Presenting to University Mental Health Services, 2017
- Relationship Between Ethnicities and Gender with Sources of Distress and Methods of Coping, 2016.
- Positive Psychology Interventions: A Systematic Analysis, Senior Year Thesis, student from Yale University, 2015
- Clinical and Non-clinical Presenting Concerns, Qualitative Analysis, Senior Year Thesis, 2014
- Multicultural Counselling Strategies for Young Female Muslims, 2012

### Graduate Level

- Are Strength Based Positive Interventions Effective in Eliciting Positive Behavioral Outcomes? A Meta-Analytic Review, Doctoral Dissertation, Committee Member 2016-19
- Therapeutic Assessment for Universal Personality Traits: offering supervision to a 4<sup>th</sup> year doctoral candidate, the Psychological Science Program, UTSC, 2019 – to-date, Secondary Supervisor, 2019 – to-date
- From various trauma to vicarious resilience: Capstone Project, Masters in Positive Psychology, University of East London, UK

### Supervised Capstone Projects – Masters in Applied Positive Psychology (MAPP), University of Pennsylvania, Philadelphia, PA

- Self-Permission and Well-Being: Self-Permission as a “Key” to Flourishing in Therapy and Positive Interventions, 2019
- Integrating Positive Psychology and Cognitive-Behavioral Therapy in an Effort to Enhance Treatment Outcomes for Depression, 2018
- Dive In: A Self-Awareness and Personal Development Curriculum for Emerging Adults
- Malleable Measures of Character Strengths: A Systematic Review, 2106
- Do College Like You Give a Damn: How to Thrive and Not Just Survive in College
- Decision Adversity: a Character Strengths Perspective on Decision Uncertainty and Error, 2013
- Blending The Roots and Rhythm of Tai Chi with Positive Psychology, 2012

## CLINICAL SUPERVISION

- **Supervision with three doctoral candidates completing their clinical practice:** Currently supervising three graduate level students evaluating the efficacy of an assessment-based Intervention targeting universal personality traits; weekly one hour, 2019-to-date
- **Supervision with a doctoral level full-time HWC staff:** Supervised a doctoral level HWC staff member, for their registration with the College of Psychologists of Ontario, 2013-14
- **Supervision with a registered Social Work-fulltime staff at HWC:** Offered clinical supervision to a social worker, full-time HWC staff, while they offered a group therapy intervention, 206-17
- **Supervision with doctoral level clinical faculty offering clinical Services at HWC:** Supervised a doctoral level clinical faculty offering clinical services at HWC, for their registration with the College of Psychologists of Ontario, 2013-15
- **Supervision with two doctoral candidates completing their clinical placement at HWC:** Supervised two graduate level students completing their full and part-time placement, respectively, at HWC, 2012-14.
- **Supervision of a variety of Registered Health Care Professionals from Centenary Hospital and Toronto District School Board:** Following a three day comprehensive training in a therapeutic program, offered ongoing supervision, to a variety of registered health care professionals including psychologists, psychotherapists, social workers, counsellors, occupational therapists and child-youth workers while they delivered individual and group clinical services, 2015-17

- **Supervision of doctoral candidates, Graduate Program in Psychological Science:** supervised graduate students completing their clinical practicum at HWC, 2013-to-date; each year students initially observed me, followed by my observation of their clinical work; also included during clinical work, followed by clinical debrief
- **Supervision of doctoral candidate, Graduate Program in Psychological Science:** supervised five doctoral students from School and Clinical Child Psychology Program, Department of Applied Psychology & Human Development, University of Toronto; September through April, learnt ways to incorporate character strengths in psycho-educational assessments and in report writing, 2007-2010.

## CONSULTATIONS

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- **Consultant:** Durham College, Mental Health Service Review, Durham College, in Collaboration with Centre for Innovation in Campus Mental Health, 2018-2019.
- **Consultant:** Canadian Campus Well-being Survey, Member of the Steering Committee devising and piloting Canadian survey, 2018 to date.
- **Participant:** Consensus Conference on Mental Health of Emerging Adults, Mental Health Commission of Canada, November 2015.
- **Participant:** Creed-based conflicts and their reasonable resolution in educational and mental health service, Human Rights Commission of Ontario, 2012

## GUIDELINES

- **Co-author:** Ethical Guidelines for Positive Psychology Practice, with Jardens, A. Lomas, T., Roache, A. In Collaboration with International Positive Psychology Association (IPPA), 2019; published in two peer-reviewed journals
  - **These guidelines have been translated in eight language** ([German](#), [Russian](#), [Portuguese](#), [Persian](#), [Spanish](#), [Danish](#), [French](#), [Arabic](#), [Greek](#))
  - <https://www.internationaljournalofwellbeing.org/index.php/ijow/issue/view/35>

## COMMUNITY-BASED CRISIS WORK

- Offered five sessions to various community groups at New Zealand Institute of Well-being & Resilience, including two at Mosque Al-Noor (site of mass shooting on March 15<sup>th</sup>, 2018), July, 2019
- Delivered *Humanship*, Four-day Resilience Training offered to Lebanese journalists and mental health professionals experiencing secondary trauma, March 2019
- Trained staff of crisis hotline *Naseeha* to recognize signs and symptoms of compassion fatigue and ways to mitigate it by fostering personal resilience, February- April, 2019
- Supported Syrian families recently arrived in the Toronto Area, February 2016 to date
- Supported 9/11 families, through Hold the Door ([www.holdthedor.com](http://www.holdthedor.com)), 2003 to date
- Delivered 2-day Resilience Training for Educators & Community Leaders, October 2014
- Counselling survivors of domestic abuse, Thorncliffe Community Centre, Toronto, 2013-14
- Counselling flood relief medical professionals in Pakistan, 2012
- Counselling survivors of Asian Tsunami, Positive Psychology Training, March 2004

## COMMUNITY & MENTAL HEALTH

- Advisor, *Minds Matter Magazine*, UTSC's digital magazine 2015-present
- Chair, Assessment Sub-committee, *Resilience in Post-Secondary Settings*, Symposium on Academic Resilience in Higher Education, Organized by Harvard University, November 2018
- Founding Board Member, Canadian Positive Psychology Association, Canada, 2011
- Member, Scientific Advisory Board and Advisor, *CorStone*, a project to empower girls in Slums of Kolkata, India, 2007-present
- Consultant, *Hold the Door*, a 9/11 inspired non-government organization in New Jersey promoting post-traumatic growth through annual event, 2003-present
- Member, Board of Directors, Community Resource Centre of Toronto, 2012-14

## WELLBEING & RESILIENCE TRAINING

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- McGill University, 1-day SBR workshop with Student Services Professionals, August 2019
- Algonquin College, 1-day Workshop on Resilience & Wellbeing with Student Services Professionals of Counselling Centre, August 2019
- Humanship, 4-day SBR workshops for Lebanese journalists and Mental Health Professionals working with Syrian refugees and survivors of various traumas
- Naseeha, Caring for Who Cares: A SBR Approach to Combat Compassion Fatigue, 3-day training for staff of helpline, February-April 2019
- Centennial College, Toronto, Student Affairs Professionals, 2-day SBR training, February-March 2018
- Lead trainer for two cycles of 3-day positive-psychology training for 130+ educators, mental health professionals and student services professionals, Toronto, Fall 2016-Winter 2017
- Citizens Archives of Pakistan, SBR for teachers working in slums of Karachi, October 2014
- Institute for Children, Adolescents & Families, Graz, Austria, July 2014
- Geelong Grammar School, Australia, Six-day SBR training, with educators and Student Services Professionals August 2013
- Hua Chong Institute, Singapore, 3-day training on Resilience for Bright Students, with educators and Student Services Professionals, April 2013
- Toronto District School Board & UTSC, 3-day SBR training, October through December 2011
- University of Manitoba, 2-part SBR training, with Student Services Staff, April & October, 2013
- Princeton University, 1-day SBR training for Student Services Staff, October 2012
- Reading College, London, UK, Penn Resilience Program, 6-day training, July 2010
- Geelong Grammar School, Australia, Penn Resilience Program, 21-day training, January 2010
- Monroe Community College, NY, Incorporating Character Strengths in Working with Students, 2-part training with Student Services Staff, May & October 2008
- Geelong Grammar School, Australia, Penn Resilience Program, 7-day training, January 2008

## POSITIVE PSYCHOTHERAPY TRAINING (Train-the-Trainer Workshops)

- Turkish Psychotherapy Summit, Istanbul, Turkey, March 2019
- University of Pennsylvania, Masters in Applied Positive Psychology (MAPP), November 2018
- University of Punjab, Pakistan, January 2016
- McGill University, December 2014
- World Summit of Positive Psychotherapy, Antalya, Turkey, November, 2014
- University of Maastricht, January 2013
- University of Ottawa, January 2013
- Long Island Jewish Medical Centre, NY, USA, November 2011
- University of Paris, France, January 2011
- William Osler Health Centre, Brampton, Canada, October 2010
- McMaster University, April, 2010

## SELECTED PRESENTATIONS

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(Invited Talks, Lectures & Workshops)

- Invited Speaker: Wound is the Place Where Light Enters Your: Fostering Resilience and Wellbeing among Survivors of Childhood Sexual Abuse: Faith and Flourishing: Strategies for Preventing and Healing Child Sexual Abuse. Human Flourishing Program, at Harvard's Institute for Social Sciences. April, 2021.
- Invited Talk: Making Clinical Practice Effective, Accessible, Inclusive, Ethical & Integrative, Presentation at the Evidence in Action, International Positive Psychology Association (IPPA) conference, March 18 & 19, 2021.
- Invited Talk: United Arab Emirates University (UAEU), Transform our Society: Towards Intergenerational Wellbeing: Science and Innovation Park (SIP Talks). Presentation and Panel Discussion, Delivered virtually, September 28<sup>th</sup>, 2020
- Invited Talk: Strengths-Based Career Counselling & Mentorship, Avanade, June, 2020

- Invited Talk: From Happiness to Wellbeing: A Journey of Individual Paths to Collective Destinies, Dubai Future Academy, February, 2020
- Invited Talk: Strengths-Based Resilience: An Intervention to Cultivate Resilience in Post-Secondary Settings, Symposium on Academic Resilience in Higher Education, Organized by Harvard University, November 2018
- Lecture: Positive Psychotherapy, Masters in Applied Positive Psychology (MAPP), University of Pennsylvania, November 2018
- Symposium Presentation: Positive Psychotherapy: Integrating Symptoms and Strengths Towards Holistic Health, 9<sup>th</sup> European Positive Psychology Network Conference, Budapest, June 2018
- Panelist: Narratives of Resilience: Leader2Leader, UTSC, April 2018
- Lecture: Moving from Darkness to Light through faith-based strategies for survivors & perpetrators, Renison Institute of Ministry, Renison University College, ON, December 2016
- Invited Talk: Positive Psychotherapy: Healing from the Future, featured presentation at Prospection Conference, Vienna, Austria, July 2016
- Invited Talk: Strengths-Based Resilience: Canadian Positive Psychology Association Conference, Niagara-on-the-Lake, June 2016
- Workshop: The Becoming: Exploring, Expressing and Enhancing Your Strengths, CACUSS, Winnipeg, June 2016
- Distinguished Lecture: Strengths-Based Education Series, U of Manitoba, Winnipeg, October 2013
- Lecture: Positive Psychotherapy, University of Melbourne, August 2013
- Lecture: Positive Residence, University of Wollongong, Australia, August 2013
- Training: Incorporating Strengths in Understanding Cultural Complexities, Ryerson University, May 2013
- Lecture: Positive Psychology in Educational Settings, MAPP, University of Pennsylvania, April 2012
- Workshop: Positive Psychotherapy, University of Western Ontario, London, December 2011
- Talk: Team-Based Intake System at Culturally Diverse Counselling Centre, American College Health Association Conference, May 2011

## **INVITED KEYNOTES & DISTINGUISHED LECTURES**

- Keynote: Happiness Hacks: Mental Health in Times of COVID-19, Max Scholarship Awards Reception, November 7, 2020
- Keynote: Daily Dose of Strengths-Based Actions to Maintain Resilience and Wellbeing at Work, VGL Forum, Positive Leadership, July 17, 2020
- Keynote: Campus Mental Health: Creating and Cultivating Resilience & Wellbeing, Campus Mental Health Conference, Toronto, October 2019
- Keynote: Loneliness as a Public Health Issue
- Keynote: PERMA & Your Wellbeing: Skills & Strategies, First Lebanese Positive Psychology Conference, Beirut, Lebanon, March 2019
- Keynote: Positive Psychotherapy: Ends & Means: From Amelioration of Symptoms to Amplification of Strengths, Turkish Psychotherapy Summit, Istanbul, Turkey, March 2019
- Invited talk: Searching for Hope from minds steeped on Hopelessness: What predicts, treats and prevents suicidal behavior. Talk presented at the Center for Innovation in Campus Mental Health (CICMH), November 2018
- Invited Speaker: Connecting the Dots: Understanding the Complex, Contextualized and Cultural Nuances of Canadian Campus Mental Health, Talk presented at the National Campus Mental Health Conference, May 2018
- Invited Talk: Reinventing Yourself: Three Executives Take on the Task, Cannexus Organized by Advancing Career Development in Canada, Ottawa, January 2018
- Invited talk: Understanding Self-harm in Youth, 2nd annual Canadian Muslim Mental Health Conference (CMMHC), Toronto, October 2017
- Invited Talk: Mental Health, Resilience & Student Success, Professional Development Session for High School Teachers, UTSC, October 2017
- Keynote: Survive to Thrive Conference, at Mount Allison University, in collaboration with Association of Atlantic Universities, Sackville, New Brunswick, October 2017
- Keynote: Staff Orientation, Centennial College, Toronto, ON, Strengths-Based Resilience, August 2017
- Conference Closing Panelist: Our Past, Our Future, Canadian Association of College and University Student Services (CACUSS), annual conference, Ottawa, June 2017
- Keynote: Leadership Mentorship Program, University of Toronto Scarborough, May 2017



- Invited Talk: Fostering Resilience & Meaning, National Campus Mental Health Conference, Toronto, May 2017
- Workshop: Strengths-Based Resilience: Building Community Resources, 1<sup>st</sup> Middle Eastern Psychological Conference, April, Dubai, UAE, April 2017
- Workshop: Strengths-Based Resilience in the Context of Islamic Thought & Practice, 1<sup>st</sup> Canadian Muslim Mental Health Conference (CMMHC), Toronto, November 2017
- Keynote: Trailblazers Conference: Explore: Your Purpose, from Your Passion, January 2017
- Featured Interview: Character Day, Featured Interview, September 2016
- Keynote: Guidance Counsellors Day, University of Toronto Scarborough, April 2015
- Keynote: Leadership Conference, University of Toronto Scarborough, September 2015
- Keynote: Healthy Minds Canada, Taking Charge Conference, June 2015
- Keynote: Resilient Parenting, Toronto District School Board, May 2015
- Keynote: World Congress of Positive Psychotherapy, Antalya, Turkey, November 2014
- Keynote: Strength-Based Banking Summit, Kiev, Ukraine, October 2014
- Keynote: Third International Conference on Psychology and Allied Sciences (ICPAS), Amity University, Noida, India (via web), September 2014
- Keynote: Toronto Association for Health Promotion in Higher Education (TAHPHE), July 2014
- Invited Talk: Approach to Mental Health, Open Minds Conference, University of Toronto, March 2016
- Keynote: PACE: Strengths-Based Approach with Cognitively Bright Students, Toronto, November 2013
- Keynote: Youthlink, Toronto, May 2013
- Keynote: Happiness & Good Life, International Association of Administrative Professionals, Annual Dinner, Burlington, Ontario, April 2014
- TEDxUTSC: What are You Good At?, February 2013
- Keynote: Strength-based Leadership, Equitable Leader Assessment (ELA) Training, Toronto, April 2013

## **WEBINARS**

- Facilitated a 90-minute Webinar, Suicidal Behavior: Creating a Caring and Compassionate Circle of Care Through Campus-Community Collaboration, with Dr. Lina Di Genova (McGill University), with following panelists:
  - Mark Sinyor, MD, FRCPC, Psychiatrist & Assistant Professor, Department of Psychiatry, UofT
  - Ed Mantler, Vice President, Programs and Priorities, Mental Health Commission of Canada
  - Eric Windeler, Founder & Executive Director of Jack.org
- Flourish: A Strengths-Based Approach to Foster Resilience & Wellbeing Among University Students, June 2019
- Positive Psychotherapy: Positive Psychotherapy: Integrating Symptoms & Strengths Towards Holistic Health, September, Flourishing Centre, September, 2018
- Strengths-Based Resilience: Centre for Innovation in Student Mental Health, January 2018
- Outcome Measures: Evidence-Based Clinical Practice, CACUSS, December 2017
- Positive Psychotherapy: Integrating Yin & Yang of Human Experience, International Positive Psychology Association (IPPA), October 2016
- Systematic Approach to Student Mental Health, CACUSS, September 2016
- Flourish: A Strengths-Based Approach to Student Success and Retention, April 2014

## **PRE-CONFERENCE WORKSHOPS ON APPLIED POSITIVE PSYCHOLOGY TOPICS**

- International Positive Psychology Association (IPPA), Sixth World Congress, Melbourne, Australia, 2019
- Canadian Association of College & University Student Services (CACUSS), Calgary, 2019
- European Positive Psychology Conference, Budapest, Hungary, 2018
- Canadian Association of College & University Student Services (CACUSS), Ottawa, 2017
- IPPA, Fourth World Congress, Orlando, 2015
- European Positive Psychology Conference, Amsterdam, 2014
- Canadian Positive Psychology Conference, Ottawa, 2014
- World Congress of Positive Psychotherapy, Antalya, Turkey, 2014
- IPPA, Third World Congress, Los Angeles, 2015
- American Psychological Association, Annual Convention, C.E Workshop, Washington, DC, 2013
- Canadian Psychological Association, Toronto, 2013

- Western Psychological Association, Wyoming, 2013
- Asian Applied Positive Psychology Conference, Hong Kong, 2012

## RESEARCH: PUBLICATIONS & WEBSITES

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### BOOKS

- **Rashid, T.**, & Seligman, M.E.P. (2018). *Positive Psychotherapy: A Manual*. New York: Oxford University Press. (Currently being translated in nine language; two published, Portuguese & Simplified Chinese; seven in the preparation)
- **Rashid, T.**, & Seligman, M.E.P. (2018). *Positive Psychotherapy: Workbook*. New York: Oxford University Press.
- Slade, M., Brownell, T., **Rashid, T.**, & Schrank, B. (2016). *Positive Psychotherapy for Psychosis*. Routledge: London.
- **Rashid, T.** (1994). *Hindustan, Translation of India and Her Neighbors*, Book IV. By Will Durant, Story of Civilization, Volume VI, Book Two. Takhlaqaat: Lahore, Pakistan

### PEER-REVIEWED ARTICLES

- **Rashid, T.**, & McGrath, R. E. (2020). Strengths-based actions to enhance wellbeing in the time of COVID-19. *International Journal of Wellbeing*, 10(4), 113-132. <https://doi.org/10.5502/ijw.v10i4.1441>.
- Gulamani, T., Uliaszek, A., Chugani, C.D., **Rashid, T.** (2020). Attrition and attendance in group therapy for university students: An examination of predictors across time. *Journal of Clinical Psychology*. 70(12), 2155-2169.
- Riches, S., Brownell, T., Schrank, B., Lawrence, V., **Rashid, T.**, & Slade, M. (2020). Understanding 'forgiveness' in the context of psychosis: A qualitative study of service user experience. *Clinical Psychology Forum*, 336, 41-48
- Lomas, T., Roache, A., **Rashid, T.**, & Jarden, A. (2019). Developing ethical guidelines for positive psychology practice: An on-going, iterative, collaborative endeavour. *The Journal of Positive Psychology*, 1-6. doi:10.1080/17439760.2019.1651892.
- Jarden, A., **Rashid, T.**, Roache, A., & Lomas, T. (2019). Ethical guidelines for positive psychology practice (version 1.0: English). *International Journal of Wellbeing*, 9(3), 1-30.
- **Rashid, T.**, Di Genova, L., Huston, M. (2019). Campus Mental Health: Whole is Greater than the Sum; Synthesizing Policy, Practice, Assessment, Intervention, Outcome & Evaluation, *Communique*, 19(1), 12.
- Uliaszek, A. A., Hamdullahpur, K., Chugani, C. D., & **Rashid, T.** (2018). Mechanisms of change in group therapy for treatment-seeking university students. *Behaviour Research and Therapy*, 109, 10–17.
- **Rashid, T.** (2017). Views on wellbeing research, policy and practice: An interview with Dr. Tayyab Rashid. *Middle East Journal of Positive Psychology*, 3(1), 52-56.
- Uliaszek, A. A., **Rashid, T.**, Williams, G. E., & Gulamani, T. (2016). Group therapy for university students: A randomized control trial of dialectical behavior therapy and positive psychotherapy. *Behaviour Research and Therapy*, 77, 78-85.
- **Rashid, T.** (2015). Positive Psychotherapy: Integrating symptoms and strengths toward client well-being. *New Jersey Psychologist*, 55, 3, 25-27.
- **Rashid, T.** (2015). Positive psychotherapy: A strength-based approach. *The Journal of Positive Psychology*, 10, 25-40.
- Riches, S., Schrank, B., **Rashid, T.**, Slade, M. (2015). WELLFOCUS PPT: Modifying Positive psychotherapy for psychosis psychotherapy. *Psychotherapy*, 53(1), 68-77.
- Drvaric, L., Gerritsen, C., **Rashid, T.**, Bagby, R. M., & Mizrahi, R. (2015). High stress, low resilience in people at clinical high risk for psychosis: Should we consider a strengths-based approach? *Canadian Psychology* 56(3), 332-347.
- Bertisch, H., Rath, J., Long, C., Ashman, T. & **Rashid, T.** (2014). Positive psychology in rehabilitation medicine: A brief report. *NeuroRehabilitation*. 4(3), 573-85.
- Niemiec, R. M., **Rashid, T.**, & Spinella, M. (2012). Strong mindfulness: Integrating mindfulness and character strengths. *Journal of Mental Health Counseling*, 34, 240-253.
- **Rashid, T.** & K. Kostouros, P. (2015). Campus Mental Health. *Communique*, 15(2), 13.

- McGrath, R. Rashid, T., Peterson, C & Park, N. (2010). Is Optimal Functioning a Distinct State? *The Humanistic Psychologist*, 38, 159-169.
- **Rashid, T.** (2009). Positive Interventions in Clinical Practice, *Journal of Clinical Psychology*, 65, 461-466.
- Seligman, M. E. P., **Rashid, T.** & Parks, A.C. (2006). *Positive Psychotherapy*. *American Psychologist*, 61,774-788.
- McGrath, R. E., Rashid, T., Hayman, J., & Pogge, D. L. (2002). A comparison of MMPI-2 high-point coding strategies. *Journal of Personality Assessment*, 79, 243–256. doi:10.1207/S15327752JPA7902 08

## BOOK CHAPTERS

- **Rashid, T.**, Summers, R. & Seligman, M.E.P (In Press). Positive Psychology; Chapter 4.6 Positive Psychology Model of Mental Function and Behavior, In *Psychiatry (Fifth Edition)* by A. Tasman., J. Kay, J. Lieberman, M. First & M. Riba (Eds): Hoboken: Wiley-Blackwell.
- **Rashid, T.**, Gillham, J., Leventhal, S., Zarowsky, Z., & Hareem, A. (2021). Designing, Delivering and Evaluating programs in post-secondary institutions in times of COVID-19: Ten Key Consideration. In White, M. A., & McCallum, F. (Eds.) *Critical Perspectives on Teaching, Learning, and Leadership: Enhancing Educational Outcomes* (1st ed.). Singapore: Springer.
- Gillham, J., Leventhal, K.S., **Rashid, T.**, Anjum, A., & Leventhal, S. (2019). Positive psychology programs for youth in diverse communities. In L. van Zyl & S.I. Rothman (Eds.) *Positive Psychological Interventions* (pp. 197-226) Switzerland: Springer.
- **Rashid, T.** & Baddar, A. M. (2019). Positive Psychotherapy: Clinical and Cross-cultural Applications of Positive Psychology. In L. Lambert & N. Pasha-Zaidi (eds.), *Positive Psychology in the Middle East/North Africa*. (pp. 333-362). Switzerland: Springer
- **Rashid, T.**, & Seligman, M. E. P. (2018). Positive Psychotherapy. In D. Wedding & R. J. Corsini (Eds.), *Current Psychotherapies* (pp. 481-426). Belmont, CA: Cengage.
- **Rashid, T.**, Louden, R., Wright, L., Chu, R., Lutchmie-Maharaj A., Hakim, I., Uy, D. A. Kidd, B. (2017). Flourish: A strengths-based approach to building student resilience. In Proctor, C. (Ed.). *Positive Psychology Interventions in Practice*. pp. 29–45. The Netherlands: Springer.
- **Rashid, T.** (2016). Positive Psychotherapy: Nuances of Clinical Practice. In A. Wood & J. Johnson (2016). *The Handbook of Positive Clinical Psychology*. New York: Wiley.
- **Rashid, T.**, Anjum, A., Chu, R., Stevanovski, S., Zanjani, A. & Lennex, C. (2014). Strength based resilience: Integrating risk and resources towards holistic wellbeing in G. A. Fava & C. Ruini (eds)'s *Increasing Psychological Well-being Across Cultures* (pp. 153-176). The Netherlands: Springer.
- **Rashid, T.** (2008). Positive Psychotherapy. In Lopez, S. J. (Ed.) *Positive psychology: Exploring the best in people*. (Vol. IV; pp. 188-217) Westport, CT: Praeger.
- Fazio, R., **Rashid, T.**, & Hayward, H. (2008). Growth from trauma, loss, and adversity: A choice worth making. In Lopez, S. J. (Ed.) *Positive psychology: Exploring the best in people*. (Vo. III; pp.1-27), Westport, CT: Praeger.
- **Rashid, T.**, & Anjum, A. (2008). Positive psychotherapy for young adults and children. In J. R. Z. Abela & B. L. Hankin (Eds.), *Depression in Children and Adolescents: Causes, Treatment and Prevention* (pp. 250–287). New York: Guilford Press.

## INVITED ENCYCLOPEDIA ENTRIES

- **Rashid, T.** & Niemiec, R. M. (2020). Character Strengths. In A. Michalos (Ed.), *Encyclopedia of Quality of Life and Well-Being Research*. New York: Springer.
- **Rashid, T.** (2020). Positive Psychotherapy. In S. J. Lopez, (Ed.), *Encyclopedia of positive psychology*. (pp. 749-752). UK: Wiley-Blackwell.
- **Rashid, T.** (2013). Assessing Strengths in Clinical Practice. In J. Norcross (ed.), *Psychologists' Desk Reference* (Third Edition), CT: Oxford.
- **Rashid, T.** (2009). Authentic Happiness. In S. J. Lopez, (Ed.), *Encyclopedia of positive psychology*. (pp. 71-75). UK: Wiley-Blackwell.

## PROJECTS & RESEARCH SUPERVISION

- Predictors of Suicide Behaviour: Supervised Honors thesis which predicts suicidal behavior from clinical symptoms, diagnostic impressions and character strengths. (2017-to-date)
- Randomized Clinical Trial: Positive Psychotherapy with Borderline Personality Disorder: Completed a three-year randomized study comparing group PPT with Dialectical Behavioural Therapy (DBT) with clients experiencing symptoms of Borderline Personality Disorder (BPD) in collaboration with a clinical faculty. Published results through two articles in a top-tier scientific journal (2012-15)
- Stigma Against Seeking Mental Health Service: Role of Acculturation Among Young Adults, Supervised Honors thesis of a senior year UTSC (2015)

## GRANT SUPPORT

- Principal Investigator: Secured \$ 7,000, plus complete funding for a full time co-op placement to support COVID-19 and Campus Mental Health from Mental Health Commission of Canada and School of Nursing, U of Toronto, 2021
- Principal Investigator: Secured \$225,000 grant through the Mental Health Innovation Fund, Ministry of Advanced Education & Skills Development for Flourish: A Strength-Based Resilience (SBR) Approach to Support Students with Mental Health Issues; in collaboration with the Toronto District School Board (TDSB) and the Shoniker Clinic – Rouge Valley Health System (SC-RVHS), 2015-17
- Co-PI: Stepping up care: Responding to student need: Successful grant application for CIHR; in collaboration with Peter Cornish, Stephen Czarnuch, Memorial University (2018)
- PI: Unpacking Clinically Significant Change to Inform Session Limit Guidelines; Won Funding Award from CACUSS (2015)

## REPORTS

- Rashid, T. & Genova, L. D., (2020). *Campus Mental Health in Times of COVID-19 Pandemic: Data-informed Challenges and Opportunities*. Campus Mental Health: Community of Practice (CoP). Canadian Association of Colleges and University Student Services: Toronto, Ontario.
- Rashid, T. & Loudon, R. (2018). *Flourish: A Strengths-Based Resilience (SBR) Approach to Support Students' Transition from Secondary to Post-Secondary Education*. Ministry of Training of College and Universities (formally the Ministry of Advanced Education & Skills Development). Campus Mental Health: Systemic Approach: Policy, Planning & Evaluation
- Rashid, T. (2016). *Campus Assessment & Planning Inventory: A Companion to Post-Secondary Student Mental Health (PSSMH): Guide to a Systemic Approach*. Canadian Association of College & University Student Services and Canadian Mental Health Association.

## AD HOC REVIEWER

- Oxford University Press: Positive: Mental Health Series
- *Mitacs Accelerate Research*: Grant Proposal Reviewer
- *Journal of Positive Psychology*
- *Psychological Assessment*
- *Schizophrenia Research*
- *Journal of Personality Assessment*
- *International Journal of Wellbeing*
- *International Journal of Applied Positive Psychology*

## WEBSITES: Post-Secondary Student Development

Curated content and work with professionals to develop and maintain:

- **Flourish**: [www.utsc.utoronto.ca/flourish](http://www.utsc.utoronto.ca/flourish): an interactive website which offers free assessment, feedback and relevant resources about well-being
- **Strengths-Based Resilience**: <http://www.strengthsbasedresilience.com/> offers a structured, evidence-based resilience program through 14 modules; supplementary resource for professionals trained in the SBR program
- **Campus Mental Health**: [www.cop-cacuss.com](http://www.cop-cacuss.com): one of the most comprehensive interactive website offering a systemic approach to campus mental health through assessment and planning guide

## RECOGNITION & PROFESSIONAL AFFILIATIONS

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### AWARDS, HONORS & APPOINTMENTS

- Leaders in Learning Award, (CACUSS), 2019
- Innovation Award for Program in Student Services, Strengths-Based Resilience, CACUSS, 2018
- Chancellor Award, Emerging Leader, University of Toronto, 2018
- Outstanding Practitioner Award, International Positive Psychology Association, 2017
- MAX Award, Platinum Award for Excellence, Finalist, 2017 & 2018
- RBC Immigrant Award, shortlisted, 2017
- Middle Eastern Psychological Association, Distinguished Award, 2017
- Emerging Professional Award, CACUSS, 2015
- Innovation Award - Flourish, CACUSS, 2015
- Excellence Through Innovation Award, University of Toronto, 2015
- Research Award, Unpacking Clinical Change, (CACUSS), 2014
- Excellence Award, For Teaching Positive Psychology Interventions to students, Toronto District School Board, 2010
- 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, 2002
- Winner of Outstanding Syllabus, Teaching Positive Psychology, University of Pennsylvania, 2002

### PROFESSIONAL AFFILIATIONS

- Member, Canadian Association of College & University Student Services (CACUSS), since 2011
- Member, Ontario Psychological Association (OPA), since 2017
- Founding Member, Canadian Positive Psychology Association (CPPA), since 2011
- Member & Board of Directors, International Positive Psychology Association (IPPA), since 2007
- Member, American Psychological Association (APA), since 1997