

EDUCATION

Post-doctoral Clinical Training, University of Pennsylvania, Philadelphia, PA 2004 – 2005
Positive Psychology Center: devised and empirically validated Positive Psychotherapy (PPT)
Supervisor: Martin Seligman

Pre-doctoral Clinical Training, University of Pennsylvania, Philadelphia, PA 2003 – 2004
Counseling & Psychological Services,

Ph.D., Clinical Psychology, Fairleigh Dickinson University (FDU), Teaneck, NJ 1998 – 2004

LICENSURE

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

PROFESSIONAL AFFILIATIONS

Member, Canadian Association of College & University Student Services (CACUSS) 2011 – present
Founding Member, Canadian Positive Psychology Association (CPPA) 2011 – present
Member & Board of Directors, International Positive Psychology Association (IPPA) 2007 – present
Member, American Psychological Association (APA) 1997 – present

RELEVANT TEACHING EXPERIENCE

University of Melbourne | Melbourne, Australia 2022 – present
Senior Lecturer/Assistant Professor | Centre for Wellbeing | Melbourne Graduate School of Education
Current Graduate Courses: Semester 1: February – June 2023)
EDUC91042: Applications of Positive Psychology
EDUC91044: Positive Psychology and Organizations
EDUC91043: Systems Informed Approaches to Change

University of Toronto Scarborough (UTSC) | Toronto, Ontario, Canada 2016 – 2024
Associate Faculty (status), Graduate Department of Psychological Clinical Science
Guest lecturer in clinical psychology

IE University | Madrid, Spain 2014 – 2018
Adjunct Faculty, Executive Masters in Positive Leadership Strategy

University of Pennsylvania | Philadelphia, Pennsylvania (USA) 2006 – 2010
Trainer, Penn Resilience Program

LEADERSHIP ROLES

Harvard University Faculty Affiliate, The Human Flourishing Program, Institute for Quantitative Social Science	2021 – present
International Positive Psychology Association (IPPA) Director at Large – Practice (2019 – present) Inaugural President Clinical Division (2016-2019)	2016 – present
Academic Resilience Consortium Member, Leadership Council	2021 – present
The Wellness Institute Content Consultant, Clinical Advisory Board	2020 -- present
Naseeha: Mental Health Hotline Content Consultant, Advisory Board	2020 – present
University of Toronto, School of Nursing Member, Clinical Advisory Committee, Student Mental Health Research Initiative	2021 – 2022
Canadian Association of College and University Student Services (CACUSS) Co-chair, Campus Mental Health Community of Practice	2014 – 2022
University of Toronto Scarborough (UTSC) Chair, Campus Affairs Committee (2019 – 2022) Elected Member, Campus Council (2015 – 2022)	2015 – 2022
Canadian Positive Psychology Association (CPPA) Member, Board of Directors	2014 – 2016
Community Resources & Connections of Toronto Member, Board of Directors	2012 – 2014
Values in Action Institute (VIA), Cincinnati, OH Director, Applied Research	2010 – 2011

CLINICAL EXPERIENCE

Psychotherapist, Health & Wellness Centre, University of Toronto Scarborough (UTSC)	2011 – 2022
School & Clinical Psychologist, Toronto District School Board	2005 – 2011
Psych Intern, Counselling & Psychological Services, University of Pennsylvania, PA	2003 – 2005
Drug & Alcohol Counselor, Health & Wellness Centre, Pratt Institute, NY	2002 – 2003
Psych Extern, Counselling & Psychological Services, Montclair State University, NJ	2001 – 2002
Clinician, Youth Consultation Service, Jersey City, NJ	2001 – 2002
Psych Extern, Counselling & Psychological Services, Rutgers University, NJ	2000 – 2001
Practicum Student, Psychological Services, Fairleigh Dickinson University, NJ	1998 – 2000

RESEARCH

METRICS SUMMARY: RESEARCH & CLINICAL SERVICES

Category	Metric
H-Index (Google Scholar)	27
i10-index	39
Citations	5382
Peer reviewed journal articles/papers	30
Published Books	5
Book under Review	1
Published Reports	4
Invited Encyclopedia entries	4
Peer reviewed published chapters	11
Invited Clinical workshops (including Pre-conference CE workshops)	18
Clinical Training-Resilience and Wellbeing	33
Keynotes and Invited talks	72
Grand rounds- Hospitals	6
Supervised Research Projects -- Undergraduate	10
Supervised Research Project –Graduate	10
Grants Secured	5
Invited talks, workshops, webinars to Community	44

GRANT SUPPORT

- Lead Researcher and Trainer: to Implement resilience and wellbeing training for Safeguarding the Human Dignity & Rights of Youth in Vulnerable Communities in Guyana project; Worked with International Development Relief Fund (IDRF) a Canadian NGO to write and secure \$ 300, 0000 grant, from Global Affairs Canada (GAC). This five-year project (2022-27) targets 67, 000+ beneficiaries who will be taught Strengths-Based Resilience skills, along with gender-responsive training in schools, health care and community settings.
- 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, University 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 Shoniker Clinic – Rouge Valley Health System (SC-RVHS), 2015-17
- Co-Principal Investigator: Stepping up care: Responding to student need: Successful grant application for CIHR; in collaboration with Peter Cornish, Stephen Czarnuch, Memorial University, 2018
- Principal investigator: Unpacking Clinically Significant Change to Inform Session Limit Guidelines; Won Funding Award from CACUSS, 2015

RESEARCH (Continued)

WELLBEING & RESILIENCE PROJECTS

- **Safeguarding the Human Dignity & Rights of Youth in Vulnerable Communities in Guyana:** Lead Researcher and Trainer to Implement, Safeguarding the Human Dignity & Rights of Youth in Vulnerable Communities in Guyana; worked with International Development Relief Fund (IDRF) a Canadian NGO to write and secure a \$3 million grant from Global Affairs Canada (GAC), with subgrant to the University of Melbourne of \$250,000. This five-year project (2022-27) targets more than 67, 000+ beneficiaries who will be taught Strengths-Based Resilience skills, along with gender-responsive training in schools, health care and community settings.
- **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. 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 and organizations. Details at <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.
- **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 into nine languages, three published (Portuguese, German, Chinese).
- **Ethical Guidelines For Practice:** Co-authored Ethical Guidelines for Positive Psychology Practice, with Jarden, Lomas, and Roache and published in two peer-reviewed journals. Guidelines have been translated into ten languages ([German](#), [Russian](#), [Portuguese](#), [Persian](#), [Spanish](#), [Danish](#), [French](#), [Arabic](#), [Greek](#), [Turkish](#)). Details are at <https://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1819/1041>
- **Campus Mental Health In Times of COVID-19 Pandemic:** Led with Dr. Lina Di Genova (McGill University) design and administration of survey of Campus Mental Health administrators and leaders to ascertain emerging clinical concerns reported by students and specific changes made in wake of COVID-19. Collected data twice (summer 2020 and spring 2021) from more than 70 campuses across Canada. Synthesizing multiple perspectives, report offers 25 recommendations and insights from 27 published studies on COVID-19 and Campus Mental Health. Report is on the [Campus Mental Health CoP page](#).
- **Strengths-based Online Intake & Outcome System:** Led development of new, completely paperless, online Strengths-Based 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.

RESEARCH (Continued)

- **Circle of Care: A Systemic Approach to Supporting Student Mental Health, Resilience and Wellbeing:** Led a national group to design and launch Comprehensive Assessment and Planning Inventory to encapsulate a Systemic Approach towards Student Mental Health, Resilience and Wellbeing; the comprehensive interactive website www.cop-cacuss.com offers a systemic approach to campus mental health through assessment and planning guide.
- **What Predicts, Prevents & Heals a Suicidal Mind:** Currently leading longitudinal study: What Predicts, Prevents & Heals a Suicidal Mind. Based on quantitative-qualitative and longitudinal data of more than 2,500 young adults who sought psychotherapy at a university-based, urban, and culturally diverse campus, this project explores what predicts and heals suicidal behaviour, along with protective roles of character strengths.

RESILIENCE & WELLBEING PROJECTS: WEBSITES

Curated content and work with professionals to develop and maintain three project-related websites:

- Flourish: www.utsc.utoronto.ca/flourish: an interactive website which offers free assessment, feedback and relevant resources about the 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: one of the most comprehensive interactive websites offering a systemic approach to campus mental health through assessment and planning guide

PUBLICATIONS

BOOKS

- Rashid, T., Gillham, J. & Anjum, A. (in press). *Strengths Based Resilience: A Practitioner Manual*. Boston: Hogrefe.
- Rashid, T., Gillham, J., Loudon, R. and Anjum, A. (in press). *Strengths Based Resilience: Workbook*. Boston: Hogrefe.
- Rashid, T., & Seligman, M.E.P. (2018). *Positive Psychotherapy: Clinician Manual*. New York: Oxford University Press. (Currently being translated in nine languages; 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.

RESEARCH (Continued)

PEER-REVIEWED PAPERS

- *Sorkhou, M., **Rashid, T.**, Dere, J., & Uliaszek, A. (2022). Psychological Distress in Treatment-Seeking University Students: An Intersectional Examination of Asian Identity and Gender Identity. *Journal of College Student Psychotherapy*, 1–21. <https://doi.org/10.1080/87568225.2022.2145252> *
- *Zarowsky, Z., & **Rashid, T.** (2022). Resilience and Wellbeing Strategies for Pandemic Fatigue in Times of Covid-19. *International Journal of Applied Positive Psychology*. <https://doi.org/10.1007/s41042-022-00078->
- Uliaszek, A.A., **Rashid, T.** & *Zarowsky, Z. (2022). The Role of Signature Strengths in Treatment Outcome: Initial Results from a Large and Diverse University Sample. *Journal of Contemporary Psychotherapy* 52, 15–21. <https://doi.org/10.1007/s10879-021-09523-6>.
- *Bates-Krakoff, J., Parente, A., McGrath, R. E., **Rashid, T.**, & Niemec, R. M. (2022). Are character strength-based positive interventions effective for eliciting positive behavioral outcomes? A metanalytic review. *International Journal of Wellbeing*, 12(3), 56-80. <https://doi.org/10.5502/ijw.v12i3.2111>
- Waters, L., Cameron, K., Nelson-Coffey, S. K., Crone, D. L., Kern, M. L., Lomas, T., Oades, L., Owens, R. L., Pawelski, J. O., **Rashid, T.**, Warren, M. A., White, M. A., & Williams, P. (2021). Collective wellbeing and posttraumatic growth during COVID-19: how positive psychology can help families, schools, workplaces and marginalized communities. *The Journal of Positive Psychology*, 7(16), 761-789. <https://doi.org/10.1080/17439760.2021.1940251>
- Jarden, A., **Rashid, T.**, *Roache, A., & Lomas, T. (2021). Ethical guidelines for positive psychology practice (version 2.0:English). *International Journal of Wellbeing*, 11(3), 1-38. <https://doi.org/10.5502/ijw.v11i3.1819>
- 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.

* student as co-author

- **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.
- Schrank, B., Riches, S., Coggins, T., **Rashid, T.**, Tylee, A., & Slade, M. (2014). WELLFOCUS PPT - modified positive psychotherapy to improve well-being in psychosis: Study protocol for a pilot randomised controlled trial. *Trials*, 15(1). <https://doi.org/10.1186/1745-6215-15-203>
- Bertisch, H., Rath, J., Long, C., Ashman, T. & **Rashid, T.** (2014). Positive psychology in rehabilitation medicine: A brief report. *NeuroRehabilitation*. 4(3), 573-85.
- Schrank, B., Bird, V., Tylee, A., Coggins, T., **Rashid, T.**, & Slade, M. (2013). Conceptualising and measuring the well-being of people with psychosis: systematic review and narrative synthesis. *Social science & medicine*, 92, 9–21. <https://doi.org/10.1016/j.socscimed.2013.05.011>
- 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.
- **Rashid, T.**, Ostermann, R. F. (2009). Strength-based assessment in clinical practice. *Journal of clinical psychology* 65 (5), 488-498
- Seligman, M. E. P., **Rashid, T.** & Parks, A.C. (2006). Positive Psychotherapy. *American Psychologist*, 61,774-788. <https://doi.org/10.1037/0003-066X.61.8.774>
- 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
- Sigal, J., Gibbs, M. S., *Goodrich, C., **Rashid, T.**, *Anjum, A., Hsu, D., Perrino, C. S., Boratav, H. B., Carson-Arenas, A., van Baarsen, B., van der Pligt, J., & Pan, W.-K. (2005). Cross-Cultural Reactions to Academic Sexual Harassment: Effects of Individualist vs. Collectivist Culture and Gender of Participants. *Sex Roles: A Journal of Research*, 52(3-4), 201–215. <https://doi.org/10.1007/s11199-005-1295-3>

EDITORIAL EXPERIENCE

Guest edited the Journal of Clinical Psychology, May 2009 (Volume 65, Number 5; Editor-in-Chief, John Norcross) issue on Positive Psychology in Clinical Practice. Published eight cutting edge papers from distinguished clinicians in the very first special issues of a well-established clinical journal.

RESEARCH (Continued)

BOOK CHAPTERS

- **Rashid, T.**, Summers, R. F., & Seligman, M. E. P. (2023). *Positive Psychology: Model of Mental Function and Behavior*. In *Tasman's Psychiatry* (A. Tasman, M. B. Riba, R. D. Alarcón, C. A. Alfonso, S. Kanba, D. M. Ndeti, C. H. Ng, T. G. Schulze, & D. Lecic-Tosevski (eds.); pp. 1–24). Springer International Publishing. https://doi.org/10.1007/978-3-030-42825-9_28-1.
- *Roache, A., Jarden, A., **Rashid, T.**, Lomas, T. (2023). Positive ethical practice for coaching and wellbeing. In *The Ethical Coaches' Handbook: A Guide to Developing Ethical Maturity in Practice*, by W.A. Smith, J. Passmore & E. Turner & Yi-Ling and D. Clutterbuck. (eds.); pp. 251-266. New York, NY: Routledge. DOI: 10.4324/9781003277729-16.
- **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 (pp-137-160). In White, M. A., & F. McCallum, (Eds.), *Wellbeing and Resilience Education: COVID-19 and its Impact on Education*. New York, Routledge.
- 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.**, & *Howes, R., Louden, R. (2017). Positive Psychotherapy. In M. Slade, L. Oades, & A. Jarden (Eds), *Wellbeing, Recovery and Mental Health*. (pp.111-132). New York: Cambridge.
- **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: Clinical Applications of Positive Psychology. In A. Wood & J. Johnson (Eds). (pp.307-320). *The Wiley 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.

REPORTS

- **Rashid, T.** & Di Genova, L. (2022). *Campus Mental Health Across Canada in 2020-21: The Ongoing Impact of COVID-19. Perspectives from student affairs leaders*. Mental Health Commission of Canada (MHCC). The Canadian Association of Colleges and University Student Services (CACUSS): Toronto, Ontario & Mental Health Commission of Canada (MHCC). <http://cacuss-campusmentalhealth.ca>
- **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.** & Louden, 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).
- **Rashid, T.**, & Di Genova, L. (2019). Working Document: [Assessment Inventory & Planning Guide. A companion document to Post-Secondary Student Mental Health \(PSSMH\): Guide to a Systemic Approach](#). Prepared for the Canadian Association of College and University Student Services Pre-Conference in Calgary, Canada.

AD HOC REVIEWER

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

RESEARCH (Continued)

RESEARCH SUPERVISION

UNDERGRADUATE SUPERVISION

- Mental Health of Students in Post-secondary Setting during COVID-19, Research Project, on-going since 2020
- Resilience Programs in the Context of COVID-19: A project has so far produced a book chapter, and two conference presentations with two undergraduate students, 2020 – 2021
- Psychological Distress in Treatment-Seeking University Students: An Examination of Asian Identity and Gender Intersectionality, Senior Year Honors Thesis, 2020
- How Culture Impacts Presenting Concerns of Students at a Post-Secondary Counselling Centre, Senior Year Honors' Thesis, 2019
- Predictors of Suicide Behaviour: Supervised Honors thesis which predicts suicidal behaviour from clinical symptoms, diagnostic impressions and character strengths, 2017 – 2018
- 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
- Stigma Against Seeking Mental Health Service: Role of Acculturation Among Young Adults, Supervised Honors thesis of a senior year UTSC, 2015
- Clinical and Non-clinical Presenting Concerns, Qualitative Analysis, Senior Year Thesis, 2014
- Multicultural Counselling Strategies for Young Female Muslims, 2012

GRADUATE SUPERVISION

- Character Strengths as Protective factors in Adolescent Nonsuicidal Self-Injury: Spotlight on Self-Regulation, Social Intelligence, and Spirituality Illuminating Character Strengths-Based Intervention, External Committee Member for Doctoral Dissertation, University of Pennsylvania, 2022 - Present
- Therapeutic Assessment for Universal Personality Traits, Psychological Science Program, Clinical Supervisor to 4th year doctoral candidate, UTSC, 2019 – 2020
- Are Strength Based Positive Interventions Effective in Eliciting Positive Behavioral Outcomes? A Meta-Analytic Review, External Committee Member for Doctoral Dissertation, Fairley Dickinson University, 2016 – 2019
- From vicarious trauma to vicarious resilience, External Supervisor for Capstone Project, Masters in Positive Psychology, University of East London, UK, 2019

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 to Enhance Treatment Outcomes for Depression, 2018
- Dive In: A Self-Awareness and Personal Development Curriculum for Emerging Adults, 2017
- Malleable Measures of Character Strengths: A Systematic Review, 2016
- Do College Like You Give a Damn: How to Thrive and Not Just Survive in College, 2016

- Decision Adversity: a Character Strengths Perspective on Decision Uncertainty and Error, 2013
- Blending The Roots and Rhythm of Tai Chi with Positive Psychology, 2012

POSITIVE PSYCHOLOGY COURSES

CENTRE FOR WELLBEING SCIENCE, UNIVERSITY OF MELBOURNE

Courses Taught in Semester One, March-May 2023

EDUC91042: Applications of Positive Psychology: This course focuses on evidence-based and best practice approaches to the application of positive psychology.
In-person

EDUC91043: Systems Informed Approaches to Change: This course explores an integrative, interdisciplinary approach to wellbeing.

EDUC91044: Positive Psychology and Organizations: This course provides an introduction to Positive Organizational Scholarship, and emerging field of Job Crafting.

Course Taught in Summer, 2023 Intensive, January-February 2023

EDUC10057: Wellbeing, Motivation and Performance, Undergraduate Level

This course explores the science of what enables individuals to operate at the peak of their potential, including the conditions that are thought to give rise to optimal motivation, emotional agility, resilience and other factors that support wellbeing and performance.

Standardized Student Rating: **4.5/5**

Previously Taught

Self-Development and Strengths, Executive Masters in Positive Leadership, Strategy and Transformation, IE University, School of Human Sciences & Technology, Madrid, 2014-2018
Average Student Ratings: 4.47/5

PSYCH 101: POSITIVE PSYCHOLOGY: AN EXPERIENTIAL COURSE

Fairleigh Dickinson University, NJ, USA: One of the First Courses in Positive Psychology taught in USA, Spring, 2001: An experiential course which included experiential classroom activities, including practical ways of using one's character strengths, in promoting and maintaining well-being and happiness. The course did not have any traditional exams. Grade was based on class participation, watching movies on character strengths and writing weekly reflection paper and a personal signature enhancing project. [Link](#)

IN-PERSON TRAINING DELIVERED IN INTERNATIONAL SETTINGS

ASIA

University of Punjab (Pakistan), Amity University (India), University of United Arab Emirates (Dubai, UAE), Hwa Chong Institute (Singapore) University of Hong Kong (Hong Kong)

AUSTRALIA

University of Melbourne (Melbourne, Victoria), Wollongong University (Wollongong, New South Wales), Geelong Grammar School (Geelong, Victoria)

EUROPE

University of Paris (Paris, France), University of Maastricht (Maastricht, Netherlands), King's College (London, UK) Graz Institute (Graz, Austria)

NORTH AMERICA – United States of America

Princeton University (Princeton, NJ), Harvard University (Cambridge, MA), University of Pennsylvania (Philadelphia, PA), University of Alabama (Birmingham, AB), University of Connecticut (Newport, CT), Morno College (Morno, NY), Swarthmore College (Swarthmore, PA)

NORTH AMERICAN – Canada

McMaster University (Hamilton, ON), University of Manitoba (Winnipeg MT, McGill University (Montreal, QC) Mount Allison University (Mount Allison, NB), University of Ottawa (Ottawa, ON), Carleton University (Ottawa, ON), University of Western Ontario (London, ON), Ryerson University (Toronto, ON), Centennial College (Toronto, ON), Algonquin College (Toronto, ON), University of British Columbia (Vancouver, BC)

SOUTH AMERICA

Guyana Ministry of Health & Education

TEACHING & TRAINING (Continued)

TRAIN-THE TRAINER: RESILIENCE & WELLBEING CLINICAL TRAINING

1-3-day TRAINING OF PROFESSIONAL STAFF

- Ministry of Health, Guyana, led three, 3-day Strengths-Based Resilience (SBR) training in Georgetown and Berbice, Guyana, September & November 2022
- Learn for Life Lanka, 4-day SBR workshop with 50+ theatre artists and teachers, Colombo, Sri Lanka, March 2022
- 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, March 2019
- Association of Psychologists in Newfoundland and Labrador (APNL). Positive Psychotherapy: Integrating Yin and Yang: 1-day workshop. St. John's. NL, Canada, June 2019
- Naseeha, Caring for Who Cares: An 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
- Toronto District School Board and Centenary Hospital, Toronto, Canada, delivered three cycles of 3-day SBR training for 150+ educators, mental health professionals and student services professionals, Winter 2017 and Fall 2016
- Royal Ottawa Hospital, Ottawa, delivered 1-day workshop on Positive Psychotherapy, May 2016
- McGill University, Montreal, Canada, 1-day workshop on Positive Psychotherapy, December 2014
- Citizens Archives of Pakistan, 1-day workshop on SBR for teachers and mental health professionals working in slums of Karachi, October 2014
- Centre for Addiction & Mental Health (CAMH), half-day training on Positive Psychotherapy, August 2014
- Institute for Children, Adolescents & Families, Graz, Austria, 1-day training to clinicians, July 2014
- University of Alabama at Birmingham, USA, 1-day training to clinical and counselling staff, April 2014
- Geelong Grammar School, Australia, 6-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
- University of Manitoba, 2-part SBR training, with Student Services Staff, April & October 2013
- King's College, Institute of Psychiatry, London, U.K, 1-day workshop on PPT, January 2013
- University of Maastricht, Netherlands, 1-day workshop on Positive Psychotherapy, January 2013
- University of Ottawa, Ottawa, Canada, 1-day workshop for counselling and clinical staff, January 2013
- Hong Kong Health Authority, Hong Kong, 1-day workshop on Positive Interventions, January 2012
- Princeton University, full-day SBR training for Student Services Staff, October 2012
- University of Western Ontario, London, 1-day workshop: Positive Psychotherapy, December 2011
- Toronto District School Board & UTSC, 3-day SBR training, October through December 2011
- Long Island Jewish Medical Centre, New York, USA, 1-day workshop on PPT, November 2011
- University of Paris, Paris, France, 1-day workshop on PPT, January 2011
- Pakistan Medical Association, 1-day SBR for Health Care Workers, January 2011

TEACHING & TRAINING (Continued)

- William Osler Health Centre, Brampton, Canada, 2 half-day workshops, on Positive Psychology, October 2010
- McMaster University, Hamilton, Canada, 1-day workshop on PPT, April 2010
- Reading College, London, UK, Penn Resilience Program, 6-day Penn Resilience Program (PRP) training, July 2010
- Geelong Grammar School, Australia, Penn Resilience Program, 21-day PRP training, January 2010
- Monroe Community College, NY, Incorporating Character Strengths in Working with Students, 2-half day training with Student Services Staff, May & October 2008
- Geelong Grammar School, Australia, 7-day PRP training, January 2008

TRAIN-THE-TRAINER – WELLBEING & RESILIENCE

PRE-CONFERENCE/CONTINUING EDUCATION CLINICAL WORKSHOPS

- Eurasian Congress on Positive Psychology, workshop on PPT, Biruni University, Istanbul, Turkey, September 2022
- Swiss Positive Psychological Association (SWIPPA), workshop on PPT, November 2021
- American Psychological Association (APA), annual convention, Continuing Education virtual workshop on Positive Psychotherapy (PPT), 215 paid registrations, 189 attended live, received CE Excellence Award, August 7, 2020
- International Positive Psychology Association (IPPA), Sixth World Congress, Melbourne, Australia, workshop on PPT: Case Studies, July 2019
- Canadian Association of College & University Student Services (CACUSS), Calgary, Canada, workshop on Circle of Care, June 2019
- European Positive Psychology Conference, Budapest, Hungary, workshop on PPT, June 2018
- Canadian Association of College & University Student Services (CACUSS), Ottawa, Canada, Workshop on SBR, June 2017
- 1st Middle Eastern Psychological Conference, workshop: SBR: Building Community Resources, April, Dubai, UAE, April 2017
- IPPA, Fourth World Congress, Orlando, USA, workshop on PPT, June 2015
- World Congress of Positive Psychotherapy, Antalya, Turkey, workshop on PPT, November 2014
- European Positive Psychology Conference, Amsterdam, Holland, Netherlands, workshop on PPT, July 2014
- IPPA, Third World Congress, Los Angeles, USA, workshop on PPT, June 2014
- Canadian Positive Psychology Conference, Ottawa, Canada, workshop on SBR, June 2014
- American Psychological Association, Annual Convention, Washington, DC, USA, C.E workshop on PPT, August 2013
- Canadian Psychological Association, Toronto, Canada, workshop on SBR, June 2013
- Western Psychological Association, Wyoming, USA, workshop on PPT, October 2013
- Asian Applied Positive Psychology Conference, Hong Kong, workshop on PPT, January 2012

TEACHING & TRAINING (Continued)

EQUITY & INCLUSION TRAINING

- Workshop: *Gender Equity: From a Strengths-Based Perspective*: Topics included What is Gender-Based Discrimination, how it shapes and is internalized, institutional and cultural practices including patriarchy and masculinity, ways to soften heteronomous approach and cultivating hybrid masculinities
- Workshops: *Combatting Racism: From Bystander to Upstander*: This series of four workshops created a safe and inclusive space to explore different dimensions of inequities that have created psychological distress and maintained cyclical deprivation. Each workshop focused on a specific topic with strategies to move from bystander to upstander—in combatting anti-Black Racism, anti-Indigenous Racism, Antisemitism, Islamophobia, and other forms of oppression, 2022
- Invited Speaker: *Crisis Communication: Strategies to Create Compassionate, Effective and Culturally Responsive Interactions*. Mobile Crisis Intervention Teams; Toronto Community Partnerships and Engagement Unit (CPEU), Toronto Police Services, May 2022
- Workshop: *Responding to Distress: With Resilience and Dignity – Cross-cultural Considerations*: Trained 30+ counselling managers in supporting counsellors facing on-call distress, August 2021
- Workshop: Making Clinical Practice Effective, Accessible, Inclusive, Ethical & Integrative, Presentation at the Evidence in Action, International Positive Psychology Association (IPPA) conference, March 18 & 19, 2021.

KEYNOTES & INVITED TALKS

- Positive Psychology: A Strengths-Based Approach to Treatment. Invited talk at NASA's Occupational Health Meeting, June 2023
- Strengths-Based Resilience: Cross-cultural Adaptations, with live online presentations from Afroze Anjum (Canada), Jane Gillham (USA), Ayesha Nisar (New Zealand), Murtaza Esufally (Sri Lanka), Anuskha Fernando-Goonetilleke (UK), Milad Hadchity (Qatar), Nabil Ali (Canada), Flourishing Network Meeting, Human Flourishing Program, Harvard University, April 2023
- Stories from the Other side of the Couch: A Therapist's Learnings about Happiness, Meaning & Purpose, Talk at World Happiness Summit, Lake Como, Italy, March 2023
- Closing Keynote: Positive Psychotherapy (PPT): A Wellbeing Therapeutic Approach (online), National Positive Psychology Association Conference, India, March 2023
- Invited Talk: Cross-cultural Perspectives on Resilience & Wellbeing, Presented to 45+ International High School Counsellors, University of Melbourne, February 2023.
- Invited Talk: Benefitting from your Inner Strengths during Tough Times (online), İbn Haldun Üniversitesi, October 2022
- Keynote: Staying Strong During Tough Times: 4th Eurasian Positive Psychology Congress, Al-Bruni University, Istanbul, Turkey, September 2022
- Invited Speaker: Crisis Communication: Strategies to create compassionate, effective and culturally responsive interactions. Mobile Crisis Intervention Teams; Toronto Community Partnerships and Engagement Unit (CPEU), Toronto Police Services, May 2022
- Keynote: Pursuit of Happiness in the New Normal, World Happiness Day, Expo 2020, Dubai, March 20, 2022
- Keynote: Building Resilience in the New Normal, International Positive Psychology Conference, Istanbul, Turkey, March 18, 2022
- Keynote: Understanding Yourself, Understanding Your Anxiety: Mental Health Revitalization Conference, November 13, 2021

TEACHING & TRAINING (Continued)

- Keynote: Advising for Academic Resilience: From Lens of Inclusion, Arts and Sciences Advising Conference: University of Toronto, November 9, 2021
- Invited Speaker: Symposium on Love in World Religions: Islamic Perspective. Human Flourishing Program, at Harvard's Institute for Social Sciences. August 10, 2021
- Invited Plenary Talk: Building a Better Post-Pandemic World Strength-Based Strategies, 7th World Congress: International Positive Psychology Association, Virtual, July 15-18, 2021
- Invited Speaker: Symposium on Love in World Religions: Islamic Perspective. Human Flourishing Program, at Harvard's Institute for Social Sciences. August 10, 2021
- Invited Video: World Kindness Day: Being Kind to Others is Being Kind to Us; accessible <https://youtu.be/oYC0z8m0mMY>, LifeVesInside, August 2021
- Keynote: Understanding Yourself, Understanding Your Anxiety: Mental Health Revitalization Conference, November 13, 2021
- Invited Talk: Cross-cultural Perspectives on Resilience & Wellbeing, Presented to 45+ International High School Counsellors, University of Melbourne, February 2023
- Keynote: Advising for Academic Resilience: From Lens of Inclusion, Arts and Sciences Advising Conference: University of Toronto, November 2021
- Invited Plenary Talk: Building a Better Post-Pandemic World Strength-Based Strategies, 7th World Congress: International Positive Psychology Association, Virtual, July, 2021
- 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.
- Happiness Hacks: Mental Health in Times of COVID-19, Max Scholarship Awards Reception, November 7, 2020
- 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 28th, 2020
- Daily Dose of Strengths-Based Actions to Maintain Resilience and Wellbeing at Work, Vienna Global Leaders (VGL) Forum, Positive Leadership, July 17, 2020
- Invited Talk: Strengths-Based Career Counselling & Mentorship, Avanade, June 2020
- Spirituality and Mental Health, Panelist, Multi-faith Centre, University of Toronto, June 2020
- Self-management and Coping Skill: The first week at Job, working remotely, Presentation at getting Hired Conference, April 2020
- Managing Exam Anxiety Through Resilience: A Webinar for Student Affairs, April 2020
- Invited Talk: From Happiness to Wellbeing: A Journey of Individual Paths to Collective Destinies, Dubai Future Academy, February 2020
- Campus Mental Health: Creating and Cultivating Resilience & Wellbeing, Campus Mental Health Conference, Toronto, October 2019
- Loneliness as a Public Health Issue, Mental Health Network, University of Toronto Scarborough, June 2019
- PERMA & Your Wellbeing: Skills & Strategies, First Lebanese Positive Psychology Conference, Beirut, Lebanon, March 2019
- Positive Psychotherapy: Ends & Means: From Amelioration of Symptoms to Amplification of Strengths, Turkish Psychotherapy Summit, Istanbul, Turkey, March 2019

TEACHING & TRAINING (Continued)

- 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 Talk: Strengths-Based Resilience Approach in Post-secondary settings: Academic Impressions Conference, November, Philadelphia, PA, December 2019
- Invited Talk: Strengths-Based Resilience: An Intervention to Cultivate Resilience in Post-Secondary Settings, Symposium on Academic Resilience in Higher Education, 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
- Reinventing Yourself: Three Executives Take on the Task, Cannexus, Organized by Advancing Career Development in Canada, Ottawa, Canada, 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, 1st Middle Eastern Psychological Conference, April, Dubai, UAE, April 2017
- Workshop: Strengths-Based Resilience in the Context of Islamic Thought & Practice, 1st Canadian Muslim Mental Health Conference (CMMHC), Toronto, November 2017
- Understanding Self-harm in Youth, 2nd annual Canadian Muslim Mental Health Conference (CMMHC), Toronto, Canada, October 2017
- Mental Health, Resilience & Student Success, Professional Development Session for High School Teachers, UTSC, Toronto, Canada, October 2017
- Survive to Thrive Conference, at Mount Allison University, in collaboration with Association of Atlantic Universities, Sackville, Canada, October 2017
- Staff Orientation, Centennial College, Strengths-Based Resilience, Toronto, Canada, August 2017
- Our Past, Our Future, Canadian Association of College and University Student Services (CACUSS), Conference Closing Panel, annual conference, Ottawa, June 2017
- Leadership Mentorship Program, University of Toronto Scarborough, Toronto, Canada, May 2017
- Fostering Resilience & Meaning, National Campus Mental Health Conference, Toronto, Canada, May 2017
- Keynote: Trailblazers Conference: Explore: Your Purpose, from Your Passion, January 2017
- Invited Lecture: Moving from Darkness to Light through faith-based strategies for survivors & perpetrators, Renison Institute of Ministry, Renison University College, ON, December 2016

TEACHING & TRAINING (Continued)

- Invited Talk: Positive Psychotherapy: Healing from the Future, featured presentation at Prospection Conference, Vienna, Austria, July 2016
- Invited Talk: Approach to Mental Health, Open Minds Conference, University of Toronto, March 2016
- Invited Talk: Strengths-Based Resilience: Canadian Positive Psychology Association Conference, Niagara-on-the-Lake, June 2016
- Invited Workshops: The Becoming: Exploring, Expressing and Enhancing Your Strengths, CACUSS, Winnipeg, June 2016
- University of Punjab, Pakistan, Yin & Yang: Positive Psychotherapy, January 2016
- 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: Guidance Counsellors Day, University of Toronto Scarborough, April 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
- 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
- Invited Lecture: Positive Psychotherapy, University of Melbourne, August 2013
- TEDxUTSC: What are You Good At? February 2013
- Talk: Team-Based Intake System at Culturally Diverse Counselling Centre, American College Health Association Conference, May 2011

GRAND ROUNDS & INVITED TALKS - HOSPITALS & HEALTH CARE

- Christchurch Hospital, Christchurch, New Zealand, Compassion Fatigue, Caring for Cares, July 2019
- University of Connecticut Medical Centre, Connecticut, USA, Positive Psychotherapy, October 2014
- Sick Kids Hospital, Strengths-Based Resilience, April 2014
- University of Alabama at Birmingham, Positive Psychotherapy, April 2014
- Centenary Hospital, Rouge Valley Health System, Resilience in Clinical Settings, January 2014
- Khoo Teck Puat Hospital, Alexander Health, Singapore, Positive Psychotherapy, March 2013

WEBINARS

- 90-minute Webinar, Suicidal Behavior: Creating a Caring and Compassionate Circle of Care Through Campus-Community Collaboration, with Dr. Lina Di Genova (McGill University), CACUSS Annual Conference July 2020. 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

TEACHING & TRAINING (Continued)

- Flourish: A Strengths-Based Approach to Foster Resilience & Wellbeing Among University Students, June 2019
- 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

CONSULTATIONS

- 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 – present
- 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

COMMUNITY-BASED CRISIS WORK

- Participated in an online Solidarity and Support session with 50+ Ukrainian Psychology faculty and students, along with prominent positive psychologists, March 10th, 2022
- Offered five sessions to various community groups at New Zealand Institute of Well-being & Resilience, including two at Mosque Al-Noor (site of the mass shooting on March 15th, 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– present
- Supported 9/11 families, through Hold the Door (www.holdthedor.com), 2003 – present
- Delivered 2-day Resilience Training for Educators & Community Leaders, October 2014
- Counselling survivors of domestic abuse, Thorncliffe Community Centre, Toronto, 2013 – 2014
- Counselling flood relief medical professionals in Pakistan, 2012
- Counselling survivors of Asian Tsunami, Positive Psychology Training, March 2004

MENTAL HEALTH ADVOCACY

- Advisor, New Zealand Institute of Resilience and Wellbeing (2019 – present)
- Advisor, Nasseha Mental Health, 2020 – present
- 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 the annual event, 2003 – present
- Facilitated workshops and groups focused on positive psychology themes including wellbeing and resilience including Know Yourself, Know your Anxiety, COVID-Resilience, From Compassion Fatigue to Compassion Resilience; Combatting Racism: from Bystander to Upstander; A Positive Psychology Approach, Choosing to Start (procrastination); Flourishing: Integrating Mind & Body: From Surviving to Thriving; Winning Takes Talent - To Repeat Takes Character; The Becoming; Family Matters: From Stress to Support; Mindfulness-Based Stress Reduction (MBSR); Coping with Loss and Grief, 2011 – 2023
- Advisor, Minds Matter Magazine, UTSC's digital magazine 2015 – 2018
- Chair, Assessment Sub-committee, Resilience in Post-Secondary Settings, Symposium on Academic Resilience in Higher Education, Organized by Harvard University, November 2018
- Member, Board of Directors, Community Resource Centre of Toronto, 2012 – 2014
- Founding Board Member, Canadian Positive Psychology Association, Canada, 2011

COMMUNITY WORK RELATED TO COVID-19

- Outside, Inside and In-between Mental Health Challenges Faced by International Students in the Current Phase of COVID-19: Co-presenter; Webinar co-hosted by Campus Mental Health & International Student Affairs Communities of Practice (CoPs); Canadian Association of College and University Student Services (CACUSS); March 2022
- Post-Secondary Student Mental Health in COVID-19: Perspectives of Student Affairs Professionals and Clinicians, with Amy Fogarty, Mental Health Commission of Canada, Lina Di Genova, McGill University Presentation at Collaborating for Change, August 12-13, 2021
- Invited Plenary Talk: Building a Better Post-Pandemic World Strength-Based Strategies, 7th World Congress: International Positive Psychology Association, Virtual, July 15-18, 2021
- Invited Plenary Talk: Building a Better Post-Pandemic World Strength-Based Strategies, 7th World Congress: International Positive Psychology Association, Virtual, July 15-18, 2021
- Strengths-Based Resilience, Skills and Strategies for Families, presentation for Erinmill Connects, a Community Organization, How Racism Impacts Clinical Outcomes? Implications for Healthcare Professionals, University of Toronto, Presentation, March 2021
- Resilience Programming in Times of COVID-19, Academic Resilience Consortium, Webinar, April 30, 2021
- Challenge is not Teaching Wellbeing and Resilience; it is Practicing, While Teaching it, Dubai 2021 Virtual Wellbeing Workshops, April 28, 2021

Community Engagement (Continued)

- Pandemic Fatigue: Challenges & Strategies, Presentation for International Development Relief Fund, April 24, 2021
- Flourishing in Times of COVID-19, Webinar, Nur International University, Lahore, Pakistan, March 26th, 2021
- Flourishing in Times of Crisis, Webinar, Human Flourishing Engineering Institute, Morocco, (delivered virtually), February 2nd, 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, 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, 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, CACUSS, August-September 2020
- Supporting Mental Health During COVID-19: Needs, Challenges & Opportunities: Results of a National Survey CACUSS Webinar, August 28, 2020
- Perspectives on International Student Mental Health During COVID-19; Panelist, CACUSS Webinar, August 27, 2020
- Resilience and Family relationships During COVID-19, Webinar presenter and panellist at the American Muslim Health Professional, June 28, 2020
- Daily Dose of Strengths-Based Actions to Maintain Resilience and Wellbeing, Presentation at the Vienna Global Leadership Summit, June 17, 2020
- Strength-Based Career Counselling, Avandia, Webinar, June 16, 2020
- Faith, Spirituality and Wellbeing, Panelist, Multi-faith Centre, Hart House, Health & Wellbeing, U of Toronto, June 15, 2020
- Cultivating Resilience To Cope, Adapt, and Perhaps Grow from COVID Crisis, Naseeha, a community mental health agency, Webinar, April 5, 2020
- Act with Uncertainty: Skills and Strategies to Manage Anxiety in Uncertain Times: Presentation at Employee Engagement in Turbulent Times, Achieve Engagement, attended online by 927 participants, April 6, 2020
- Reviving the Deep Bond of Loving and Healthy Relationships, Naseeha Webinar, April 26, 2020
- Crisis with Crisis: Understanding the Paradox of COVID-19, Naseeha Webinar, April 21, 2020
- Mental Health and social media, Presentation, Gibraltar Leadership Academy, April 11, 2020
- Hope in Times of Uncertainty, Muslim Association of Canada, April 18, 2020

Community Engagement (Continued)

COVID-19: Resilience in Post-Secondary Settings (University of Toronto Scarborough)

- Searching for Purpose and Meaning Amidst COVID-19, April 30, 2020
- Strategies to Remain Socially Connected, from a Safe Distance, April 23, 2020
- Managing Anxiety and Cultivating Resilience in an Age of Online Learning, April 16, 2020
- Managing Exam Anxiety: Evidence-based Strategies for Studying April 9, 2020
- Maintaining Good Mental Health in Times of COVID-19, Presentation at Success Over Stress Symposium, Psychological Health Society, March 31, 2021
- Quarantine Follow-up: Individually followed up with 250+ international students, quarantining at Hotels, after arriving in Canada; [Related blog post](http://tayabrashid.com/in-quarantine-an-opportunity-to-create-a-better-version-of-yourself-2/): <http://tayabrashid.com/in-quarantine-an-opportunity-to-create-a-better-version-of-yourself-2/> August-September 2020
- COVID-R: Maintaining Resilience, Cultivating Wellbeing & Planting Seeds for Potential Growth: A ten-session group at UTSC, May 14-July 16, 2020

COVID-19: Four-Part Webinar Series for International Positive Psychology Association

- Sustaining Hope and Optimism for a Better Tomorrow, 2-part Positive Clinical Psychology Webinar, May 21, 2020
- Nurturing your relationships with daily doses of gratitude, kindness, and forgiveness, May 18, 2020
- Harnessing your strengths to tolerate anxiety and build psychological stamina to endure the course of COVID-19, May 13, 2020
- Tuning into your narrative of loss and growth & hope, May 4, 2020

COVID-19: 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; Currently collaborating with the Mental Health Commission of Canada to conduct the next wave of data (dates) collection; Report available: <https://bit.ly/3m7wpDu>, May – November 2020

Community Engagement (Continued)

COVID-19: Multimedia Mentions

- Oprah Quarterly: adapted 31 of our strengths-based actions for Better Days ahead Guide, Small Steps, Big Changes, Summer, 2021 (pp 64-67); Accessible through www.Oprah.com
- Official Guide to Navigating Post-Pandemic Emotions, Oprah Daily, Published July 8, 2021 <https://www.oprahdaily.com/life/a36878477/guide-to-post-pandemic-emotions/>
- University Affairs: How Mental Health Services for Students Pivoted During COVID-19: Counsellors say the transition has been like 'building a plane mid-flight. Interviewed for this feature, University Affairs by Ishani Nath, April 20, 2020; Interviewed for this feature
 - <https://www.universityaffairs.ca/features/feature-article/how-mental-health-services-for-students-pivoted-during-covid-19/>
- 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 Actions 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>

Awards & Honours

TEACHING AWARDS

U of T Excellence in Innovation Award, Combatting Racism: From Bystander to Upstander	2021
Continuing Education Excellence Award, American Psychological Association	2020
Excellence Award Teaching Positive Psychology Interventions to Students, TDSB	2010
Morris Viteles Award for supervising Best Honors thesis	2005
Positive Psychology, Outstanding Syllabus Award, Positive Psychology Teaching Task Force	2002
New Jersey Psychological Foundation's Minority Scholarship Award	2002

RESEARCH AWARDS

Middle Eastern Psychological Association, Distinguished Award	2017
Research Award, Unpacking Clinical Change, (CACUSS)	2014
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

LEADERSHIP AWARDS

Leaders in Learning Award, (CACUSS)	2019
Chancellor Award, Emerging Leader, University of Toronto	2018
Innovation Award for Program in Student Services, Strengths-Based Resilience, CACUSS	2018
Outstanding Practitioner Award, International Positive Psychology Association	2017
Middle Eastern Psychological Association, Distinguished Award	2017
Emerging Professional Award, CACUSS	2015
Excellence Through Innovation Award, University of Toronto	2015
Innovation Award - Flourish, CACUSS	
Dr. McCreay Hold the Door Healer Award, Hold the Door, Inc. NJ	2007

MEDIA: Featured Work in Print, Digital & YouTube

The Power of Being Seen: Using Positive Psychology to Enhance Well-being and Financial Behaviours: Episode #136 April 27, 2023

Post cast with Shaun Maslyk: the Most Hated F-Word

Url: <https://shorturl.at/amw56>

Learn with Sue Langley, July 31, 2022

<https://podcasters.spotify.com/pod/show/learnwithsue/episodes/In-Conversation-with-Dr-Tayyab-Rashid-e1kkd0f/a-a86gg5h>

The Sunday Times, June 19, 2022

[Believing in bringing therapy out of the therapist's room:](#) An advocate of 'Positive Psychotherapy' Dr. Tayyab Rashid from the University of Toronto, Scarborough, Canada talks to Kumudini Hettiarachchi

<http://bit.ly/3Z6k9GJ>

Flourishing in Times of Crisis: Insights from Positive Psychology

Special Guest: TAYYAB RASHID

URL: <https://youtu.be/kpS7WNBQBp8>

A Podcast By Doctors For All Matters Mental Health,

Psych Debate 6 | Positive Psychology: What does flourishing look like? | Tayyab Rashid, PhD, Sunday Aug 08, 2021

<https://montyeltohami.podbean.com/e/psych-debate-6-positive-psychology-what-does-flourishing-look-like-tayyab-rashid-phd/>

Facilitating Resilience and Healing for those impacted by Childhood Sexual Abuse, April, 2021

<https://youtu.be/MAjlvL1gtDs>

Segment between (first 18:03 mins)

Spanish Translation:

<https://youtu.be/vFTkaDrLGaQ>

Arabic Translation:

<https://youtu.be/GcVDmDKlu4A>

TRT: Turkish Radio and Television, April 2020

Mental health tips during the coronavirus lockdown

<https://youtu.be/sJb0X3g2gvE>

- **Oprah Quarterly**, adapted 31 of our strengths-based actions for **Better Days ahead Guide**, Small Steps, Big Changes, Summer, 2021 (pp 64-67)
- **University Affairs**: How Mental Health Services for Students Pivoted During COVID-19: Counsellors say the transition has been like 'building a plane mid-flight. Interviewed for this feature, University Affairs by Ishani Nath, April 20, 2020; Interviewed for this feature
 - <https://www.universityaffairs.ca/features/feature-article/how-mental-health-services-for-students-pivoted-during-covid-19/>
- **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>
- **Mental Health Tips during the Coronavirus lockdown** 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>

- [World Kindness Day 2020: Dr Tayyab Rashid, November 2020](https://youtu.be/oYCOz8m0mMY)
<https://youtu.be/oYCOz8m0mMY>

- [Dr. Tayyab Rashid discusses Positive Psychotherapy](https://youtu.be/v2xX17_0eOI), March, 2020
https://youtu.be/v2xX17_0eOI

- [Happy at the World Congress. International Positive Psychology Association \(IPPA\)](https://www.ippa.org/), July, 2019

- [Character Day, 2016: LiveCast Q&A with Tayyab Rashid](https://www.youtube.com/watch?v=...)

- [Strength-Based Resilience & Positive Psychology | Dr. Tayyab Rashid](https://youtu.be/NsGfgRkz0AQ)
<https://youtu.be/NsGfgRkz0AQ>

- [What are your Character Strengths? | Dr. Tayyab Rashid](https://youtu.be/gBxUDjQA_6I)
https://youtu.be/gBxUDjQA_6I

- [TEDxUTSC: Tayyab Rashid: About Happiness](https://www.tedxutsc.com/talks/tayyab-rashid-about-happiness)
- [What Are You Good At?: Tayyab Rashid at TEDxUTSC](https://www.tedxutsc.com/talks/tayyab-rashid-what-are-you-good-at)
- [Tayyab Rashid on Using Strengths at a Time of Trauma](https://www.tedxutsc.com/talks/tayyab-rashid-on-using-strengths-at-a-time-of-trauma)
- [Positive interventions in clinical practice](https://www.tedxutsc.com/talks/tayyab-rashid-positive-interventions-in-clinical-practice)
- [Taking Charge: Speaker Spotlight: Tayyab Rashid](https://www.tedxutsc.com/talks/tayyab-rashid-taking-charge)

- [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](#)
- [Believing in bringing therapy out of the therapist's room, June 19, 2022](#)

[What is Positive Psychotherapy: Benefits and Model, August, 2019](#)

[From Vicarious Trauma to Resilience, Beirut, Lebanon, April, 2019](#)

- [Go Back? But to Where? Globe & Mail, Facts & Arguments, June 26th, 2017](#)
- [Starting from Strengths: UTSC Oct 3RD, 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.holdthedor.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