



Dr. Nidaa Khalil, Ph.D., C.Psych.
Psychologist (Supervised Practice)
519.657.1180, ext. 112

With over 15 years of experience in counselling, assessment, intervention, treatment and teaching, and a Ph.D. in Psychology, Dr. Nidaa Khalil is a highly skilled, educated, and valued member of our Brainworks psychology team working to help those living with an acquired brain injury, chronic pain or other serious condition. Currently, she is working under the supervision of Arden McGregor.

Among Dr. Khalil's many accomplishments and skills:

- ☀ Several years of experience in Cognitive Therapy & Cognitive Behavioural Therapy (CBT), Solution-Focussed Brief Therapy, and a certificate in Rational Emotive Behavioural Therapy (REBT)
- ☀ Experience counselling individuals, couples, families and groups in a variety of settings, and assisting clients suffering from depression, anxiety, bipolar disorder and post-traumatic stress disorder (PTSD)
- ☀ Extensive substance abuse and addictions training, including HIV and special needs counselling, and helping those affected work through the associated stigma and discrimination
- ☀ As information referral coordinator and case manager in a community mental health setting, assisted those with mental health issues and provided them with informational support to enhance their lifestyle
- ☀ Certification and comprehensive training in suicide intervention
- ☀ As professor and head of the Early Education psychology department at Al-Sadik Teachers' College in Beirut, Lebanon, taught courses in psychology, counselling and research methods
- ☀ In addition to excellent communication skills in English, fluent in writing and speaking Arabic; culturally sensitive and respectful in her extensive work with immigrants from several different backgrounds
- ☀ Highly driven to work closely with clients and treatment team members to maximize each client's potential and their rehabilitation efforts

In her approach to psychological therapy, Dr. Khalil is very flexible and dynamic, implementing a variety of methods and techniques to offer the most comprehensive short and long-term treatment options to best fit each client's needs and conditions. In this way, she builds strong therapeutic relationships with her clients, facilitating their treatment and recovery process.

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