

## Athir Jiswari

Athir Jiswari is currently pursuing a Master of Arts in Counselling Psychology at Yorkville University. She holds a Bachelor of Medical Sciences with Distinction from The University of Western Ontario. Athir holds a diploma in International Relations with Merit from The University of London.

Athir has over five years experience being a Peer Counsellor at Nisa Helpline. She has been published twice, including in the Canadian Journal of Counselling and Psychotherapy. Furthermore, she has taught workshops on supporting refugees, self-care and social justice at two colleges in Ontario: Fanshawe and King's University.

Athir specializes in counselling women and supporting refugees. She works within an antioppressive, feminist and trauma-informed framework. She has experience with supporting Arabic refugee families and individuals. Athir provides cognitive behavioural therapy and solution-focused brief therapy through active listening. She specializes in supporting individuals with anxiety, depression, trauma, grief and loss, work stress and those who are survivors of intimate partner violence.

