

# MAREAS

*Comprehensive Therapeutic Services for Children & Families*



## **Amita Risbud, MSW, RSW**

Registered Social Worker/Psychotherapist

Amita (she/her) is a Registered Social Worker (MSW), Psychotherapist (MSW) and has over 8 years of experience in the health care and social work sector. She completed a Hons. B.Sc in Life Sciences from McMaster University, Hamilton. Working with the older adults as a Physiotherapy Assistant, she noticed the difference a small, warm connection made in their lives and observed many positive changes in their overall physical and mental wellbeing. This sparked her interest in the field of social work and mental health which led her to pursue her Master of Social Work degree with a specialization in Disability Studies from Tata Institute of

Social Sciences, Mumbai, India.

Amita is experienced in trauma, grief and loss support, and providing therapeutic interventions to adults; including crisis intervention, supports for emotional dysregulation, mood disorders, and marital and family discords. She has extensively worked with mature students, single or new parents, older adults, individuals fleeing domestic abuse and/or intimate partner violence, refugees with PTSD and racialized persons from various equity-seeking communities. As an immigrant herself, she brings her lived experiences of transitions and understanding of the cultural bias's immigrants face, when relocating and adjusting in a new country.

She uses integrative approach in her sessions and combines her training in Narrative Therapy, ACT, CBT, DBT, Solution Focused Brief Therapy, Internal Family Systems & Mindfulness-based sensorimotor and somatic approaches. She works from a goal-oriented, strengths-based, and trauma-informed approach with a culturally sensitive lens.

Amita is a registered member in good standing with the Ontario College of Social Workers and Social Service Workers (OCSWSSW) and the Ontario Association of Social Workers (OASW). Amita also speaks fluently in Hindi, Urdu and Marathi.

In her spare time, she enjoys reading fiction, engaging in nature photography, gardening and being a mindful parent to her human and furry babies.

*"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." – Albus Dumbledore*