

Malik Aziz

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Lethbridge, Alberta

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Education

Bachelor of Science – Psychology

September 2020 - April 2024

University of Lethbridge, Lethbridge, AB

- Minor: Aboriginal Health
 - Graduation GPA: 3.8/4.00
 - Awards: Dean's List Fall 2022, Jason Lang Award 2022
 - Relevant Courses: The Biological Bases of Behaviour, The Social Bases of Behaviour, Social Cognition, Psychology of the Individual
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Professional Experience

Addictions Counseling Internship

April 2023 - August 2023

Harmony Haven Recovery Center, Saskatchewan, SK

- Facilitated group therapy sessions, focusing on topics such as relapse prevention, coping strategies, and life skills development.
 - Gained hands-on experience in case management, including coordinating with external resources, monitoring progress, and adjusting treatment plans as necessary.
 - Participated in crisis intervention situations, learning to assess and manage immediate risks to clients' well-being.
 - Facilitated 20+ group therapy sessions, resulting in a 15% improvement in participants reported coping skills.
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Professional Training

Core Brain Story (*Alberta Family Wellness*) 2023

Trauma Informed Care Initiative (*Alberta Health Services*) 2023

Mental Health First Aid (*Mental Health Commission of Canada*) 2022

ASIST Suicide Prevention Training (*Centre for Suicide Prevention*) 2021

Non-Violent Crisis Intervention (*Crisis Prevention Institute*) 2021

Research Experience

Exploring the Efficacy of Mindfulness-Based Interventions in Addictions Counseling Fall 2023

Independent Study

- Reviewed existing literature to build a foundation for understanding the potential benefits of mindfulness-based interventions in the context of addictions counseling.
- Applied statistical analysis and thematic coding to interpret gathered data, identifying trends and insights related to the efficacy of mindfulness-based approaches.
- Compiled study findings into a comprehensive report, emphasizing the potential advantages of integrating mindfulness practices into conventional addiction counseling methods.
- Supervised by Dr. Aisha Patel.

Intersectionality of Islamic Theology and Modern Social Issues

Spring 2023

Independent Study

- Explored a range of literature to lay the groundwork for understanding the intricate relationships between Islamic theology and social issues.
- Synthesized study findings into a detailed report, highlighting the nuanced connections between Islamic theological principles and their impact on modern social challenges.
- Supervised by Dr. Sarah Patterson.

Mental Health in Indigenous Worldviews

Fall 2022

Course Project - Traditional Aboriginal Health Concepts

- Researched through historical and anthropological techniques the conceptualization of mental health issues by Indigenous communities local to Lethbridge.
- Wrote a literature review of the existing texts available and supplied further case studies to support previous research sources from my interviews with local Indigenous peoples.
- Completed as part of Traditional Aboriginal Health Concepts taught by Sarah Patterson.

Volunteer Experience

Volunteer (*Student Advocacy for Inclusive Education*)

September 2021 - Present

- Collaborate with fellow students to advocate for inclusive education practices, particularly addressing mental health concerns within academic settings.
- Work on initiatives to destigmatize mental health challenges and promote accessible resources for all students.

Community Outreach Volunteer (*City Support Services*)

January 2023 - August 2023

- Collaborated with a team to organize community events raising awareness about addiction and mental health.
- Conducted workshops on addiction prevention and destigmatization in local schools.

- Engaged with community members, providing information on available resources and support.

Hotline Support Volunteer (*Lethbridge Crisis Helpline*)

March 2022 - December 2022

- Assisted in providing empathetic and supportive conversations for individuals in crisis.
 - Received specialized training in crisis intervention and suicide prevention.
 - Contributed to maintaining a safe and non-judgmental space for callers seeking assistance.
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Extracurricular Activities

President (*Muslim Students of Lethbridge Club*)

September 2023 - Present

- Provide leadership and direction to the club, overseeing various initiatives to promote cultural understanding and community engagement.
- Manage events such as cultural celebrations, community service projects, and workshops on mental health in collaboration with local experts.

Vice President (*Muslim Students of Lethbridge Club*)

September 2021 - August 2023

- Played a pivotal role in organizing guest speaker events, promoting cultural awareness on campus.
- Organized events such as cultural celebrations, community service projects, and workshops on mental health in collaboration with local experts.