



Dr. Humaira Mohsin, Registered Psychologist

Humaira holds a PhD in Clinical Psychology and has over 28 years of experience providing individual and group therapy to young adults and adults. Her clinical expertise in treating Anxiety Disorders, Mood Disorders including Depression, Post Traumatic Stress Disorder (PTSD), Borderline Personality Disorder (BPD) and Obsessive Compulsive Disorder (OCD) helps her providing empirically evidence therapies at Fraser Health Authority (FHA) and private practice.

Humaira has a strong background in psychological treatment, teaching and providing supervision (research & clinical internships of post graduate students), which she brings with her into her clinical work. Presently, she supervises PhD Psychology residents completing their residency rotations at FHA Surrey Mental Health and Substance Use Centre. Aside from Humaira's strong spoken English, she can also converse in Urdu, Hindi and Punjabi. Humaira has worked with diverse people from different cultural and social backgrounds and has a strong understanding of the challenges involved in transitioning to new country being an immigrant herself.

Session: **Supporting your mental health while managing diabetes**

- Objectives:**
1. Is there a link between mental health and diabetes?
 2. Tips for managing the impact of diabetes on your mental health
 3. Emotional support resources for patients and caregivers