

# NYSPA Leadership Institute 2016-2017

## Fellow: Amina Mahmood, PhD

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**Amina Mahmood, PhD**, is a licensed psychologist in the State of New York. She completed her PhD in counseling psychology from the University of Iowa in 2008. Her pre-doctoral internship was at University of South Florida's Florida Mental Health Institute (2007-2008).

As a graduate student Dr. Mahmood was active in the American Psychological Association of Graduate Students (APAGS), and served in its Advocacy Coordinating Team, and later as Member-at-Large Diversity Focus. She has also been active in the Iowa Psychological Association as a graduate student, serving on the Diversity committee, and post-graduation as the Developing Psychologists Liaison. She has served on boards of several not-for-profit organizations, including: PEHCHAAN of Tampa Bay, MONSOON United Women of Iowa, and currently is President-Elect of the Board of Directors at the Interfaith Center at the University at Albany.

Dr. Mahmood is bilingual (English and Urdu/Hindi). Dr. Mahmood's professional experience includes managing a clinical research project on Huntington Disease, conducting neuropsychological assessments and working at a university counseling center. She has diverse clinical experience providing services to children and adults in a range of settings including a Veterans Affairs Hospital, women's center, university hospital, and private practice.

Dr. Mahmood's professional interests include multicultural issues in psychology (specifically working with ethnic minorities, immigrant and refugee populations), health psychology and relationship issues including interpersonal violence. Dr. Mahmood views psychotherapy from a collaborative, positive psychology and multi-cultural perspective. Her approach to treatment is mindfulness-based and solution-oriented. She incorporates appropriate evidence-based treatments in her interventions based on client issue and needs. Dr. Mahmood is passionate about social justice and advocacy, and frequently gives her time to causes that seek to empower minorities, and those who are oppressed.

Dr. Mahmood is a member of the American Psychological Association, and its Divisions 17 and 45. She is also a member of the NYS Psychological Association.