Biography

Facilitator: Dr. Yusra Ahmad
www.mindfullymuslim.com

Dr. Yusra Ahmad, MD, FRCPC (she/her), is a community & academic psychiatrist in Toronto. She graduated with a BA from the University of Chicago and an MD from the University of Toronto where she completed her residency in psychiatry.

Dr. Ahmad has specific expertise in trauma, mood & anxiety disorders as well as SPMI (severe & persistent mental illness) populations. She believes in the power of psychotherapy to address the struggles that spring from the human condition. She is dedicated to community work & advocacy around diverse issues such as marginalization, homelessness, poverty, refugee mental health, gender-based violence and the struggles of Muslim youth & families. She currently works at New Beginnings at CAMH and the Crossroads Clinic at Women's College Hospital.

She created a trauma-informed group therapy program entitled Mindfully Muslim which blends mindfulness-based interventions with the sacred wisdom & teachings of Islam. She presented this program at the 2019 World Psychiatric Association Congress on Religion & Psychiatry in Jerusalem. Because of this work, she was awarded the 2019 Breakout Community Psychiatry Advocacy Award by the Ontario Psychiatric Association & her program was profiled in the centerfold feature article, "Race, Religion & Mental Health" in the Black Lives Matter special edition of Chatelaine magazine.

Dr. Ahmad embraces multifaith initiatives and led prayers at the World Parliament of Religions in 2018 and in 2021. She has also served as a film consultant for the award-winning hit dramatic series, "Transplant," which aired on CTV & NBC/Universal and "The Path Travels Me," an independent Netflix film.

A poet at heart, Dr. Ahmad loves to live in between the lines because she believes a lot of power & beauty springs from these liminal spaces. She cares deeply about people and their stories.

*This document is available in alternate formats upon request.