

Lateef Habib

Co-Researcher

Lateef began his career in the helping field over 25 years ago, and his work has spanned community, acute care, private and public sector, outpatient, Intensive Outpatient program (IOP), Day Hospital and training others. Lateef has extensive clinical experience in addictions and mental health in a wide range of settings as a Clinical Supervisor, Clinician, Educator and Trainer. His therapeutic work focuses on balancing acceptance and change with clients while developing skills to enhance capacity for both. His therapeutic approach is one of compassion, collaboration and recognizing the people are resilient, having inherent wisdom about their lives, and are hardwired for connection with others. In addition, he is an Assistant Professor (Teaching) with the University of Calgary Faculty of Social work, where he continues to inspire and be inspired by BSW and MSW students and colleagues. In addition, Lateef was the recipient of the 2022 University of Calgary Faculty of Social Work Student Supervision, Mentorship and Support Teaching Excellence Award. In addition, Lateef Habib is a skilled psychotherapist, he provides Acceptance and Commitment Therapy (ACT), Accelerated Resolution Therapy (ART), Cognitive Behavioral Therapy (CBT) and Dialectal Behavioral Therapy (DBT), Mindfulness, Motivational Interviewing, Seeking Safety, Individual, Family Based Treatment (FBT) and Group therapy. He has treated many patients with Anxiety, Addictions, Eating Disorders and Mood Disorders.