

Profile Summary

As a dedicated clinical psychologist with clinical hands-on experience, I am eager to bring my blend of clinical skills, empathy, and commitment to exceptional client-care in clinical settings. My background encompasses a deep commitment to providing compassionate, evidence-based therapeutic interventions to individuals navigating various mental health challenges. I am passionate about fostering a supportive environment where clients feel empowered to explore their emotions, develop coping strategies, and achieve meaningful, sustainable growth. My expertise in Clinical Cognitive Behaviour Therapy and Applied Behavioural Analysis coupled with a genuine dedication to improving the lives of others enables me to make a positive impact in my surroundings.

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Relevant Skill Professional Skill

- Fast Phobia Technique
- Empathy and active listening
- Psychological Assessment
- Cognitive Restructuring
- Psychological First Aid
- Self-Awareness & Reflective Practice
- Microsoft Word, PowerPoint and Excel
- Calligraphy
- SPSS
- Painting
- Training & Education

Education

- **Post-Graduate Diploma in Clinical Psychology-National Institute of Psychology** 2023-2024

QAU Islamabad

Relevant coursework

Psychotherapy, Psycho-Diagnosis, Advance Research Methodology and Research in Clinical Psychology, Child Development Psychopathology, Neuropsychology

- **M.Sc. Psychology-Islamia University Peshawar** 2019-2023

Relevant coursework

Developmental Psychology, Child Psychology, Clinical Psychology, Organizational Psychology, Advance General Psychology, Psychological Testing, Psychopathology, Environmental Psychology, Forensic Psychology, Rehabilitation Psychology, Positive Psychology, Social Psychology, Theories of Personality, Neurobehavioral Sciences, Research Methodology in Psychology, History of Psychology, Internship, Statistical Method.

Achievement

Gold Medallist 2024

Work Experience

Intern Psychologist

1. Military Hospital Rawalpindi 2024
2. Fauji Foundation Rawalpindi 2023-2024
3. Shafique Psychiatric Clinic Peshawar 2023
4. Syed Sultan Psychiatric Clinic Peshawar 2023
5. Mercy Techching Hospital Peshawar 2023
6. Afridi Medical Complex Peshawar 2022
7. Northwest Hospital Peshawar 2022
8. Dost Foundation Peshawar 2022

- Psychological Assessment
- Assisting in Psychotherapy
- Monitoring Clients' Progress

Teaching Experience

- The Educator School, Peshawar 2017-2018
- Peshawar Children Academy, Peshawar 2018-2019

Academic Qualification

Degree	Session	Marks (%)	Division / Grade / CGPA	Board / University
ADCP	2023-24		Cont.	Quaid I Azam University, Islamabad
M.Sc.	2021-23	95.68	3.84/ 4.0	Islamia University Peshawar
B.Sc.	2013-16	66.6	1 st / A	University of Peshawar
Metric	2012	74.6	1 st / A	Forward Public School, Peshawar

Courses

- **Cognitive Behavioural Therapy** 2023-24
Khyber Medical University, Peshawar
- **Applied Behavioural Analysis** 2023
Franklin Professional Academy
- **Calligraphy** 2023

Certifications

- Participated in **3 days' workshop**, 5 July-7 July 2023 on basic skills in **CBT** conducted by Dept. of Psychiatry Khyber Teaching Hospital.
- Participated in **23rd International Psychiatric Conference** of Pakistan Psychiatric Society, 25th -27th Nov. 2022 at Pearl Continental Hotel, Peshawar.
- Participated in one-day **workshop on Schizophrenia and Positive and Negative Syndrome Scale** at Khyber Girls Medical College, held on 8th April 2021.

- Attended one day **CME workshop on Major Depression** on 5th Nov.2021 at Auditorium of Khyber Girls Medical College.
- Participated in **First Psychological Conference on Emerging trends in Psychology** on 23-24 Oct. 2021.
- Attended **workshop on Nutritional psychology** by Dr. Sidra Janjua held on 31st Aug. 2023.
- Attended **workshop on Psychological testing** by Ms. Fareeha Zameer organized by Royal Psychologist Community.
- Attended **workshop on Case History** by Ms. Kinza Usman held on 5th Sep. 2023.
- Attended **workshop on Management of Relationship issues** on 3rd Sep. 2023.
- Attended **workshop on anxiety** by Ms. Rabiya Sajid.
- Attended **workshop on Art Therapy** by Ms. Shafaq Assad.
- Attended **workshop on Psychodrama** by Ms. Asra Ayaz Ansar.
- Attended **workshop on TAT** organized by Royal Psychologist Community.
- Participated in one-day **exposure visit to Special Education** Complex Hayatabad, Peshawar, held on 8th Nov. 2022
- Attended 2days **training workshop** at Psychology Department on **Research Methodology**.
- Participated in international online **workshop on counselling psychology** supervised by Ms. Suchitaa Thakkar(Australia).
- Participated in online workshop on **face reading** arranged by Royal Psychologist Community on 24th Nov. 2023.
- Participated during the webinar jointly organized by Heartfulness institute and Ripples of change foundation on **‘Building Resilience and inner wellness through meditation’** held between 19th-21st Oct 2021.
- Participated in one-day workshop on **Psychological First Aid at department of Psychology**, Islamia College Peshawar, held on 24th January 2023.
- Participated in **world AIDS day 2021** in Islamia College Peshawar.
- **Organized World Mental Health Day** held on Tuesday 18th Oct 2022 at Islamia college Peshawar.
- **Organized Pink Ribbon Awareness Program 2022** at Islamia College Peshawar.
- Certificate in Early Childhood Education (ECE) from Afaq Institute Peshawar.
- Workshop on “Pakistan-U. S Alumni Network” one-day **awareness session on Legal Empowerment of women**.
- Attended **workshop on ADHD** (Attention Deficits Workshop on 20th Oct 2023).
- Attended **workshop on “Human Rights Leadership”** at College of Home Economics Peshawar. ➤ **Vice President of Student Association society**, college of Home Economics Peshawar.
- One-day **seminar on Speak Up** at “House of Learning Peshawar”.
- Annual Academic, Co-Curricular Performance & regular attendance from “Forward Public school” Peshawar.

- **Participated in All Pakistan Essay Writing** competition 2008.
- Got **1st position in “Food and Nutrition competition”** at 2016, college of Home Economics Peshawar.
- Got **4th position in “Recycling competition** at 2016, college of Home Economics Peshawar.
- Participated in drawing Performance in promoting Health & Hygiene.
- **Awarded Senior Alumni Association** Sponsored by Rahman Medical Institute.
- Participating in **Urdu Society Competition**, college of Home Economics Peshawar.
- **CR of Dramatic Society**, college of Home Economics Peshawar.
- **CR of Creative Arts Society** in college of Home Economics Peshawar.
- Participating in **“My Bright Smile”** Global Art Contest Peshawar.
- Participating in **cooking competition** in 2012, College of Home Economics Peshawar.
- Participating in **Makeup competition**, College of Home Economics Peshawar.