

## OBJECTIVE

I wish to serve my society to the fullest of my capabilities, meaningfully and professionally grow by learning through the challenges being faced.

## SKILLS

Certified International **EMDR** & **NLP** practitioner, International Certified Addiction Practitioner from **ICCE**.

**Psychotherapy**  
Post Induction Therapy for trauma (PIT), Internal Family System (IFS). Client centered therapy, Gestalt Therapy, Cognitive behavioral therapy, EMDR, Applied behavior analysis (ABA), Gestalt therapy, Play therapy, Art Therapy and TF-CBT.

**Psychological Assessments**  
Diagnostic & Screening tests, Intelligence, Personality, Achievement, Aptitude tests, Emotional Intelligence test, Test for Learning disability, Autism & ADHD

Excellent Presentation Skills

Interpersonal & Oral Communication skills

## Work Experience

**Clinical Supervisor and Psychotherapist – House of Pebbles (HOP) – March 2021 to date**

Provide clinical supervision to Clinical psychologist and psychotherapist.  
Provide online and in person therapy services to diverse range of clients.

**Clinical Supervisor – Center of Inclusive Care (CIC) – Oct 2020 to date**

Provide clinical supervision to trainees as well as advance students therapists.

**Clinical Psychologist & Psychotherapist – Saaya Health – August 2020 to date**

Provide online one to one and couple counseling sessions through Saaya platform.

**Counselor – Habib University, Karachi – March 2018 – To date**

Provide counseling for a multicultural population on emotional, social and personal adjustment issues. Conduct educational, personal and professional development workshops with staff, faculty and students on relevant mental health and social and emotional issues. Implement and develop appropriate interventions and psychological programs to meet the mental health needs of HU community. Conduct individual as well as initiated support group sessions for students and staff. Organize distress and mental health events for Habib Community.

**Clinical Psychologist & Addiction Therapist – AAS Recovery Center (ARC), Karachi – Jun 2015 – Mar 2018**

Therapy: Conduct Clinical interviews and assessments, counseling, one to one sessions and formulation of treatment plans for Children & Adult Clients by using Motivational Interviewing Model (MIM).

Attend staff meetings, clinical meetings, supervisory conferences and other activities which ensure the smooth functioning of clinical and in-house operations.

**Associate Clinical Psychologist - Pakistan Navy Ship (PNS) Shifa Hospital - Oct 2015 to Sep 2017**

Conduct Clinical interviews, counselling sessions and assessments. Utilized psychotherapeutic techniques & psycho-diagnostic assessment.

**Intern Clinical Psychologist - Pakistan Navy Ship (PNS) Shifa Hospital – May 2014**

Conducted Psycho-diagnostic assessment for Civilian patients & Military recruits; referred by Inter Services Selection Board (ISSB) for selection in Armed Forces

**Intern Clinical Psychologist – Karwan-e-Hayat, Institute for Mental Health Care – April 2014**

Conducted Psychotherapeutic sessions, Psycho-diagnostic assessment, & Focus group sessions with in & out-patients

**Intern Clinical Psychologist - Karachi Psychiatric Hospital (KPH), Nazimabad – March 2014**

Conducted Counselling sessions & Psycho-diagnostic assessment

## Education

**Diploma in Clinical Supervision**

**CPPD School of Counseling UK, (Karachi, Pakistan based) – Jan 2020- March 2021**

**MS Clinical Psychology**

**Institute of Professional Psychology, Bahria University, Karachi, Pakistan – 2015 to 2017**

CGPA = 3.7 / 4.00

BS (Hons) Professional Psychology  
*Institute of Professional Psychology, Bahria University, Karachi, Pakistan – 2011 to 2015*  
CGPA = 3.56 / 4.00

## **Research Work & Experiments**

[Experimental study \(2017\)](#) – Trauma Focused Cognitive Behavioral Therapy Program for depressed Youth  
*(A manualized variation of Cognitive Behavioral Therapy)*

[Case Study \(2016\)](#) – “Effectiveness of Cognitive Behavioral Therapy: A Case Study of Anxiety”

[Case Study](#) – “Applied Behavior Analysis in School Setting: Single Case Study of a Boy with calling out behavior in class”

[Correlational research \(2015\)](#) - “Relationship between Children’s and Parent’s Emotional Intelligence and Parenting Styles”

## **Conference Proceedings /Paper Presentation**

[Conference Proceedings: 3 day International Conference held in Lahore, Pakistan on Health Psychology Issues and Challenges \(26th- 28th April, 2017\)](#)

[Presented paper on Effectiveness of Cognitive Behaviour Therapy – A Case Study of Depressive Symptoms.](#)

[Presented paper on Applied Behavior Analysis in School Setting: Single Case Study of a Boy with Calling out Behavior in Class.](#)

[Presented paper on the Relationship between Parent’s and Children’s Emotional Intelligence and Parenting Style](#)

