



Minahil Athar

(DHA Licensed Clinical Psychologist)



+971 58 1618625



minahilathar23@gmail.com / [linkedin.com/in/minahil-athar_](https://www.linkedin.com/in/minahil-athar_)

CAREER OBJECTIVE

Cognitive Behavior Therapist Graduate Basis for Chartered Membership (GBC) & Graduate Member Status of The British Psychological Society (BPS).

PROFESSIONAL SUMMARY

In addition to having a Master's degree in Clinical Psychology and over five years of experience working in various fields such as hospitals, the education sector, drug addicts, and people with psychological, social, and behavioral needs, I am also a facilitator and organizer of Cognitive Behavior Therapy workshops under the Pakistan Association of Cognitive Therapists (PACT). My areas of expertise include depression, anxiety, aggression, and panic disorder.

I am also proficient in taking histories, and assessments, formulating cases, and conducting psychological testing on adults and clinical patients.

I am flexible and adaptable enough to work in cross-cultural settings and have strong communication skills. As a lecturer, I have helped students grow and develop by guiding clinical internships, thesis projects, and teaching at the university level.

Also, I have provided counseling services to students with social, academic, and emotional challenges. I have a DHA Pass to work as a clinical psychologist.

EDUCATION

MS in Clinical Psychology (PSV Approved) **3.84** CGPA, 2016-2018

Diploma in Cognitive Behavior Therapy (CBT) **3.30** CGPA, 2017-2018

B.S (Hons) Applied Psychology (PSV Approved) **3.78** CGPA, 2011-2015

WORK EXPERIENCE

Clinical Psychologist at Sharif Hospital, Faisalabad, Pakistan.

(January 2020-November 2023)

- Manage a practice of 3-4 clients per week.
- Conducting psychological assessments to identify and diagnose various developmental, emotional, and behavioral disorders in adults and children.
- Case formulation of clients according to their detailed intake history and interviews.
- Utilized assessments such as SDCT, MMPI-2, RISB, TAT, and EPPS to evaluate and diagnose clients.
- Utilizing CBT to support clients in meeting their therapeutic goals.
- Writing comprehensive psychological assessment and psycho-diagnostic reports.
- Conducting case conferences, clinic meetings, and training seminars.
- Collaborated with other psychologists to provide comprehensive patient care.
- Offer psycho-education to clients/families with various issues.
- Build trusting therapeutic relationships with patients and families.

Counselor Cum Lecturer at Government College University, Faisalabad. Pakistan

(January 2019- August 2024)

- Teaching psychology various modules (Introduction to Psychology, Psychological Testing and Measurement I & II, Behavioral Neuroscience, Counseling Psychology, Cognitive Psychology)
- Coached over 300 students in 1st, 2nd, 4th, and 8th semesters of Bachelor's degree enhancing communication skills and improved time management.
- Provide 40 students with one-time guidance and effectively convey the lecture.
- Enhancing self-confidence and self-esteem by indulging students in various classroom activities
- Providing feedback and grading student work.
- Administering, scoring, interpreting, and standardized measures
- Provided counseling services to students and faculty members under supervision.
- Conducted mental health awareness sessions within the university
- Helps students in building their resume and curriculum vitae
- Teach students conflict resolution and problem-solving techniques
- Participating in departmental meetings and committees.
- Manage and coordinate the conduction of an examination of 100 students at a time.
- Helps students in building their resume and curriculum vitae
- Teach students conflict resolution and problem-solving techniques

Visiting Lecturer at University Community College, GC University, Faisalabad.

(September 2018 - August 2021)

- Course Instructor at undergraduate level & Advance Diploma in Clinical Psychology
- Clinical Internship supervision of students enrolled in Advance Diploma in Clinical Psychology Program.
- Mentorship of students providing them guidance on career paths, professional development opportunities, and personal growth.
- Administering psychological tests, conducting interviews, and interpreting assessment results to understand student's psychological well-being.
- Identified student's social, emotional, and academic needs and provided appropriate, compassionate assistance, guidance, and interventions.
- Responds to referrals from senior administration, teachers, and other staff members by providing direct services to students
- Conducted mental health awareness seminars to educate students and faculty members about various psychological topics, mental health issues, and strategies for promoting well-being.
- Helps students in building their resume and curriculum vitae
- Teach students conflict resolution and problem-solving techniques
- Assists in developing and implementing university policies.

Visiting Lecturer at Government College Women's University, Faisalabad

(January 2020 – August 2021)

- Teaching psychology various modules (Military Psychology, Human Resource Management, Psychological Testing and Measurement I & II, Social Psychology)
- Coached over 400 students in the 4th, 6th, and 8th semesters of Bachelor's degree enhancing communication skills and improving time management.
- Provide 50 students with one-time guidance and effectively convey the lecture.
- Enhancing self-confidence and self-esteem by indulging students in various classroom activities
- Providing feedback and grading student work.
- Administering, scoring, interpreting, and standardized measures
- Provided counseling services to students and faculty members under supervision.
- Conducted mental health awareness sessions within the university.
- Helps students in building their resume and curriculum vitae

- Teach students conflict resolution and problem-solving techniques

Intern Clinical Psychologist at Tehsil Headquarters Hospital, Chak Jhumra, Pakistan

(May 2017-July 2018)

- Assessment and evaluation of females especially pregnant females.
- Dealing with 100+ females daily.
- Psychoeducation to them so they can deal with their pregnancy effectively.
- Checking their vitals (B.P., and weight) to examine further.
- Administering, scoring, and interpretation of emotional, and projective tests.
- Writing comprehensive psychological assessment and psychodiagnostics reports
- Offering psychotherapeutic interventions to pregnant females with emotional, and behavioral challenges.
- Help clients define goals and plan action to achieve personal, social, and adjustment goals.
- Monitor client progress through regular meetings or sessions.
- Teaching them different muscle relaxation techniques and deep breathing techniques in their stressful situation.

CORE SKILLS

Assessment and Evaluation of a client, Psychological Testing, Intervention, Research Ethics and Standards, Supervision of Individual or group therapy, Report Writing, Research Supervision, Clinical Internship Supervision, Effective Communication, Online Video Conferencing teaching.

SOFT SKILLS

MS-Office (Word, PowerPoint, Excel), IBM SPSS, AMOS, G-Power, Adobe Photoshop, Adobe Illustrator.

PUBLISHED ARTICLE

- Bajwa. A., Athar, M., Shahid. S., & Bajwa. S.A., (2019). A Cross-Sectional Research to Determine the Level of Awareness, Preventive Behavior and Perceived Threat of Hepatitis-B., *Indo Am. J. P. Sci*, 06(04); 7160-7165. <http://doi.org/10.5281/zenodo.2630758>
- Ali. A. A., Mahmood. K., Javaid. Z.K., & Athar. M. (2024). Conflict Resolution, Psychological Well-Being, and Marital Satisfaction among Spouses of Working People. *Pakistan Journal of Law, Analysis and Wisdom*, 3(2), 183-191
- Munir. M., Habib. S., Saeed. S., Athar. M., & Shaokat. M. R. (2024). Role of Relationship Attachment in Smartphone Addiction and Marital Conflict among Couples. *Migration Letters*, 21(S9), 1569-1577.

PAPER/POSTER PRESENTATION

- 1st National Conference on Psychology for Sustainable Community: Challenges and Trends [NCPSC,2019] dated 19th-20th March 2019 at the University of Sargodha as a paper presenter.
- 1st International Conference on Emerging Trends in Psychology: Preparing for the 21st Century, dated 18th -19th December 2017 at Foundation University as a poster presenter.
- 1st International Conference on Clinical Psychology and the Developing World: Issues, Challenges, and Solutions, dated 9th-10th March 2017 at Faletti's Hotel, Lahore as an oral presenter.

THESIS

- Depression, Stress and Social Relations among Adolescents.
- Depression, Anxiety, Stress, and Life Satisfaction among Diabetic Patients.
- Psychological Distress, Parental Mandate, and Quality of Life among infertile Couples

PROFESSIONAL TRAINING & CERTIFICATIONS

- Facilitator of 3 months training certificate programs on Cognitive Behavior Therapy for Depression under the Pakistan Association of Cognitive Therapists (PACT)
- Organized 3 months training certificate on Cognitive Behavior Therapy for Depression under the Pakistan Association of Cognitive Therapists (PACT), dated 31st March 2019 to 30th June 2019.
- Organized 1-day workshop on Cognitive Behavior Therapy for Stress and Anger Management under the Pakistan Association of Cognitive Behavior Therapists (PACBT) dated 28th December 2019.
- Organized 1-day workshop on Cognitive Behavior Therapy for Obsessive Compulsive Disorder under the Pakistan Association of Cognitive Behavior Therapists (PACBT) dated 16th February 2020.
- Organized 1-day workshop on Handling Stress and Memory Issues in University Students under the Pakistan Association of Cognitive Behavior Therapists (PACBT) dated 07th March 2020.

LANGUAGES

- English (Fluent Speaking, Reading, Listening & Writing) (IELTS 7.0 Bands)
- Urdu/Hindi (Fluent Speaking, Reading, Listening & Writing)
- Punjabi (Native)

MEMBERSHIP AND AFFILIATIONS

- Graduate Basis for Chartered Membership (GBC), UK.
- Graduate Member Status of The British Psychological Society, UK.
- Member, Pakistan Association of Cognitive Therapists (PACT) Since 2018.

DISTINCTIONS AND AWARDS

- Awarded a laptop on merit under the Prime Minister Youth Initiative Program, 2012.
- Awarded a scholarship on merit under The Punjab Educational Endowment Fund (PEEF), 2016.

EXTRACURRICULAR AWARDS

- Under Punjab Youth Festival 2014 got the certificate of merit for winning a cooking competition with 2nd position at the Union Council level.
- The Punjab Youth Festival 2014 got the certificate of merit for winning a cooking competition with 2nd position at the Tehsil Council level.

PERSONAL INFORMATION

- Gender : Female
- Marital Status : Married
- Date of Birth : 23 January 1992
- Nationality : Pakistan
- Passport # : AF1445542
- Visa Status : 01 Nov 2024

REFERENCES

Dr. Shazia Habib (Assistant Professor)
Government College University, Faisalabad,
Pakistan

0333-6504298

shaziaphd@gmail.com

Arif Nadeem (Lecturer)

Government College University, Faisalabad,
Pakistan

0333-6660060

arifnadeem@gcuf.edu.pk