

# Rabbia Basharat (MS Clinical Psychology)

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## Clinical Psychologist

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Knowledgeable and Qualified Clinical Psychologist with 3 years of experience working with all ages, backgrounds and conditions specially children of determination. Very caring and compassionate personality with a strong desire to help people and make a difference. Highly professional, well developed communication skills and great time management abilities. Seeking a challenging position at an organization where I can continue my passion and improve the lives of clients and their families.

### Areas of Expertise include–

- Formulating IEP's
- Assessments & psychometric testing
- Working with Psychiatrists
- Client relationship management
- Research & data analysis (SPSS)
- Formulating case models
- Knowledge of pharmacology & neuroscience
- Management plans
- Legal & ethical considerations
- Project management
- Group activities and seminars
- Drafting reports

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## Professional Experience

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### EDUCATIONAL PSYCHOLOGIST

Jan 2019 to Jan 2020

#### Rising Sun Institute for Children of Determination

Lahore, Pakistan

- Working with Children of Determination including patients with Autism, Cerebral Palsy, Down syndrome and Intellectual Disability.
- Establishing and implementing assessment and management plans with the cohesiveness of physiotherapists, occupational therapists and vocational therapists.
- Conducting Sessions with parents on the IEP's. Providing families with support, guidance, and education.
- Provided comprehensive case management services, including creating treatment plans and connecting children and families to appropriate resources
- Observed and monitored children behavior and responses to treatment in the classroom.
- Conducted therapeutic sessions for individuals and group.
- Classroom management and record keeping. Ensuring the safety and comfort of each client at all times.
- Writing progress reports and reporting any unusual findings.
- Planned and led activities to develop physical, emotional and social growth of children
- Prepared instruction materials, making copies, constructing bulletin boards and setting up work areas.
- Conducted group and play therapy.
- Practicing MATP (Motor Activity Training Program).

### CLINICAL PSYCHOLOGIST

June 2017 to Dec 2018

#### Rao Zaka Trust Hospital

Lahore, Pakistan

- Assessment according to bio-psycho-social and spiritual model using tests, observations and interviews.
- Identifying psychological, emotional and behavioral issues.
- Diagnosing and establishing management plans.
- Family therapy, behavioral therapy and cognitive behavior therapy.
- Outpatient clinic serving adult, geriatric, child and adolescent patients.
- Analyzed therapeutic results of patients with psychiatric and co-morbid chronic pain conditions
- Documenting patient responses to treatment plan in case files.

## INTERNSHIPS

### Fountain House Institute for Mental Health - Lahore, Pakistan

- Counseling patients with drug addiction, psychosis, bipolar, depression and sexual problems.
- Devising and amending treatment plans in consultation with clinical psychiatrist.
- Participating and conducting events to increase awareness of mental health issues.
- Leading supportive group discussions and education sessions with patients and their families
- Counselling patients with violent, potentially violent and suicidal thoughts.
- Maintaining record of patient's progress and highlighting issues affecting client's improvement.

### Government School & College for Girls - Lahore, Pakistan

- Individual therapy, group therapy and family therapy sessions for children ages 6 to 18.
- Used various psychometric testing on the requirement of the clients' problems.
- Used solution focused therapy, cognitive behavioral therapy, narrative and play therapy in the school settings

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## Education

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### Masters in Clinical Psychology (MS)

Aug 2015 to Jun 2017

University of Management & Technology – Lahore, Pakistan.

3.81 GPA

### Bachelors in Applied Psychology (BS Hons)

Aug 2011 to July 2015

Lahore College for Women University – Lahore, Pakistan.

3.56 GPA

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## Personal & Professional Skills

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English Language	-	Expert
Ethics	-	Advanced
Research & Science	-	Advanced
Analytical	-	Intermediate
Communication & Public Speaking	-	Advanced
Empathy	-	Expert
Time Management	-	Expert
Computer	-	Advanced

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## Personal Information

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Gender	–	Female
DOB	–	23 Apr-1993
Marital Status	–	Married
Nationality	–	Pakistan
Visa Status	–	Husband sponsored
Availability	–	Immediately available