

Professional Profile

A highly motivated and dedicated MA graduate in Clinical Psychology and gold medallist in BA Honors for highest academic standing at the undergraduate level with exposure to real life cases and respective counselling obtained through internship programs in well recognised hospitals. I am looking to work with reputed health care centres where I can use and enhance my skills and knowledge to gain expertise in field of psychology.

Education & Skills

Education:

➤ University of Karachi – Jan 2017 – Dec 2017

○ Masters of Arts – Clinical Psychology

Academic Research Papers:

- Role of attachment styles in emotion regulation
- Academic stress and marital satisfaction in post graduate females
- Confidentiality in child counselling

Integrated assessment client reports:

- Human Figure Drawing
- Rorschach Inkblot Test
- Thematic Apperception Test
- The Wechsler Adult Intelligence Scale-Revised
- Neo Personality Inventory Revised
- Coping Resources Inventory

➤ University of Karachi – Jan 2014 – Dec 2016

○ Bachelors of Arts (Honors) –Psychology

Academic Research Papers:

- Mental health stigma and subjective happiness
- Confidentiality in child counselling
- Attitudes towards seeking psychological help

Skills:

Professional Skills:

- Problem solving
- Attentive to details
- Time Management
- Communication
- Team Work
- Decision Making

IT Skills:

- MS office (Word, Excel, Power point)
- Windows (XP, 7 ,10)

Internships/Trainings/Seminars

Internships:

June 2017 - July 2017 Liaquat National Hospital & Medical College (LNH)

LNH is providing state of the art medical services since founded in 1953. They excel in providing the most advanced methods of diagnosis, therapeutic and preventive treatment facilities of nearly all clinical disciplines. I worked as an intern at LNH and gained practical exposure of critical case studies and respective counselling and treatments.

Key responsibilities:

- Assisted with evaluation and diagnosis of individual client emotional and mental disorders.
- Collaborated with psychiatrists, colleagues and other support staff members in organizing weekly seminars to raise awareness about psychological treatments
- Conducted regular intake evaluations in outpatient settings.
- Observed individualized counselling and therapy sessions and discussed treatment plans and therapeutic techniques with the psychologist.

June 2016 - July 2016 Abdul Qadeer Khan Institute of Behavioural Sciences

Institute of Behavioural Sciences (IBS) is a non-profit organization established to provide comprehensive mental healthcare services to less privileged people residing in Karachi and its suburbs. I worked as an intern at IBS where I learnt and got familiar with psychological disorders, ethical concerns, and brief psychotherapy modalities through weekly seminars and didactics.

Trainings and Seminars:

- Attended a seminar on “Drug and Narcotics Abuse” (2016)
- Attended a seminar on “From Reactive to Proactive Management” (2014)
- Intern at World Wide Fund (WWF) “Summer Eco Internship Program” (2013)
- Intern at World Wide Fund (WWF) “Summer Eco Internship Program” (2012)

Awards and recognition

- Gold Medal (Bachelors in Arts (Honors)) –Psychology – 2016

Activities

- Volunteered at Mental Health Week held at the University of Karachi (2017)
- Volunteered at “Karachi Down Syndrome Program (KDSP)” (2016)
- Volunteered at Dar-ul-Sukun (2015)
- Functioned as a Class Representative to help relay concerns and questions to overall course conveyor (2014)