

RABIKA TUL AIN ARSHAD

Clinical Psychologist/Lecturer

rabicaarshad947@gmail.com

0336-1546504

AECHS, Rawalpindi, Pakistan



OBJECTIVE

“Acquire a challenging position in an organization to enhance my knowledge, use my skill set and contribute to the development and growth of the institution”

EDUCATION

Degree	Institution	Session	Marks
MS in Clinical Psychology	Shifa Tameer-e-Millat University	2018-2020	3.71 CGPA
BS in Behavioral Sciences	Fatima Jinnah Women University	2014-2018	3.4 CGPA
Intermediate (HSSC): Pre-Medical	Federal Board of Intermediate & Secondary Education (FBISE)	2012-2014	868/1100 (78.91%)
Matric (SSC): Sciences	Federal Board of Intermediate & Secondary Education (FBISE)	2010-2012	947/1050 (90.19%)

EXPERIENCE

September 2021 – Present

Lecturer Psychology - Abasyn University Islamabad Campus

- Delivering lectures
- Design course outlines, developed courses and teaching materials
- Assess student's coursework
- Supervising research students and internees
- *Courses:* Introduction to Psychology, Neurological Basis of Behavior, Personality theories, Mental Health & Psychopathology, Psychological Testing, Positive Psychology, Research Methods in Psychology, Applied Statistics (SPSS)

February 2024 – Present

Visiting Lecturer Psychology – COMSATS University Islamabad

- Delivering lectures
- Design course outlines, content/teaching materials & assess student's coursework

- *Courses:* Introduction to Psychology (Allied course), Cognitive Psychology, Experimental Psychology (Theory+Lab)

December 2019 – January 2020

Psychologist (Intern) - Sunny Trust Barakahu, Islamabad

- Assessment, diagnosis and counseling of adult patients with drug histories
- Conducted one-to-one and group sessions with clients
- Formulated professional case reports

September 2019 – December 2019 - March 2020

Psychologist (Intern) – Falahi Clinic, Shifa International Hospital, Islamabad & Autism Rehab Center SIH, Islamabad.

- Assessment, diagnosis and intervention for adult patients and children
- Conducted one-to-one and group sessions with clients
- Formulated professional case reports

December 2018 – June 2019

Psychologist (Intern) – Rehabilitation Center for Children with Developmental Disorders (RCCDD), Islamabad.

- Assessment, diagnosis and intervention for children
- Conducted one-to-one and group sessions with clients
- Formulated professional case reports

June 2017 – July 2017

Psychologist (Intern) - CDA Capital Hospital Islamabad

- Observing sessions, doing file works, making case reports
- Assessment, diagnosis and intervention for adult patients
- Conducted one-to-one and group sessions with clients
- Attending lectures & seminars on psychiatric illness
- Case presentations

RESEARCH WORK & PUBLICATIONS

- Research titled: ‘Relationship between Personality Traits and Humor Styles and Their Impact on Social Support of Young Adults’ published in Dec, 2024 in *Applied Research in Multidisciplinary Studies Journal, Volume 5, Issue No. 2*.
- Research titled: ‘Impact of Emotional Intelligence on Counterproductive Work Behavior and Machiavellianism among University Teachers’ published in Jan, 2025 in *Jinnah Business Review, Volume 13, Issue No. 1*.

WORKSHOPS/CONFERENCES ATTENDED

- Workshop on BGT-II administration and Interpretation (2018) organized by National Institute of Psychology, Islamabad
- International Conference of Applied Psychology: Practices and Interventions (ICAP 2019) organized by Institute of Applied Psychology University of Punjab, Lahore
- Master class in Psychiatry (2018) organized by Shifa International Hospital Islamabad
- Promoting Tolerance and Wellbeing: Emerging Trends, Challenges and Implications for Research held on March 15th-17th, 2018 by Fatima Jinnah Women University under Thematic Research Grant Project, HEC.
- CBT for Anxiety and Depression (2017) by Mental Health Professional Training. (Speaker: Dr. Razia Bukhari and Maj. Haroon Ur Rasheed)

ACHIEVEMENTS

- Silver Medal in MS Clinical Psychology
- Certificate of Merit in BS Behavioral Sciences
- Awarded with excellence certificates & scholarships throughout educational career

SKILLS

- Conceptual & interactive teaching skills
- Counseling and therapeutic skills
- Effective communication skills & Leadership skills
- Collaborative problem solving, decision making, organizing & time management skills
- Ability to thrive under pressure and work dedicatedly
- Command on Microsoft Office: Word, Power point, Excel
- Use of remote classes applications/websites: Zoom, Microsoft teams, Google Meet
- Process Statistical Package for the Social Sciences (SPSS) for different projects & researches

REFERENCES

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| <ul style="list-style-type: none">• Dr. Mumtaz Fatima Jafferri
Professor/Head of Department of Psychology
Hamdard University Islamabad
Contact # 03008565786
Email address:
mumtazfatimajafferri@gmail.com | <ul style="list-style-type: none">• Dr. Raja Nasim Akhtar
Professor/Head of Department of Social Sciences & Humanities
Abasyn University Islamabad
Contact # 03025327898
Email address:
naseem.akhtar@abasynisb.edu.pk |
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