



## CLINICAL PSYCHOLOGIST

# Ayesha Athar

## OBJECTIVE

I am an enthusiastic, hardworking and highly motivated Clinical Psychology major student with a novice's experience in performing psychological assessments, assisting in psychotherapy, monitoring the progress, and maintaining client's satisfaction.

## EXPERIENCE

### Early Year's Teacher

**Beacon House School | I9- Islamabad, Pakistan**

An Early Years Teacher (EYT) works with children, laying the foundation for lifelong learning and development. EYTs play a crucial role in supporting children's social, emotional, physical, and cognitive growth through play-based and structured learning.

### INTERN PSYCHOLOGIST

**Fouji Foundation Hospital | Rawalpindi, Pakistan**

Provide therapy to individuals, couples, and groups to help them manage mental health issues or life challenges. This includes cognitive-behavioral therapy (CBT), psychodynamic therapy, and other therapeutic approaches.

### INTERN CHILD PSYCHOLOGIST

**STL Rehabilitation Center | I9- Islamabad, Pakistan**

Assisted children in navigating developmental challenges, such as learning disabilities, autism spectrum disorders, or ADHD. This involved creating strategies to support the child's growth and development effectively.

## CONTACT

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## EDUCATION

**RIPHAH INTERNATIONAL UNIVERSITY**  
**MS Clinical Psychology**

**AIR UNIVERSITY**  
**BS Psychology**

## SKILLS

Cognitive Behavioral Therapy



Rapport Building



REBT



Stress Management



Psychometrics



**INTERN PSYCHOLOGIST**

**International Medical Care & Counselling Center |  
Ghouri town Islamabad, Pakistan**

Developed individualized treatment plans that address the psychological aspects. Provided psychotherapy and counseling to help individuals deal with the emotional and psychological challenges of their condition.