

SYED SAMAR ABBAS

SUMMARY

Dedicated and empathetic Clinical Psychologist with specialized training in trauma-informed care, Cognitive Behavioral Therapy (CBT), Gestalt, Humanistic approaches and comprehensive psychological assessment. Proficient in therapeutic communication, case formulation, and individualized treatment planning, with demonstrated experience working across diverse populations and age groups. Committed to promoting mental health awareness and psychosocial support through integrated clinical practice, community-based initiatives, and psychoeducational interventions. Adept at collaborating within multidisciplinary teams in NGO, clinical, and academic environments, with a keen interest in teaching, training, and professional development.

EXPERIENCE

Psychologist / Addiction Therapist-Full time, 05/25 – Present ***Al Harmain Rehabilitation Centre, Islamabad, Pakistan***

Psychological assessment of addiction & psychiatric clients
Conducted sessions of clients using various evaluation tools
Provided individual, and group therapy to clients
Developed and implemented evidence-based therapeutic interventions

Associate Clinical Psychologist-Training, 01/25 – 03/25 ***Trauma Release and Wellness Centre, Karachi, Pakistan***

Therapist training program
Salutogenic approach to empower clients
Trauma informed approaches

Trainee Child Psychologist-Internship, 09/24 – 01/25 ***SOS Children's Village International, Lahore, Pakistan***

Psychological assessment of children and adolescents
Therapeutic interventions to heal their trauma and better performance
Organized workshops for caregivers



CONTACT

Address: House A66 Sadaat Colony
Near Pak Arab, Defense Road
Lahore

Phone: +923114356705

Email: samarnaqvi734@gmail.com

LinkedIn: [syed-samar-abbas-760711178](https://www.linkedin.com/in/syed-samar-abbas-760711178)

SKILLS

- Psychological Assessment
- Personality Assessment
- Trauma Informed Care
- Cognitive Behavioral Therapy
- Gestalt and Humanistic Therapy
- Self-Care and Resilience Building
- Personality Development
- Student Wellbeing Counseling
- Stress and Anxiety Management
- Management of depression
- Drug Addiction Treatment
- Group Therapy
- Applied Behavioral Analysis
- Individualized Education Plans
- Report Writing & Documentation
- Teaching and Presentations
- MS Office Suite & Canva

Student Wellbeing Counselor-Academic Project, 09/24 – 01/25
Umeed-e-Nau Psychological Services Center BULC, Lahore, Pakistan
Psychological Assessment of University Students and outsiders
Counseling and Mental Health Support
Crisis Intervention

Trainee Child Psychologist-Internship, 02/24 - 06/24
Department of Child Psychiatry Mayo Hospital, Lahore, Pakistan
Conducted psychological assessments of children and adolescents
To evaluate academic performance and learning disabilities
Provided individualized educational plans and therapy

Trainee Clinical Psychologist-Internship, 09/23 - 01/24
Punjab Institute of Mental Health, Lahore, Pakistan
Psychological assessment of psychiatric clients
Conducted sessions of clients using various evaluation tools
Provided individual, and group therapy to clients
Developed and implemented evidence-based therapeutic interventions

Trainee Clinical Psychologist-Internship, 03/23 - 06/23
Fountain House, Lahore, Pakistan
Psychological assessment of psychiatric clients
Conducted sessions of clients using various evaluation tools
Provided individual, and group therapy to clients
Developed and implemented evidence-based therapeutic interventions

Trainee Psychologist-Internship, 03/22 - 06/22
New Life Rehab Home, Faisalabad, Pakistan
Utilized evidence-based practices to treat addiction behaviors
Assisted clients in developing relapse prevention plans
Counseled clients on coping skills needed to maintain sobriety following completion of a rehabilitation program

Science Teacher-Full time, 09/17 - 08/18
Al Adil High School and Academy, Lahore, Pakistan
Teach Biology, Chemistry to classes of 9th and 10th.
Teach Science, History, GK to classes 6th to 8th.

MS THESIS

Title: “Cognitive Functions, Psychological Distress and Resilience; A Differential Study between Day and Night Shift Employees of Electrical Industries.”
Supervisor: Dr. Khawer Bilal Baig, HOD Psychology, Bahria University Lahore, Pakistan

PAPER PRESENTATION

Title: “Cognitive Functions, Psychological Distress and Resilience; A Differential Study between Day and Night Shift Employees of Electrical Industries.”
Conference: International Conference on Mental Health, Adolescents & Integrated Islamic Values in Psychology (MHAIVP-2025).
Organizer & Date: NUR International University Raiwand Road Lahore, June 14, 2025

MEMBERSHIPS

- American Psychological Association
- The Australian and New Zealand Mental Health Association
- International Society of Substance Use Professional

EDUCATION

MS Clinical Psychology, 2022-2024

Bahria University Lahore Campus - Lahore

CGPA 3.56

BS (H) Applied Psychology, 2018-2022

Government College University Faisalabad – Faisalabad

CGPA 3.74

CERTIFICATIONS AND TRAININGS

- Certificate of participation for attending online workshop titled, *“Bridging the Gap: Effective Communication Between Parents and Children.”* Hosted by The Psycholar-2025
- Therapist Training Program-2025 from Trauma Release and Wellness Centre Karachi
- Certificate of completion two-day workshop titled, *“The Rorschach Inkblot Test- Administration, Scoring and Interpretation”* to add comprehensive projective analysis in my skill set-2024
- One-day training workshop titled, *“ Core Conflictual Relationship Theme”*-2024
- Certificate of completion two days’ workshop titled, *“ Qualitative Research Designs, Data Collection & Analysis”*-2023
- Certification of valuable services in arranging Mental Health Camp and as psychodrama artist at BULC-2023
- Certified in *“Autism Spectrum Disorder”* from University of California Davis via Coursera.org 2020