

Sumia Kalsoom

Clinical Psychologist, Lecturer, Member of APA C2304572095, Certified Hypnotherapist by National Guild of Hypnotists USA

OBJECTIVES:

To enhance my performance in a challenging environment with a substantial growth where only work matters, and where I can prove the ability and consciousness to do the work in efficient and effective manner and play my role towards the progress and prosperity of organization on long term basis.

PROFESSIONAL SUMMARY:

I am a committed Clinical Psychologist with extensive academic, clinical, and research experience, currently pursuing a PhD in Clinical Psychology. I hold membership with the American Psychological Association and certification as a Hypnotherapist from the National Guild of Hypnotists, USA. Over the years, I have delivered psychological services across diverse settings including hospitals, rehabilitation centers, special education institutions, and NGOs. My work has focused on psychotherapy, psychological assessment, and behavior modification for individuals, couples, and families.

I have taught psychology as a lecturer and visiting faculty at several reputable universities including Capital University of Science and Technology, Women University Swabi, and the University of Swabi. I take pride in developing and delivering course content, mentoring students, and supervising numerous graduate and postgraduate research projects on emerging psychosocial issues.

I am an active researcher with multiple abstract presentations at national and international conferences, focusing on youth mental health, social media, emotional intelligence, and family dynamics. My training includes CBT, family therapy, systematic reviews, and clinical ethics, and I have led workshops on stress and anger management, APA formatting, and scale development. I approach every role with deep dedication, professionalism, and a desire to contribute meaningfully to mental health awareness, research, and practice.

PERSONAL INFORMATION:

Name:	Sumia Kalsoom
Father's Name:	Nizam Ud Din
Gender:	Female
Date of Birth:	01-02-1994
Marital Status:	Single
Nationality:	Pakistani
Domicile:	Kohat
Religion:	Islam
Languages Known:	English, Urdu, Pashto (Native)

ADDRESS & CONTACT:

Permanent Address:	Village Chorlucky, Post Office Shakardara, Tehsil and District Kohat.
Present Address:	House No. 05, Street 28, H Block Extension, Soan Garden, Islamabad, Pakistan.
Mobile Phone:	+92-304-5677800
E-Mail Address:	sumia.634@gmail.com

KEY SKILLS

- Task Oriented and Self Motivated
- Good communication and interpersonal communication skills
- Enthusiastic and goal oriented

- Proficient in Microsoft Office (MS Word, PowerPoint, and Excel)
 - Ability to Work Heartedly with Team and highly committed
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EDUCATION

Name of Degree:	PhD (Clinical Psychology)
Completion Date:	2026
Major/ Specialization:	Psychology
CGPA:	In process
University:	University of Central Punjab
Name of Degree:	MS (Clinical Psychology)
Completion Date:	2017
Major/ Specialization:	Clinical Psychology
CGPA:	3.8
University:	Bahria University Islamabad Campus
Name of Degree:	M.Sc.
Completion Date:	2015
Major/ Specialization:	Applied Psychology
CGPA:	4
University:	Preston University Islamabad Campus
Name of Degree:	B.Sc.
Completion Date:	2013
Major/ Specialization:	Psychology, Statistics, and Economics
Division:	2 nd
University:	The University of Punjab

TEACHING EXPERIENCE

Capital University of Science and Technology, Islamabad

Designation:	Lecturer
Duration:	Sep 2023 – Feb 2025
Job Responsibilities:	Maintaining learning environment in classroom, providing timely feedback to students on assignments and quizzes, solving queries of students in a professional way, addressed academic and teaching issues promptly, ensured that students followed attendance, discipline and academic policies, drafting examination papers and grading students' tests.

Capital University of Science and Technology, Islamabad

Designation:	Visiting Lecturer
Duration:	Feb 2023 – Jul 2023
Job Responsibilities:	Lecture delivering.
Courses:	Introduction to Psychology, Introduction to social work

Fazaia Bilquis College of Education for Women Nur Khan, Rawalpindi

Designation:	Visiting Lecturer
Duration:	Feb 2023 – Jul 2023
Job Responsibilities:	Lecture delivering.
Courses:	Schools and Perspective of Psychology, Organizational Psychology

University of Swabi

Designation:	Visiting Lecturer
Duration:	May 2022 – Aug 2022
Job Responsibilities:	Lecture delivering, and administrative tasks assigned by Head of the department
Courses:	Psychological Testing, Clinical Psychology and Logical and Critical thinking

Women University Swabi

Designation: Lecturer and Member of Proctorial Board
Duration: Jan 2020 – Jan 2022
Job Responsibilities: Lecture delivering, proctorial board member, administrative tasks assigned by Head of the department, mentoring, and conducting academic research, contributing to the academic development of students.
Courses: Clinical Psychology, Psychological Testing, Personality Theories II, Organizational Psychology, Counseling Psychology, Gender Issues in Psychology, Forensic Psychology, Practicum-II, Developmental Psychology, Research Methods II, Neurological Basis of Behavior and Peace Psychology

PROFESSIONAL EXPERIENCE

Aiming Change for Tomorrow, Islamabad

Designation: Psychologist
Duration: May 2025 – till Date
Job Responsibilities: Provision of individual psychotherapy, psychological assessment and counseling

Ashiana-e-Korang, Islamabad

Designation: Clinical Psychologist
Duration: May 2024 – till date
Job Responsibilities: Provision of individual psychotherapy, psychological assessment and counseling

Social Welfare Complex, Lahore

Designation: Intern Clinical Psychologist
Duration: Oct 2021 – Feb 2022
Job Responsibilities: Provision of individual psychotherapy

Services Hospital Lahore

Designation: Intern Clinical Psychologist
Duration: Aug 2021 – Oct 2021
Job Responsibilities: Provision of individual, couples, and family psychotherapy

National Special Education Centre Johar Town, Lahore

Designation: Intern Clinical Psychologist
Duration: Mar 2021 – July 2021
Job Responsibilities: Provision of Individualized Educational Plans and Applied Behavior Therapy

Fountain House

Designation: Intern Clinical Psychologist
Duration: Oct 2020 – Jan 2021
Job Responsibilities: Provision of individual, couples, and family psychotherapy

Human Development Research Foundation

Designation: Research Assistant
Duration: Jan 2019 – Jan 2020
Job Responsibilities: Drafting, translation and quality checking of intervention materials, development of intervention implementation plan, adaptation of psychosocial interventions, delivering evidence based psychological interventions in community/ school settings

Well-Being Center Bahria University

Designation: Intern Clinical Psychologist
Duration: Oct 2016 - Jun 2017
Job Responsibilities: Student counseling, projective and objective personality assessment, provided individual and group psychotherapy

PAF Hospital Islamabad

Designation: Intern Clinical Psychologist
Duration: Sep 2016 - Nov 2016
Job Responsibilities: Provision of individual, couples, and family psychotherapy with specialization in depression, anxiety and relationship concerns

PNS Hafeez Islamabad

Designation: Intern Clinical Psychologist
Duration: Jul 2016 - Sep 2016
Job Responsibilities: Individual psychotherapy, provision of marital counseling

Fauji Foundation Hospital Rawalpindi

Designation: Intern Clinical Psychologist
Duration: May 2016 - Jul 2016
Job Responsibilities: Psychotherapy for children and families, psychological assessment, counseling with both inpatient and outpatient

Fauji Foundation Hospital Rawalpindi

Designation: Intern Clinical Psychologist
Duration: Jun 2015 - Aug 2015
Job Responsibilities: Psychotherapy for children and families, psychological assessment, counseling with both inpatient and outpatient

RESEARCH WORK

- Conducted research on “Relationship between Perceived Organizational Support, Psychological Empowerment and Organizational Commitment among Teachers”.
 - Conducted study on “Impact of Activity Scheduling and Family Counseling on Elderly Depressed Patients”.
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CLINICAL RESEARCH WORK

- **PhD Clinical Internship Report:** Worked on 50 case reports and completion of more than 500 clinical sessions along with complete batteries at Social Welfare Complex Lahore, Services Hospital Lahore, National Special Education Centre Johar Town Lahore and Fountain house Lahore and submitted a diagnostic report.
 - **MS Clinical Internship Report:** Worked on 30 case reports and completion of more than 250 clinical sessions along with complete batteries at Wellbeing Center, Bahria University Islamabad, PAF Hospital Islamabad, PNS Hafeez Islamabad and Fauji Foundation Hospital Rawalpindi and submitted a diagnostic report.
 - **MSc Clinical Internship Report:** Worked on 5 case reports along with complete batteries at Fauji Foundation Hospital Rawalpindi submitted a diagnostic report.
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PUBLICATIONS

- “Earnings Management Cosmetics and Tricks: An Exploratory Study”, published in Journal of Hunan University Natural Sciences.
- Abstract presentation on “General Attitude of Youth Towards Artificial Intelligence, Social Adaptability and Interpersonal Relationships” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Relationship Between Social Media Engagement, Conspiracy Mentality and Family Dynamics Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Role of Self-Defeating Beliefs in Social Intelligence and Prosocial Behavior Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow

- Abstract presentation on “Media Representation, Gender Stereotypes and Career Choices Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Emotional Intelligence, Superstition Beliefs and Decision Making Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Social Media Usage, Family Dynamics and Relational Aggression Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Homesickness, Social Adjustment and Academic Performance Among New-term and Old-term Hostelites” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Relationship Between Perceived Helicopter Parenting, Self-Efficacy and Autonomy Support Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on “Role of Parental Attachment in Social Intelligence and Conformity Among Young Adults” at 11th CUST Applied Business Research Conference 2024 under the theme of Shaping the Future: Management Trends and Insight for Tomorrow
- Abstract presentation on "Relationship Between Perceived Organizational Support, Psychological Empowerment and Organizational Commitment Among Teachers" in 2nd International Conference “Collaborative Partnerships in Strengthening Social Sciences: Addressing Indigenous and Global Challenges” organized by Fatima Jinnah Women University, Rawalpindi.
- Abstract presentation on "Impact of Self-Generated Thoughts on Symptoms of Anxiety among University Students: Moderating Role of Self-Efficacy" in 2nd International Conference of Psychology, Women’s Mental Health Care organized by Shaheed Benazir Bhutto Women University Peshawar, KPK.
- Abstract presentation on “Impact of Family Counseling on Elderly Depressed Patients” in International Conference on Gender, Religion and Culture in Psychology; Issues, Challenges and Prospects arranged by the Department of Psychology-Government College University Lahore.
- Abstract presentation on "Efficacy of Cognitive Behavior Therapy (CBT) for Illness Anxiety Disorder" in 11th International CBT Conference (Virtual) "COVID & the Rise of e-Psychotherapy" organized by Pakistan Association of Cognitive Therapists.

SUPERVISED RESEARCH PROJECTS

- Supervised research students of graduate and post-graduate level.
 - Relationship Between Homesickness, Social Adjustment and Academic Performance Among freshman and Sophomore Hostelites
 - Association Between Social Media Usage, Family Dynamics and Relational Aggression Among Young Adults
 - Relationship Between Emotional Intelligence, Superstition Beliefs and Decision Making Among Young Adults
 - Association Between Media Representation, Gender Stereotypes and Career Choices Among Young Adults
 - Role Of Self-Defeating Beliefs in Social Intelligence and Prosocial Behavior Among Young Adults
 - Relationship Between Social Media Engagement, Conspiracy Mentality and Family Dynamics Among Young Adults
 - General Attitude of Youth Towards Artificial Intelligence, Social Adaptability and Interpersonal Relationships
 - Relationship Between Perceived Helicopter Parenting, Self-Efficacy and Autonomy Support Among Young Adults
 - Role of Parental Attachment in Social Intelligence and Conformity Among Young Adults
 - Relationship Between Intolerance of Uncertainty, Self-Determination and Decision Making Among Managers
 - Association of Social Appearance Anxiety with Eating Attitudes and Life Satisfaction Among University Students
 - Relationship between Social Media Addiction, Inferiority Complex and Self-Efficacy Level among Young Adults
 - Role of parental expectations on stress, anxiety & depression and academic achievement among university students
 - Marital dissatisfaction and its relationship with depression and loneliness

- Perceived social support as a predictor of academic achievement and psychological wellbeing among university students
 - Relationship between emotional intelligence, social skills and peer interaction among college and university students
 - Relationship of perfectionism with depression, anxiety and stress in college and university students
 - Relationship between future orientation and exam anxiety mediating role of academic self-efficacy among university students
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ONLINE COURSES

- Certificate of attendance on “From Research to Publication: An Overview on IEEE Publication Process” held on 14th September 2022.
 - Certificate of attendance on “IEEE Xplore Digital Library” held on 31st August 2022.
 - Workshop on “Cognitive Behavior Therapy with Depression” facilitated by Dr. Sobia Aftab.
 - Certificate of acknowledgement for successfully completing the CBT course of specific disorders.
 - Certificate of Online Course: Good Research Practice e-learning module.
 - Certificate of Online Course: Introduction to conducting systematic reviews June 2020
 - Certificate of Online Course: Recognizing and responding to suspicions of child maltreatment by Prevent Child Abuse, North California
 - Certificate of Online Course: What is prevention? By Prevent Child Abuse, North California.
 - Workshop on Introduction to Low-Intensity CBT interventions for anxiety and depression.
 - Workshop on Navigating Relationships: Understanding Intra/Interpersonal Dynamics and Causes of Breakups.
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TRAININGS AND CERTIFICATION

- Certificate of Certified Hypnotherapist by National Guild of Hypnotists USA.
 - Certificate of participation, training course on “Family and Marital Therapy”.
 - Certified systematic reviewer by Cochrane Interactive Learning.
 - Certified Good Clinical Practitioner by NIDA Clinical Trial Network.
 - Certified Good Research Practitioner by Medical Research Council.
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CERTIFICATES

- Certificate of appreciation from Student Affairs Office on Honesty.
 - Certificate of appreciation for successfully conducting workshop on “Stress Management”.
 - Certificate of appreciation for presenting the research poster titled: "Efficacy of Cognitive Behavior Therapy (CBT) for Illness Anxiety Disorder" in 11th International CBT Conference (Virtual) "COVID & the Rise of e-Psychotherapy" Organized by Pakistan Association of Cognitive Therapists.
 - Certificate of completion of intervention training on “WHO-Early Adolescent Skills for Emotions (EASE) Program” organized by Global Institute of Human Development Islamabad, Pakistan.
 - Certificate of participation, national seminar on “Depression, Pakistani Perspective Emerging Challenges for Clinical Psychologists”.
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CONFERENCES ATTENDED

- 2nd International Conference “Collaborative Partnerships in Strengthening Social Sciences: Addressing Indigenous and Global Challenges” organized by Fatima Jinnah Women University, Rawalpindi.

- 2nd International Conference of Psychology, Women's Mental Health Care organized by Shaheed Benazir Bhutto Women University Peshawar, KPK.
 - 9th Pre-International Conference on "Trauma, Abuse, & Violence: Thriving for a World without Torture", One-Day Online Workshop on "IFAD-Mapping. A Mindfulness-Based Intervention to Promote Self-Regulation".
 - 3-Day International Conference on Gender, Religion and Culture in Psychology; Issues, Challenges and Prospects arranged by the Department of Psychology-Government College University Lahore.
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WORKSHOPS CONDUCTED

- Delivered workshop on "Stress Management" organized by Lahore Business School, University of Lahore, Sargodha Campus.
 - Delivered workshop on "Stress Management" organized by Management sciences department, Capital University of Science and Technology, Islamabad.
 - Delivered workshop on "Anger Management" organized by Associate Degree Program, Capital University of Science and Technology, Islamabad.
 - Delivered workshop on "A Deep Dive into APA Formatting and Referencing" organized by Psychology department, Capital University of Science and Technology, Islamabad.
 - Delivered workshop on "Psychological Perspective of Deviance: Unraveling the Complexities of Mind" organized by Management sciences department, Capital University of Science and Technology, Islamabad.
 - Delivered workshop on "Guidelines in Scale Development" organized by Psychology department, Capital University of Science and Technology, Islamabad.
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SEMINARS ARRANGED

- "Navigating Identity Crisis in The Modern World" by Abu Saad, member of Youth Club.
 - "Islamic Concept of Social Work" by Abu Saad, member of Youth Club.
 - "Color Psychology" by Ms. Asia Shahab, Lecturer, Capital University of Science and Technology, Islamabad.
 - "Anger Management" by Ms. Iqra Kiran, Lecturer, Capital University of Science and Technology, Islamabad.
 - "Introduction to Hypnotherapy" by Dr. Rafiq Dar, Head of the department, University of Lahore.
 - "Understanding Mediation and Moderation through AMOS" by Mr. Imran Mahmood, Lecturer, University of Management and Technology (UMT).
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AWARDS AND HONORS

- Received shield and certificate of appreciation for successfully conducting workshop on "Stress Management" organized by Lahore Business School, University of Lahore, Sargodha Campus.
 - Received a scholarship in MS on getting highest CGPA i.e., 4 out of 4.
 - Received different scholarships from Shaheen Foundation till Matric.
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COMMITMENT

I am self-motivated, hardworking and passionate to perform the job assigned with great passion and effort. I assure you that I will leave no stone unturned to satisfy you with my act and behavior.

REFERENCES

Name: Dr Shazia Hasan
Designation: Head of the Department, Psychology Department
Contact Number: +92-321-9201562
E-mail Address: dr.shaziahasan@ucp.edu.pk
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